

London & KSS Foundation Bulletin

Friday 7 December 2018

Welcome to the **London and KSS** foundation bulletin. This newsletter is brought to you by the Foundation Team and all the London, Kent, Surrey and Sussex Foundation Schools. It is published fortnightly and split into three sections, with information for foundation doctors, foundation faculty and a section for conferences/training.

Reminder: If you are a member of Trust PGMDE staff (including FTPDS, supervisors etc) or a Trainee, the method for contacting the school is: <https://lasepgmdesupport.hee.nhs.uk/support/home> or by telephoning 020 7866 3216

A large number of emails are being sent to personal inboxes and discontinued email addresses, so emails are not being picked up by the correct members of staff.

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<https://lasepgmdesupport.hee.nhs.uk/support/home>
Or by telephoning: 020 7866 3216

***NEW* HEADLINE CONTENTS**

- Section A –Foundation Doctors -
For Action/Information
 - **GUIDE TO BECOMING A PSYCHIATRIST**
 - **BMA FATIGUE AND FACILITIES CHARTER**
 - **COACHING & CAREERS SUPPORT**
 - **CAREERS CAREER PLANNING E-MODULE FOR FOUNDATION DOCTORS**
 - **SUPPORTED RETURN TO TRAINING (SUPPORTT)**
 - **TRAINEE DOCTORS & DENTISTS SUPPORT SERVICES (TDDSS)**

- Section B –**Foundation Faculty For Action/Information**
 - [SUPPORTT FOR FOUNDATION - LINK ADDED TO SRTT SITE](#)
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Section A – Information for foundation doctors

1. ****NEW** COACHING & CAREERS SUPPORT** - To access **confidential and free** 1:1 career guidance and support for London and Kent, Surrey and Sussex Foundation Doctors. [Click here to apply to apply for Careers.](#) [Follow this link](#) to find out more about the coaching

2. ****NEW** CAREERS CAREER PLANNING E-MODULE FOR FOUNDATION DOCTORS**

The Careers Team have developed an e-module on **Career Planning for Foundation Doctors** in partnership with E-Learning for Healthcare as an effective, robust and comprehensive aid to career planning. The module follows a bespoke 4-stage Career management model (**SCAN – Self Awareness/Career Exploration, Arriving at a decision/ Next Steps**) with printable workbooks linked to the content of each stage, containing a variety of exercises to inform your learning. To find out more you can access [the module here](#):

1:1 and group sessions for clinicians, addressing individual learning needs for challenging conversations, assertiveness & resilience, issues of language and culture, personal effectiveness, exam performance stress and more: [Visit](#)

- Assertiveness in Clinical Practice
- AKT – exam preparation and mock exam
- Developing your English for clinical practice
- Exam preparation workshop
- Pronunciation
- Stress and exams

**Note: There is a small deposit to pay at the time of booking which will be refunded in full after attendance*

3. ****NEW** SUPPORTED RETURN TO TRAINING (SUPPORTT)**

The supported Return to Training (SuppoRTT) programme is a HEE initiative which aims to support all trainees to return to training safely and confidently after a period of absence. A range of options are available; these are targeted at those absent for three months or more, but those absent for a shorter period may opt in. Full details on how to apply visit [Applying for SuppoRTT](#) webpages.

Currently in London and KSS funding for a 3-4 week extended shadowing period is offered to all foundation doctors who are new to the NHS or who have had a two-year break since graduating; evaluations of this by trainees and trusts have been very positive. [Click here](#) for more details on the offer for foundation doctors.

4. **NEW TRAINEE DOCTORS & DENTISTS SUPPORT SERVICES (TDDSS)**

The TDDSS is a psychoeducation and support service which aims to offer a range of interventions to support trainees on programmes managed by HEE Local Offices in London & KSS. To find out more about this service, [visit](#):

5. **NEW SUBMISSIONS FOR *FUTURE PSYCH MAGAZINE*.**

Now accepting submissions to #FuturePsych Winter 2019 edition! The biannual magazine written, edited and read by medical students & foundation doctors. Deadline 15 December. Email submissions to futurepsych@rcpsych.ac.uk #ChoosePsychiatry

We welcome reflections, case studies, opinion pieces, reviews, elective reports and interviews with equal applaud. No definite word limit but articles tend to be between 400-600 words.

6. **REMINDER RECRUITMENT TO CT1/ST1 TRAINING PROGRAMMES COMMENCING AUGUST- DECEMBER 2019**

You are strongly encouraged to review the information available on the national specialty training website in advance of the application window opening and download the national applicant handbook.

Headline timeline below - click [here](#) for more detailed information

Round 1 Re Advert – CT1/ST1 (for August to December 2019 start)	
Applications open	At 10am on Tuesday 26 February 2019
Applications close	At 4pm on Thursday 14 March 2019

7. TAB rounds applicable to London and KSS Foundation Schools (North Central Thames, North East Thames, North West London and South Thames).

