**Foundation Doctor   
Hub Booklet 25/26**

**EAST ANGLIA FOUNDATION SCHOOL   
(EAFS) EAST**



**Contents**

* **WHAT ARE HUBS**
* **HOW TO BOOK ONTO HUBS**
* **HUBS CALENDAR**
* **COLCHESTER HUBS**
  + How to find us
  + Iceni Centre
* **IPSWICH HUBS**
  + How to find us
  + Ipswich Hospital map
* **WEST SUFFOLK HUBS**
  + How to find us
  + West Suffolk Hospital map
* **NNUH HUBS**
  + How to find us
  + NNUH map
* **JAMES PAGET HUBS**
  + How to find us
  + James Paget Hospital map

**HUBs Calendar**

James Paget Hospital Date Time

Ethics 19/11/2025 13:30 - 16:30

Emergency Medicine 14/01/2026 13:30 - 16:30

Medicine 11/02/2026 13:30 - 16:30

Surgery 11/03/2026 13:30 - 16:30

Ophthalmology 20/04/2026 13:30 - 16:30

NNUH

Anaesthetics                 TBC TBC

Radiology                     TBC TBC

Psychiatry                     21/11/2025 13:00 - 16:00

Human Factors             07/10/2025 09:00 - 12:00

ENT                              16/01/2026 09:00 - 12:00

ENT                              16/01/2026 13:00 - 16:00

O&G                             TBC TBC

Surgical Skills               30/04/2026 08:00 - 12:00

Surgical Skills               30/04/2026 13:00 - 17:00

Deconditioning Games 30/01/2026 13:00 - 16:00

Colchester Hospital

Basic Suturing Skills TBC TBC

Laparoscopic Skills TBC TBC

Anaesthetics & ICM TBC TBC

O&G TBC TBC

Cardio & Respiratory TBC TBC

Ophthalmology TBC TBC

Stroke TBC TBC

T&O & Rheumatology TBC TBC

Palliative TBC TBC

COTE TBC TBC

Medical Education TBC TBC

Leadership TBC TBC

Specialty Careers 07/10/2025 14:00 - 17:00

GMC TBC TBC

CC & PCC TBC TBC

CC & PCC TBC TBC

West Suffolk Hospital

Emergency Department TBC TBC

Human Factors TBC TBC

Paediatrics TBC TBC

Palliative Care TBC TBC

Urology TBC TBC

Ipswich Hospital

Human Factors TBC TBC

Basic Surgical Skills TBC TBC

T&O and Radiology TBC TBC

Paediatrics TBC TBC

Global Health 1 TBC TBC

Global Health 2 TBC TBC

Laparoscopic Skills TBC TBC

Neurology TBC TBC

Psychiatry TBC TBC

Sexual Health TBC TBC

Dermatology TBC TBC

Teaching Skills TBC TBC

EDI TBC TBC

Leadership TBC TBC

Post-Mortem Care TBC TBC

**What are Hubs?**

Hubs are workshops organised and hosted by the local post-graduate medical education (PGME) departments of the various Trusts within the deanery. Every year, each Trust hosts several hubs for Foundation Doctors. These hubs can have clinical or non-clinical themes and be held face-to-face or virtually. For example, a virtual non-clinical hub on Human Factors delivered via Teams or a face-to-face clinical hub on basic surgical skills involving suture practice etc. Hence, these hubs offer a variety of valuable theoretical and practical knowledge. Hubs also give you good insight into the various medical and surgical specialties, which helps to inform your future career choices.

Attending hubs also give Foundation Doctors the opportunity to meet fellow doctors and healthcare staff from other Trusts. Professional networking can significantly aid your medical career. In addition, you get to visit another Trust or hospital, gaining some experience and insight along the way!

EAFS East subregion comprises of the following hospitals – West Suffolk Hospital, Colchester Hospital, Ipswich Hospital, Norfolk & Norwich University Hospital, James Paget University Hospital.

**ARCP MANDATORY HUB REQUIREMENTS**

**FOUNDATION YEAR 1 –** Two clinical hubs, one non-clinical hub  
**FOUNDATION YEAR 2 –** Two clinical hubs, one non-clinical hub

A certificate will be generated following each hub, once a hub feedback form has been completed, for you to upload to your portfolio.

**House rules for booking and attending Hubs**

**1. PLEASE DO NOT BOOK ONTO MORE THAN 3 HUBS**  
This is so that others also have the opportunity to book on to the Hubs they desire. PGMEs can automatically deregister Foundation Doctors who have overbooked more than 3 hubs which will risk removing the Hubs that you were most interested in.

