



"Aspiring to excellence in Education"

East of England FOUNDATION SCHOOLS

East Anglia/Essex, Beds and Herts



Welcome to the East of England Foundation School

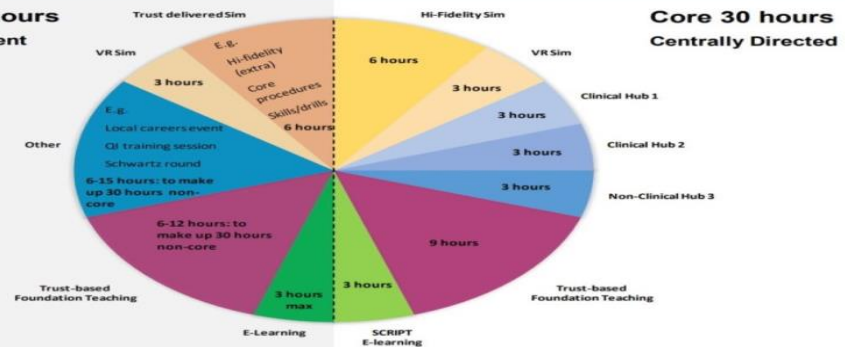
East of England Foundation School Learning Platform

<https://heeoee.hee.nhs.uk/foundation>

Workplace and Me –
wellbeing in the workplace



**Non-core 30 hours
Flexible Component**



**Core 30 hours
Centrally Directed**

13.30 – 14.00 – Welcome to EOE Foundation School

14.00 -14.30 – Professional Support and Well-being Service (PSW)

14.30 – 14.40 – Break

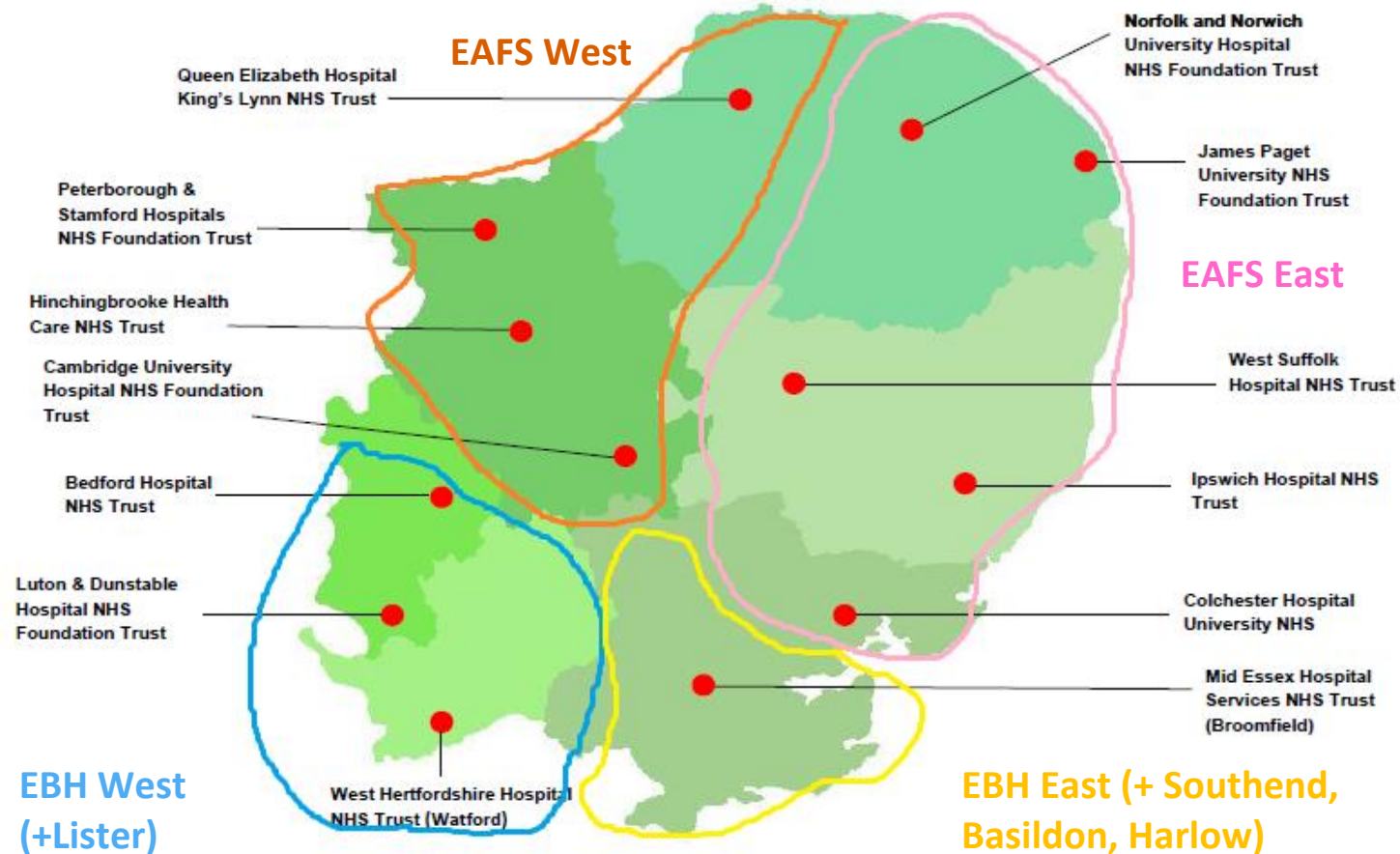
14.40 – 15.00 – British Medical Association (BMA)