Placement 1	
Opens:	Monday 8 th October 2018
Closes:	Tuesday 4 th December 2018
Placement 2	
Opens:	Monday 18 th February 2019
Closes:	Tuesday 2 nd April 2019
Placement 3	
Opens:	Monday 22 nd April 2019
Closes:	Friday 17 th May 2019

8. SWAP UPDATE

Please note we can no longer accept paper applications and **all** Local Swap applications must be made via the [support portal](#). Trainees must have

received written confirmation from their FTPD or Supervisor and the second applicant, that they agree, prior to submitting the application. All applications will be checked and verified with trust PGMDE staff.

9. HORUS EPORTFOLIO UPDATE

Latest updates - Please see [here](#) the latest update on the development of the Horus ePortfolio for medical foundation training in HEE.

Section B – Information for foundation faculty

10. RECRUITMENT TO CT1/ST1 TRAINING PROGRAMMES COMMENCING AUGUST- DECEMBER 2019

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12. TAB rounds applicable to London and the South East Foundation Schools (North Central Thames, North East Thames, North West London and South Thames)

Placement 1	
Opens:	Monday 8 th October 2018
Closes:	Tuesday 4 th December 2018
Placement 2	
Opens:	Monday 18 th February 2019
Closes:	Tuesday 2 nd April 2019
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13. F3 OPPORTUNITIES – A section for local vacancies is [available here](#). It also includes other important information for those planning to take a year out after F2. If you have vacancies you wish to advertise please send them to cathy.fuller@hee.nhs.uk

14. SAVE THE DATES - FOUNDATION SCHOOL MEETINGS

STFS Advisory & Development Meetings 2019:

- Thursday 7th February
- Thursday 9th May
- Thursday 19th September

NCELFS Management Committee dates for 2019:

Tbc

NWLFS Management Committee dates for 2019:

- Tuesday 15th January
- Thursday 16th May
- Tuesday 24th September

Section C - Conference/events/courses

1. ****LAST CALL** PAEDIATRIC EMERGENCY DAY - KING'S COLLEGE HOSPITAL SIMULATION CENTRE - 17TH DECEMBER 2018 – 8.30-17.00**

This free to attend event will look at diagnosis and management of common paediatric emergencies. To book your place email paedsemergencyday@gmail.com

2. ****NEW** F2 TRAINEES ONLY - NOMINATIONS OF FOUNDATION YEAR TRAINEES**

Invitation to nominate F2 foundation doctors to attend the RCPCH Annual Conference ICC (International Conference Centre), Birmingham on 13th, 14th and 15th May 2019. The Royal College of Paediatrics and Child Health offers foundation doctors the opportunity to experience a day at the RCPCH Annual Conference.

Each deanery is offering **3 places**. Each nominated doctor should pick which day of the conference they would like to attend – please ensure this is stated on the supporting statement.

Please complete a supporting statement of why you would benefit from attending this event (300 words maximum) along with your:

- Name
- GMC No
- Foundation School
- Your trust/Site

- Email
- Date preference

You must title the nomination **RCPCH conference**.

The deadline for all applications into **PSP** <https://lasepgmdesupport.hee.nhs.uk/support/home> is **Monday 7th January at 9am**. Late applications will not be accepted.

3. **NEW**** THE ENT DEPARTMENT AT ST MARY'S HOSPITAL MONDAY 17TH DECEMBER 2018 AND FRIDAY FEBRUARY 8TH 2019.**

Showcasing the practical aspects of ENT surgery, with access to the simulation lab and specialist equipment. For more information on this one day event, please email sanjana.bhalla@nhs.net quoting ENT COURSE in the title. The course will cost £30, with limited spaces so please sign up as soon as possible to reserve a place.

4. **REMINDER**** ANATOMY COURSE amended booking email address**

9 JANUARY 2019 A great opportunity to enhance your anatomical knowledge with an intensive one-day course, based at Bart's and The London School of Medicine and Dentistry. For More Information [visit here](#)

5. **NEW**** FOUNDATION FACULTY SHARING GOOD PRACTICE EVENT****

NACT UK and UKFPO will be hosting the annual Foundation Faculty Sharing Good Practice Event. The conference will take place on Friday 8th March 2019 at the London Marriott Hotel Marble Arch, 134 George St, London, W1H 5DN. Further information can be found on the NACT website [here](#)

6. **HOLD THE DATE**** THE UKFPO ANNUAL FOUNDATION DOCTORS ACADEMIC CONFERENCE, FRIDAY 17TH MAY 2019, EDINBURGH INTERNATIONAL CONFERENCE CENTRE – MORE INFORMATION TO FOLLOW**

A summary of all courses and conferences are available here and on [Synapse](#), these are updated on a regular basis. Please note that the publicising of courses and events via this bulletin does not imply endorsement by HEE.