**2. PLEASE ONLY BOOK ONTO HUBS WITHIN YOUR SUBREGION AND WITHIN YOUR HOSPITAL’S ALLOCATED SLOT**  
There are certain hubs that are open to all - central hubs, however most Hubs are subregion specific. If there is a specific hub(s) outside of your subregion that you wish to attend, please contact the organising PGME directly. Do not attempt to book without contacting them. Please also do not book onto slots reserved for other healthcare professionals (e.g. multiprofessional, pharmacist).

**3. PLEASE BOOK YOUR STUDY LEAVE AT LEAST 6 WEEKS IN ADVANCE**   
If there is any issue with study leave for mandatory hub attendance, please let your Hub Champion know at the earliest convenience because we are here to help. For example, in extreme circumstances we can contact your department directly to arrange for protected time so that you can fulfil your mandatory ARCP Hub requirements.

**4. YOU CANNOT SIGN UP OR ‘DEREGISTER’ FROM A HUB WITHIN 4-WEEKS OF THE SCHEDULED HUB DATE.**

If no longer able to attend a Hub please contact the organising PGME, if you do not receive a response, please contact your local Hubs champions then the central Hubs team at Papworth.regionalhubs@nhs.net.

We keep a strict attendance policy at all hubs and rely on you to maintain professionalism and accountability. You will not be able to deregister from a hub 4 weeks prior to the session. If you can no longer make this date you need to contact the organising PGME urgently. If you decide to not turn up without notice or a valid reason, your trusts FPD will be notified of your absence, and you may have to meet them to discuss your absence.

**5. TBC DATES**

Some hubs on the calendar will have to be confirmed (TBC) dates. Due to the nature of HUBs, a date may not be available until later in the year. There are many reasons why some hubs encounter these issues e.g. speaker unavailability, logistical problems. Rest assured, the Hubs team are constantly chasing the organising PGMEs to finalise these details behind the scenes. Please continue to check the EOE website spreadsheet and calendar for any updates on confirmed dates.

**Additional important information**

* Check your email regularly for email updates regarding the hubs that you have booked onto or which you are on the waiting list for. The full details of the hubs (e.g. parking, site map) will be sent to you closer to the hub date by the organising PGME. If not, please contact them directly.
* Please remember that you are entitled to be paid reimbursement of your travel costs subject to your local Trust policy. Please make sure you request for the necessary reimbursement information at the earliest because some Trusts require you to submit a claim form in advance of the hub (e.g. 2 weeks). Each of you have an allocated study budget, so do use it.
* Remember to download your hub certificates! They are usually uploaded onto Bridge after the hub has concluded or received after the completion of a feedback form. This will be your evidence which you can upload onto Horus.
* Lastly, feel free to contact your Hub Champions with any hub-related issues! We are here to help!

**Colchester Hubs**Please note all dates are TBC for the upcoming foundation year. They are all face-to-face unless specified.

Please check the EOE HUBs spreadsheet for the most up-to-date information.

**Anaesthetics & Intensive Care Medicine**   
*Clinical Hub*  
This Anaesthetics and Intensive Care Hub Day introduces essential concepts in airway management, anaesthetic pharmacology, and perioperative care. Scenario-driven training will strengthen crisis management abilities in anaesthesia-related emergencies, boosting confidence in assessing and stabilising patients during surgery. The Hub will also cover career pathways in these specialities.

**Basic Suturing Skills (FY1 only)***Clinical Hub*This Surgical Hub Day provides hands-on training in essential surgical techniques, including knot tying, suturing, and laparoscopic skills. Participants will practice fundamental methods used in surgery, focusing on precision, efficiency, and technique refinement. Through guided instruction and practical exercises, attendees will develop confidence and dexterity in performing key surgical procedures.

**Cardio + Respiratory***Clinical Hub*  
This Cardiorespiratory Hub Day includes talks from consultants within each speciality regarding common presentations and emergency scenarios. Delving into chest drain insertion and management, alongside ECHO and ECG interpretation. A brief overview of the application process and speciality training.

**Complex comorbidity & person-centred care**   
*Non-Clinical Hub*  
This non-clinical Hub Day helps you put your clinical focus back towards the patients. The session is packed with lots of cases and discussion topics, alongside covering polypharmacy and holistic medicine. Attendees will develop skills to approach complex patients and learn tools and techniques to manage these patient both in the community and in acute healthcare settings.

**Care of the Elderly***Clinical Hub*  
This Care of the Elderly Hub covers the importance of this speciality in an ever ageing world. Care of the Elderly consultants discuss common presentations and problems that arise with this target population, covering polypharmacy and social care needs.

**GMC**   
*Non-Clinical Hub*  
This GMC Hub involves a comprehensive talk from a GMC representative discussing what their job entails, how they investigate and what they investigate. The session is very interactive with discussions regarding ethical scenarios and issues surrounding confidentiality. Several case studies, investigation statistics and interactive polls.

