

#RCSITogether - A Taste of What is to Come

Dear Colleagues,

I hope this email finds you safe and in good health. I know this is a period of adjustment for us all in these uncertain times. It is heartening to see the sense of community and support within RCSI.

As referenced in Cathal's email earlier today, the team and I want to bring all these messages of support together in a coordinated manner and prevent "*information overload*" - under a new banner **#RCSITogether**. This is about more than just working together, this is about pulling together to support each other in the ways we can.

The concept will involve the communication of an email bulletin twice per week. The purpose of the bulletin is to highlight some of the key articles, tips and learnings *ICYMI (in case you missed it!!)* that you will find useful to keep you informed, safe, and healthy while balancing the reality of working from home. Some of this content will have been posted on [Workvivo](#), a great tool to connect us at this time.

Of course, we recognise that the below may be of more use to some colleagues than others, particularly those who are working particularly hard at this time supporting our students as they navigate through this transition and prepare for their exams in an online setting.

We will be sharing links to content relating to 4 key themes and we will be reaching out to some of you to help us curate the content we should highlight:

- **Learning** – webinars, articles, online learning & teaching, podcasts
- **Health Science** – Research articles, of interest to all colleagues. Not necessarily Covid – 19 related
- Tips for **Minding Others** – children, colleagues, family, friends
- **Minding Yourself** – mindfulness, exercise, routine, general self-care

Bear with us as we find our feet and refine the concept over time. Any comments or feedback you have on how we can evolve and improve the concept is welcomed.

Many thanks and keep well everyone,

Barry