



East of England FOUNDATION SCHOOLS

EAST ANGLIA/ESSEX, BEDS AND HERTS



Welcome to the East of England.

Dear New Foundation Doctor,

We are really pleased to be able to welcome you to the East of England Foundation Schools. We are keen and enthusiastic trainers of doctors, and have a very well respected trainee wellbeing approach.

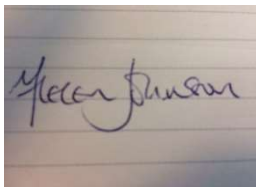
There are some key things for you to get the most out of your placements with us.

1. Read our website. <https://heeo.ee.nhs.uk/foundation> as it has lots of our policies and documents and rationales for how the foundation posts work. It is a good 'go to' resource around foundation. We assume you have not only read the website, but also check back with the website as a resource for local and national ARCP, policies and guidance.
 - a. Our taught programme <https://heeo.ee.nhs.uk/foundation/teachingopportunities>
 - i. You need to be aware of what you need to organise and arrange for mandatory teaching attendance as we have moved from a lecture based approached to a trainee focussed approach. You will need to book your sub regional teaching sessions before the end of August.
 - b. Our main policy and 'how to' <https://heeo.ee.nhs.uk/foundation/current-trainees>
2. Let our programmes team be aware of your email addresses to use. We send out important information, policy updates, and also opportunities via the mass email. Don't let yourself be missed! foundationprogrammes.eoe@hee.nhs.uk
 - a. This is required by July at the latest as we will be sending out information on your regional teaching to book into.
3. Get to know your FTPD [Foundation training programme director] and the medical education team.
4. If you have ideas for innovation, share them! The foundation schools are always looking to act on trainee feedback and improve, and are always keen to support trainees enthusiasm for pilots in teaching and simulation.
5. We have trainee reps, and we would like you to consider whether you would be keen to try this role.
6. Take part in regional and national foundation events, requests for survey completion, feedback [particularly feedback so we can improve your training and hear your opinions]
7. If you have concerns or queries or have a complaint around your placement,

- a. first talk to the local team, whoever is appropriate from the clinical supervisor, educational supervisor, foundation training programme director or guardian of safe working.
 - b. Then approach the deputy foundation school director for your region.
8. 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,
 - a. we are in the process of placing wellbeing champions in the trust,
 - b. you have an F2 buddy/mentor,
 - c. the FTPD is always there to help.
 - d. If you want a more private discussion,
 - i. we have our professional support and wellbeing team
<https://heeoee.hee.nhs.uk/medical-training/trainee-well-being-hub>
 - ii. the BMA have for their members <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>
 - iii. there is a free national wellbeing service
<https://www.practitionerhealth.nhs.uk/>
9. 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 trainee 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!



Dr Helen Johnson, Foundation School Director, on behalf of the Foundation Team.