**Laparoscopic Skills with AI***Clinical Hub*  
This Laparoscopic Hub Day takes advantage of the amazing facilities the Iceni Centre has to offer. Participants will practice fundamental methods used in surgery, focusing on precision, efficiency, and technique refinement. Through guided instruction and practical exercises, attendees will develop confidence and dexterity in performing key surgical procedures. Alongside in-depth discussions regarding the latest in technological advances.

**Leadership***Non-Clinical Hub*This non-clinical Hub Day focuses on developing leadership skills for healthcare professionals, emphasising the importance of effective communication, decision-making, and team management in clinical settings. Participants will explore key leadership principles such as emotional intelligence, conflict resolution, and fostering a positive team culture. Through interactive workshops and case studies, attendees will enhance their ability to lead in dynamic healthcare environments and drive positive change within their teams and organizations.

**Medical Education***Non-Clinical Hub*  
This Hub Day gives an overview of medical education teaching, including discussions on teaching methods, session planning and learning styles. There are multiple activities throughout this session making it fun and engaging. The session gives you an opportunity to further practice some of the teaching methods taught.

**Obstetrics and Gynaecology***Clinical Hub*This O&G Hub Day is split between a lecture style introduction covering postgraduate training options and common obstetrics and gynaecology presentations. The second half of the session involves practical laparoscopic, suturing skills, and speculum skills.

**Ophthalmology Emergencies***Clinical Hub*  
Ophthalmology Emergency Hub Day provides a focused introduction to the assessment and management of common and emergency eye conditions. Key topics such as red eye, acute visual loss, ocular trauma, and ophthalmic emergencies are covered through interactive case discussions and practical workshops. The day is designed to enhance confidence in recognising and managing eye pathology in both emergency and outpatient settings.

**Palliative Care Medicine***Clinical Hub*Palliative Care Hub Day focuses on the holistic management of patients with life-limiting conditions, emphasizing symptom control, communication skills, and end-of-life care. Sessions typically include interactive case discussions, advance care planning, opioid prescribing, and breaking bad news with empathy. Practical workshops may cover syringe drivers, managing complex pain, and ethical dilemmas in palliative care. The day aims to build confidence in providing compassionate, patient-centred care in both hospital and community settings.

**Stroke Medicine***Clinical Hub*This Stroke Hub Day focuses on the recognition, diagnosis, and management of different types of stroke presentations. This session is full of radiological images and lots of discussion questions. By the end of this day, attendees will become more confident in differentiating types of strokes based on symptoms and more proficient and managing these patients.

**Specialty Career's selection***Non-Clinical Hub*This non-clinical Hub Day has continually received fantastic feedback. Starting with a presentation on the process of speciality applications. Following the presentation they go through practice interview questions, how to structure answers and everyone gets an opportunity to practice a mock interview. Supplying lots of resources to help with your speciality application process. Good speaker, good organisation, resources to explore career opportunities.

**T&O + Rheumatology (MSK)***Clinical Hub*  
This Hub Day explores common trauma and orthopaedic presentations, including fractures, dislocations, and knee injuries. Participants will learn to assess and manage these conditions effectively while also developing skills in interpreting key radiological scans. Through case-based discussions and hands-on practice, attendees will gain a deeper understanding of injury patterns, imaging techniques, and clinical decision-making in musculoskeletal emergencies.

**How to find us**

**Getting to Colchester General Hospital**

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| TRAVELLING BY ROAD |
| Satellite navigation users should use CO4 5JL or Turner Road, Colchester.  TRAVELLING BY TRAIN |
| Travel to COLCHESTER NORTH STATION, once at the station there are taxi’s available in the taxi rank, or alternatively here are the buses that stop at the hospital: 61, 65 and 80.  The station is located approx. 1 mile from the ‘Hospital Path’ entrance and there is a footpath and cycle lane leading up Northern Approach towards the hospital. Estimated 30-minute walk.  PARK & RIDE |
| Colchester Park & Ride is located to the north of the A12, just off junction 28 and is a great alternative to parking on the hospital site. There is a frequent service that runs from 7am-7pm and the journey time to the hospital is approximately 5 mins (dependent on traffic).  The Travel Essex website has a timetable: <https://www.travelessex.co.uk/park-and-ride/Colchester-park-and-ride>  The Park & Ride service costs £3 for unlimited journeys on the day the ticket is purchased, enabling easy access to and from the park & ride. The ‘Hospital Path’ stop is the first stop from the park & ride.    PARKING |
| If you do not have an ESNEFT staff parking permit, then please use the VISITOR CAR PARK. This is accessible through the hospital’s NORTH ENTRANCE, which is located off Turner Road. Hospital Visitor parking runs on number plate recognition. At the end of your visit please enter your number plate into the machine available and pay the amount owing. |

**Iceni Centre and PGME   
A map of a hospital

Description automatically generated  
The PGME centre is in Villa 8 circled in red on the above map**

**Ipswich Hubs**

Please note all dates are TBC for the upcoming foundation year. They are all face-to-face unless specified.

