

A warm welcome to the East of England (EoE) Foundation Schools!

Thank you for choosing to undertake the first stage of your postgraduate medical training with NHS England (NHSE) - East of England (EoE).

As an organisation we support around 6,000 medical and dental postgraduate doctors in training in the region, serving a population of 6.2 million. We hope to attract the best doctors and dentists to this region, and to inspire them with high-quality training to ensure that our patients receive the highest standard of safe clinical care. NHSE also maintains effective quality management of postgraduate medical and dental education (PGMDE) and training and promotes faculty development for our trainers.

We hope that you will thrive here as your career develops, and we look forward to meeting you on one of our many trust visits.

We have produced a 'starting foundation' information pack with key links, information and actions, which you will receive with this letter. **It is important that you read through this document and complete the actions – particularly those in the 'what to do before you start' section.**

There will be more detail on the below in the information pack but here are some key tips for you to get the most out of your foundation placements with us:

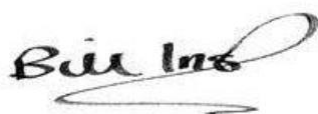
- Have a look at our [website](#) -
- Send us your secure and non-university email address **no later than Tuesday 16th May 2023**
- Get to know your foundation training programme director (FTPD) and the medical education team
- If you have ideas for innovation, share them!
- Take part in regional and national foundation events and requests for survey completion and feedback
- If you have concerns or queries or have a complaint around your placement...
 - First talk to your local team, whoever is appropriate from the clinical supervisor, educational supervisor, FTPD or guardian of safe working.
 - Then approach the deputy foundation school director (DFSD) for your quadrant
- Adjusting to the role of doctor, the pace of work and the stresses within it, can be difficult. If you would like to talk this through...
 - We are in the process of placing wellbeing champions in all trusts
 - You will have an F2 buddy/mentor
 - FTPDs are always there to help
 - If you want a more private discussion...

- Please contact our [professional support and wellbeing](#) team
 - The BMA have the following for their members: [BMA Support](#)
 - There is a free national wellbeing service at [Practitioner Health](#)
- Mostly, we hope that you will enjoy your foundation years as they give you a good starting point for your future careers.

The transition from a medical student to a postgraduate doctor will be exciting and challenging at the same time. You will be regarded as a doctor by all around you. It is important to be professional in your actions and words, work within your competencies, and seek help when you feel necessary.

At the end of the day, we are all in this profession to look after patients in a safe and caring way.

Good luck and best wishes!



Professor Bill Irish
Postgraduate Dean



Dr Helen Barker
Foundation School Director