

# Association Award

## Dr Cathy Lawson



It gives me enormous pleasure to write this citation for my friend and colleague Dr Cathy Lawson. I have had the honour of knowing Cathy since she joined the Trainee Committee as an elected member in 2015.

Cathy is an anaesthesia and intensive care medicine trainee in the Northern School of Anaesthesia and ICM. She has lived in the North East since 2003 when she began studying medicine at the University of Newcastle and graduating in 2008 before starting her career in anaesthesia in 2010. She has continually proven she is passionate about trainee wellbeing and training through her roles on the Trainee Committee and as a member of the regional trainee committee, where she has served as trainee chair in her region from 2015 and 2017.

During her term, she was the Trainee Committee representative on the College's Professional Standards Committee and was involved on providing guidance on information relating to anaesthetists and the safe practice of anaesthesia. She was also the Trainee Committee representative on the Environmental Task Group, a role she has particularly enjoyed. Cathy wrote an article for Anaesthesia News in May 2018 highlighting the work the group has done and how we as trainees can help make our departments and hospitals greener. She has been involved in helping to promote a network of anaesthetists acting as environmental champions across the UK and Ireland. Cathy was also a member of a working party that has produced national guidelines on 'Anaesthesia and peri-operative care for Jehovah's Witnesses and patients who refuse blood', which is soon to be published.

By far her biggest contribution has been organising the Great GAT 3 peak challenge. Cathy managed to convince over half the Trainee Committee to climb at least one mountain in the name of charity, whilst completing all three peaks herself! With her hard work, great organisational skills and dedication she helped raise over £3000 for SAFE Africa. After completing the three peak challenge she raised even more money for SAFE Africa by participating in the Trainee Conference 2018 fun run 2 days later!

Outside of Trainee Committee, Cathy enjoys spending time with her husband, Joe, and their beautiful black Labrador, Holly. They enjoy going for long walks and share a love of the great outdoors. She loves yoga and it is not unusual to find her doing beach yoga at 6:30am! Recently, she has become a Neal's Yard Remedies Independent Consultant and is enjoying this new role.

Cathy is extremely hard working and a great team player. Her drive, commitment and determination are a huge inspiration to everyone around her. She is passionate about trainee welfare and is never afraid to speak up on behalf of trainees. She is truly one of the kindest and most caring people I have ever had the pleasure of knowing and she will be sorely missed on the Committee. As she is so modest and humble, her biggest flaw is not knowing how incredible she really is! I know she will go on to achieve great things and I want to thank her on behalf of the Trainee Committee for all her contributions. I want to wish her all the best for the future and congratulate her on this fantastic accolade.

**Dr Sally El-Ghazali**  
Chair, Trainee Committee



**Association  
of Anaesthetists**