Please check the EOE HUBs spreadsheet for the most up-to-date information.

**Human Factors**

*Non-clinical hub*

This Hub Day focuses on understanding and applying human factors in clinical practice. Participants will explore key concepts such as recognising human factors in medicine, Dupont’s Dirty Dozen, and the impact of group dynamics on patient safety. Through interactive activities and real-world scenarios, attendees will develop skills to improve teamwork, communication, and decision-making in healthcare settings.

**Basic Surgical Skills**

*Clinical Hub*

This Hub Day provides hands-on training in essential surgical techniques, including knot tying, suturing, and laparoscopic skills. Participants will practice fundamental methods used in surgery, focusing on precision, efficiency, and technique refinement. Through guided instruction and practical exercises, attendees will develop confidence and dexterity in performing key surgical procedures.

**T&O + Radiology**

*Clinical Hub*

This Hub Day explores common trauma and orthopaedic presentations, including fractures, dislocations, and knee injuries. Participants will learn to assess and manage these conditions effectively while also developing skills in interpreting key radiological scans. Through case-based discussions and hands-on practice, attendees will gain a deeper understanding of injury patterns, imaging techniques, and clinical decision-making in musculoskeletal emergencies.

**Psychiatry**

*Clinical Hub*This Hub Day provides an introduction to common psychiatric conditions, including depression, anxiety, psychosis, and psychiatric emergencies. Participants will explore key principles of mental health assessment, risk evaluation, and communication skills essential for patient care. Through interactive discussions and case-based scenarios, attendees will develop a deeper understanding of psychiatric presentations and approaches to management in various clinical settings.

**Developing Teaching Skills**

*Non-clinical hub*

This Hub Day focuses on enhancing teaching skills for medical education, equipping participants with effective techniques to deliver engaging and impactful teaching sessions. Topics include principles of adult learning, lesson planning, feedback techniques, and bedside teaching strategies. Through interactive workshops and practical exercises, attendees will develop confidence in teaching peers, students, and multidisciplinary teams in clinical and academic settings.

**Global Health**

*Non-clinical hub – virtual/face to face element*

This Hub Day explores key issues in global health, including health inequalities, infectious diseases, and the impact of social determinants on healthcare access. Participants will discuss challenges faced in healthcare systems, strategies for disease prevention, and the role of healthcare professionals in global health initiatives. Through case studies and interactive sessions, attendees will gain insight into addressing health disparities and delivering care in diverse settings.

**Sexual Health & Rare Conditions in O&G**

*Clinical Hub*

This Hub Day covers essential topics in sexual health and rare conditions in obstetrics and gynaecology (O&G). Participants will explore STI diagnosis and management, contraception, and reproductive health, alongside less common but significant gynaecological and obstetric conditions. Through case discussions and interactive workshops, attendees will enhance their clinical knowledge and approach to complex presentations in sexual and reproductive healthcare.

**Dermatology**

*Clinical Hub*

This Hub Day provides an overview of common and important dermatological conditions, including eczema, psoriasis, skin infections, and dermatological emergencies. Participants will learn to recognise, diagnose, and manage skin conditions, as well as interpret key dermatological signs that may indicate systemic disease. Through interactive case discussions and practical workshops, attendees will develop confidence in assessing and treating skin-related presentations in clinical practice.

**Paediatrics**

*Clinical Hub*

This Hub Day focuses on the assessment and management of common paediatric conditions, equipping participants with essential skills for working with children. Topics include recognizing and managing acute illnesses, developmental milestones, and paediatric emergencies. Through interactive case discussions and practical sessions, attendees will enhance their confidence in diagnosing and treating young patients while understanding the unique challenges of paediatric care.

**EDI**

*Non-clinical hub*

This Hub Day explores the importance of equity, diversity, and inclusion (EDI) in medicine, focusing on addressing healthcare disparities, unconscious bias, and promoting inclusive clinical practice. Participants will engage in discussions on cultural competence, patient advocacy, and strategies to foster an equitable healthcare environment. Through case studies and interactive activities, attendees will develop a deeper understanding of EDI principles and their role in delivering fair and patient-centred care.

**Leadership**

*Non-clinical hub*

This Hub Day focuses on developing leadership skills for healthcare professionals, emphasising the importance of effective communication, decision-making, and team management in clinical settings. Participants will explore key leadership principles such as emotional intelligence, conflict resolution, and fostering a positive team culture. Through interactive workshops and case studies, attendees will enhance their ability to lead in dynamic healthcare environments and drive positive change within their teams and organizations.

**Post-Mortem Care & Communication**

*Clinical hub*

This Hub Day focuses on the delicate and essential aspects of post-mortem care and communication in healthcare. Participants will explore best practices for providing respectful post-mortem care, managing bereaved families, and navigating sensitive conversations. Topics include cultural considerations, legal aspects, and effective communication strategies when discussing death with patients' families. Through role-playing and case-based discussions, attendees will build skills in offering compassionate, clear, and professional communication during challenging times.

**How to find us  
Getting to Ipswich Hospital**

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| TRAVELLING BY ROAD |
| Exit the A14 at junction 57 on to the A1189. Continue on the A1189 and follow the signs to the hospital.  TRAVELLING BY TRAIN |
| Ipswich has two railway stations:   * Ipswich Rail Station (IPS) is 4.7 miles from the hospital. The station has a taxi rank.  The 66 bus runs between the train station and the hospital. * Derby Road Rail Station (DBR) is 1.3 miles from the hospital. The station does not have a taxi rank.  The 6 bus runs from nearby Foxhall Road to the pedestrian entrance to hospital grounds opposite Adelaide Road.  From Derby Road Rail Station the hospital is a 20-minute walk via Foxhall Road and Pearson Road.   PARK & RIDE |
| There are two park and ride sites in Ipswich, one at London Road (IP8 3TQ) and one at Martlesham Heath (IP5 3QN), which are convenient for both the A12 and A14.  It’s around a ten-minute journey to the hospital from either site and the bus stops at the north end of the hospital on Woodbridge Road. |

**By bus**

There are bus stops inside the hospital grounds, just outside the Garrett Anderson Centre (Emergency department) and on Woodbridge Road, near a pedestrian entrance to hospital grounds.

Routes **2**, **5**, **5E, 6**, **75, 78 and 79** stop inside the hospital grounds.

Routes **63**, **64**, **65**, **66, 66a, 75, 77,** **800, 900 and 978**run through the Park and Ride bus stop on the Woodbridge Road entrance to the hospital.

**A map of a city

Description automatically generated**

WE ARE HERE!

**West Suffolk Hubs**Please note all dates are TBC for the upcoming foundation year. They are all face-to-face unless specified.

Please check the EOE HUBs spreadsheet for the most up-to-date information.

**Human Factors**

*Non-clinical hub*

This Hub Day focuses on understanding and applying human factors in clinical practice. Participants will explore key concepts such as recognising human factors in medicine, Dupont’s Dirty Dozen, and the impact of group dynamics on patient safety. Through interactive activities and real-world scenarios, attendees will develop skills to improve teamwork, communication, and decision-making in healthcare settings.

**Emergency Department**

*Clinical Hub*Emergency Medicine Hub Day is a fast-paced, hands-on learning experience focused on acute patient management, resuscitation, and decision-making under pressure. Sessions typically include simulation-based training, airway management, trauma assessment, and critical care scenarios. Expect interactive discussions, case-based learning, and skill stations covering procedures like chest drains, suturing, and ultrasound-guided interventions. The day is designed to enhance confidence in managing undifferentiated patients in high-stakes environments.

**Paediatrics** *Clinical Hub*This Hub Day focuses on the assessment and management of common paediatric conditions, equipping participants with essential skills for working with children. Topics include recognizing and managing acute illnesses, developmental milestones, and paediatric emergencies. Through interactive case discussions and practical sessions, attendees will enhance their confidence in diagnosing and treating young patients while understanding the unique challenges of paediatric care.

**Palliative** *Clinical Hub*Palliative Care Hub Day focuses on the holistic management of patients with life-limiting conditions, emphasizing symptom control, communication skills, and end-of-life care. Sessions typically include interactive case discussions, advance care planning, opioid prescribing, and breaking bad news with empathy. Practical workshops may cover syringe drivers, managing complex pain, and ethical dilemmas in palliative care. The day aims to build confidence in providing compassionate, patient-centred care in both hospital and community settings.

**How to find us**

**Getting to West Suffolk Hospital**

[**Arriving by car?**](https://www.wsh.nhs.uk/Patients-and-visitors/Information-for-visitors/Getting-here.aspx)

There are several car parks on site, labelled A, B, C, D & E (see the Site Map). All patient and visitor parking is in the main front car park (A) with the exception of those attending the Macmillan Unit. A ‘Pay on Foot’ system is in use in car park A and a Pay and Display machine is situated adjacent to the Macmillan Unit. There is also dedicated parking for Renal patients adjacent to the Renal Unit. The rear car parks are for staff only, who have access by permit and pay card.

[**Arriving by bus or coach?**](https://www.wsh.nhs.uk/Patients-and-visitors/Information-for-visitors/Getting-here.aspx)

The main bus station is in St Andrew's Street North, a few minutes walk from the town centre. Mulleys Bus Company runs the M11/M22 bus service from here to the hospital and return; currently this runs at hourly intervals at 10 minutes past the hour arriving at the hospital at 27 minutes past. For timetable enquiries, please call Mulleys: 01359 230234. Stephensons Bus Company runs the Bury St Edmunds Town Breeze Service from here to the hospital and return; currently this runs at half hourly intervals, at 15 and 45 minutes past the hour arriving at the hospital at 25 and 55 minutes past. For timetable enquiries please call Stephensons: 01440 704583. For details of all buses in the Bury St Edmunds area log on to www.suffolkonboard.com

[**Arriving by train?**](https://www.wsh.nhs.uk/Patients-and-visitors/Information-for-visitors/Getting-here.aspx)

The railway station is on Station Hill about 1 mile from the town centre and 2 miles from the hospital. There are at least five train services daily between Bury St Edmunds and Ipswich and Cambridge; the journey time for either is approximately 45 minutes. There is bus service from the station which runs to the main bus station in St Andrew's Street North, with connecting services to the hospital. There is also a taxi rank outside the station, and further taxi offices on Station Hill. To contact the train station please call: 01284 484950

[**Arriving by taxi?**](https://www.wsh.nhs.uk/Patients-and-visitors/Information-for-visitors/Getting-here.aspx)

The main taxi rank in Bury St Edmunds is on Cornhill, and there are others at the railway station, as indicated above. For a list of registered taxi companies please contact the Tourist Information Centre: 01284 764667

**A map of a hospital

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**NNUH Hubs**Please note all dates are TBC for the upcoming foundation year. They are all face-to-face unless specified.

Please check the EOE HUBs spreadsheet for the most up-to-date information.

**Psychiatry**   
*Clinical Hub*  
The Psychiatry Hub Day provides an immersive introduction to mental health assessment and management. Attendees will explore core topics such as risk assessment, de-escalation techniques, and capacity assessments. Through interactive case discussions, simulated patient encounters, and multidisciplinary collaboration, participants will gain confidence in recognising and managing psychiatric conditions in various healthcare settings.

**ENT**  
*Clinical Hub*  
The ENT Hub Day focuses on essential skills and knowledge for assessing and managing ear, nose, and throat conditions. Sessions cover topics such as airway emergencies, epistaxis management, otoscopic examination, and common ENT procedures like ear syringing and flexible nasoendoscopy. Participants will engage in hands-on workshops, case-based discussions, and simulated scenarios to enhance clinical confidence.

**Obstetrics & Gynaecology**  
*Clinical Hub*  
The Obstetrics & Gynaecology Hub Day provides practical exposure to key aspects of maternal and reproductive health. Topics include antenatal and postnatal care, managing obstetric emergencies, and gynaecological presentations. Hands-on training in essential procedures, such as foetal heart monitoring, speculum examination, and perineal repair, is combined with simulated scenarios to prepare participants for real-world clinical challenges.

**Surgical Skills**  
*Clinical Hub*  
The Surgical Skills Hub Day offers hands-on training in fundamental surgical techniques, including suturing, knot-tying, instrument handling, and wound management. Participants will refine their dexterity through supervised skill stations, explore principles of asepsis and theatre etiquette, and practice minor surgical procedures in a controlled learning environment, enhancing their confidence in the operating room.

**Radiology**  
*Non-clinical Hub*  
The Radiology Hub Day provides a structured approach to interpreting medical imaging and understanding the role of radiology in patient care. Sessions cover key principles of X-ray, CT, MRI, and ultrasound interpretation, with a focus on common clinical presentations. Interactive case reviews and workstation-based learning will help participants develop systematic approaches to image analysis and improve diagnostic confidence.

**Anaesthetics**  
*Clinical Hub*  
The Anaesthetics Hub Day introduces key principles of airway management, anaesthetic pharmacology, and perioperative care. Participants will engage in hands-on workshops covering bag-valve-mask ventilation, intubation techniques, and spinal anaesthesia. Scenario-based training will reinforce crisis management skills in anaesthesia-related emergencies, improving confidence in the assessment and stabilisation of patients undergoing surgery.

**Deconditioning Games**  
*Non-clinical Hub*  
The Deconditioning Games Hub Day explores innovative strategies to prevent and manage hospital-associated deconditioning. Through interactive activities, role-play scenarios, and multidisciplinary discussions, participants will learn practical interventions to promote early mobility, enhance patient engagement, and improve functional outcomes in hospitalised patients.

**Multiprofessional**  
*Non-clinical Hub*  
The Multiprofessional Hub Day focuses on fostering effective collaboration between healthcare professionals from different disciplines. Participants will engage in team-based learning, simulation exercises, and problem-solving workshops to enhance communication, leadership, and interprofessional working. The day emphasises shared decision-making and optimising patient care through collective expertise.

**How to find us**

**Getting to Norfolk and Norwich Hospital**

The Norfolk and Norwich University Hospital (NNUH) is located at Colney Lane, Norwich, NR4 7UY. The Education Building, known as the Bob Champion Research and Education Building, is situated on the hospital grounds.

**By Car**

* **From Norwich City Centre:**
  + Follow signs for the University and Hospital via the B1108 Watton Road.
  + Continue past the University of East Anglia on your left.
  + At the second set of traffic lights, turn left onto Colney Lane, following signs for the hospital.
  + The hospital entrances are located at the roundabout.
* **From the A47:**
  + Exit onto the B1108 Watton Road, signposted for Norwich and Watton.
  + Follow the B1108 towards Norwich.
  + Turn right onto Colney Lane at the traffic lights, following signs for the hospital.
  + Proceed to the roundabout for hospital entrances.

For detailed maps and parking information, refer to the hospital’s wayfinder map.

**By Bus**

Regular bus services connect NNUH with Norwich city centre and surrounding areas:

* **First Bus Services:**
  + Pink Line 11/12 offers direct buses every 10 minutes (Monday-Saturday) and every 30 minutes (Sunday) from Wroxham to NNUH via Sprowston, City Centre, and Cringleford.
  + Other services connect from various locations; transfers may be required at Cringleford Bus Interchange.

For schedules and routes, visit First Bus.

**By Park & Ride**

The Costessey Park & Ride service operates every 15 minutes between 06:30 and 09:25, with a half-hourly service between 09:25 and 14:55, reverting to a 15-minute service between 14:55 and 20:30. The last bus departs the hospital at 20:45.

For full timetables and directions, see the hospital’s travel information.

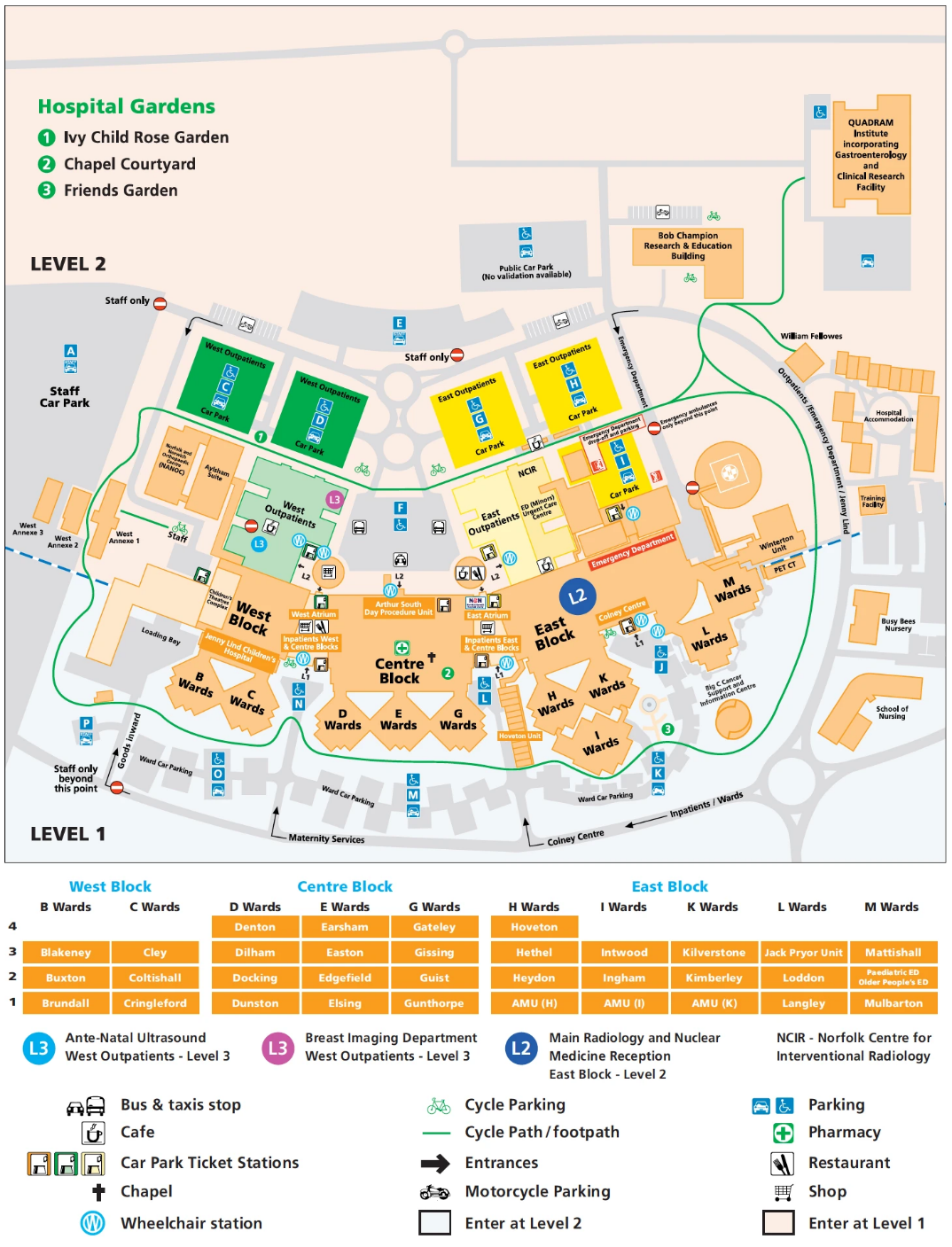
**Finding the Bob Champion Research and Education Building**

The Bob Champion Research and Education Building is located within the NNUH grounds. Upon entering the hospital site from Colney Lane, follow internal signage directing towards the building. It’s advisable to consult the hospital’s wayfinder map for precise navigation.

For personalized directions, consider using online mapping services like Google Maps by entering your starting location and the destination address: **Bob Champion Research and Education Building, Colney Lane, Norwich, NR4 7UQ.**

For further assistance, contact BCRE at **01603 287715.**

**Find out more here:** [**https://www.pgme-insighttomedicaleducation.co.uk/faqs/**](https://www.pgme-insighttomedicaleducation.co.uk/faqs/)

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**James Paget Hubs**   
Please note all dates are TBC for the upcoming foundation year. They are all face-to-face unless specified.

Please check the EOE HUBs spreadsheet for the most up-to-date information,

**Ethics**

*Non-clinical hub*

Ethics Hub Day explores key ethical principles in medical practice, focusing on real-world dilemmas and decision-making. Sessions typically cover topics such as consent and capacity, confidentiality, end-of-life decisions, and navigating conflicts of interest. Case-based discussions and interactive workshops help develop critical thinking and communication skills when addressing complex ethical challenges. The day aims to enhance understanding of professional responsibilities, legal frameworks, and patient-centred ethical decision-making.

**Emergency Department**

*Clinical Hub*Emergency Medicine Hub Day is a fast-paced, hands-on learning experience focused on acute patient management, resuscitation, and decision-making under pressure. Sessions typically include simulation-based training, airway management, trauma assessment, and critical care scenarios. Expect interactive discussions, case-based learning, and skill stations covering procedures like chest drains, suturing, and ultrasound-guided interventions. The day is designed to enhance confidence in managing undifferentiated patients in high-stakes environments.

**Surgery**

*Clinical Hub*Surgery Hub Day is a hands-on learning experience focused on essential surgical skills, perioperative care, and emergency management. Sessions typically include suturing and knot-tying workshops, wound management, and simulation-based training for common surgical scenarios. Topics such as preoperative assessment, post-op complications, and managing surgical emergencies are covered through interactive case discussions. The day is designed to build confidence in core surgical principles and practical techniques applicable to a wide range of clinical settings.

**Medicine**

*Clinical Hub*Medicine Hub Day focuses on the assessment and management of acutely unwell medical patients. Sessions typically cover key topics such as sepsis, acute kidney injury, electrolyte imbalances, and multimorbidity management. Interactive case discussions, simulation training, and practical workshops on ECG interpretation, ABG analysis, and clinical reasoning help develop essential skills. The day is designed to enhance confidence in managing complex medical cases and improving decision-making in acute and chronic care settings.

**Ophthalmology**

*Clinical Hub*Ophthalmology Hub Day provides a focused introduction to the assessment and management of common eye conditions. Sessions typically include hands-on training in fundoscopy and visual acuity assessment. Key topics such as red eye, acute visual loss, ocular trauma, and ophthalmic emergencies are covered through interactive case discussions and practical workshops. The day is designed to enhance confidence in recognising and managing eye pathology in both emergency and outpatient settings.

**How to find us**

**Getting to James Paget Hospital**

How to find us

James Paget University Hospitals NHS Foundation Trust, Lowestoft Road, Gorleston, Great Yarmouth, Norfolk, NR31 6LA. Telephone (main switchboard); 01493 452452.

By Road  
From the south, the A12 leads from London and Ipswich through to Lowestoft, with the A47 linking to Great Yarmouth. The James Paget is on the left, shortly after the main roundabout on the outskirts of Gorleston.

The A14, the A11 and A47 towards Great Yarmouth enables travel from other areas via Norwich.

Before entering Great Yarmouth, take the route over the Breydon Bridge, following signs to Gorleston and Lowestoft.  On leaving Gorleston, the James Paget is on the right.

By rail

The nearest railway station to the hospital is at Great Yarmouth approximately two miles away (close to where the ASDA supermarket is marked on the road map here).  There are regular trains to and from Norwich, London and Peterborough, and intermediate stops, with connecting trains across the country. Please see below for links to Greater Anglia trains, which serve Great Yarmouth and Lowestoft, and to the Trainline for journey planning.

**A map of a hospital

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