15.00 - 16.30 – Workplace and ME

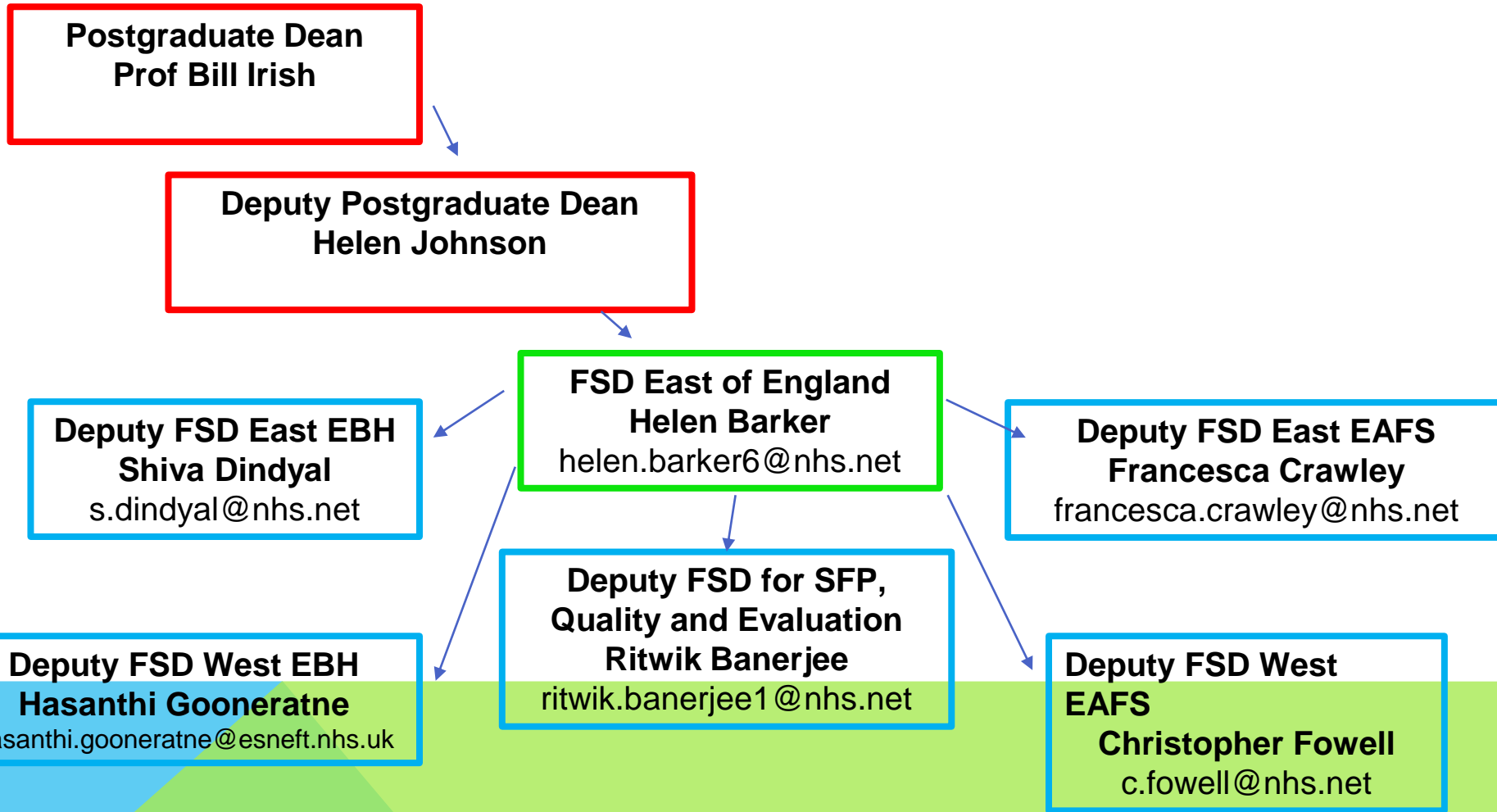


The East of England Deanery

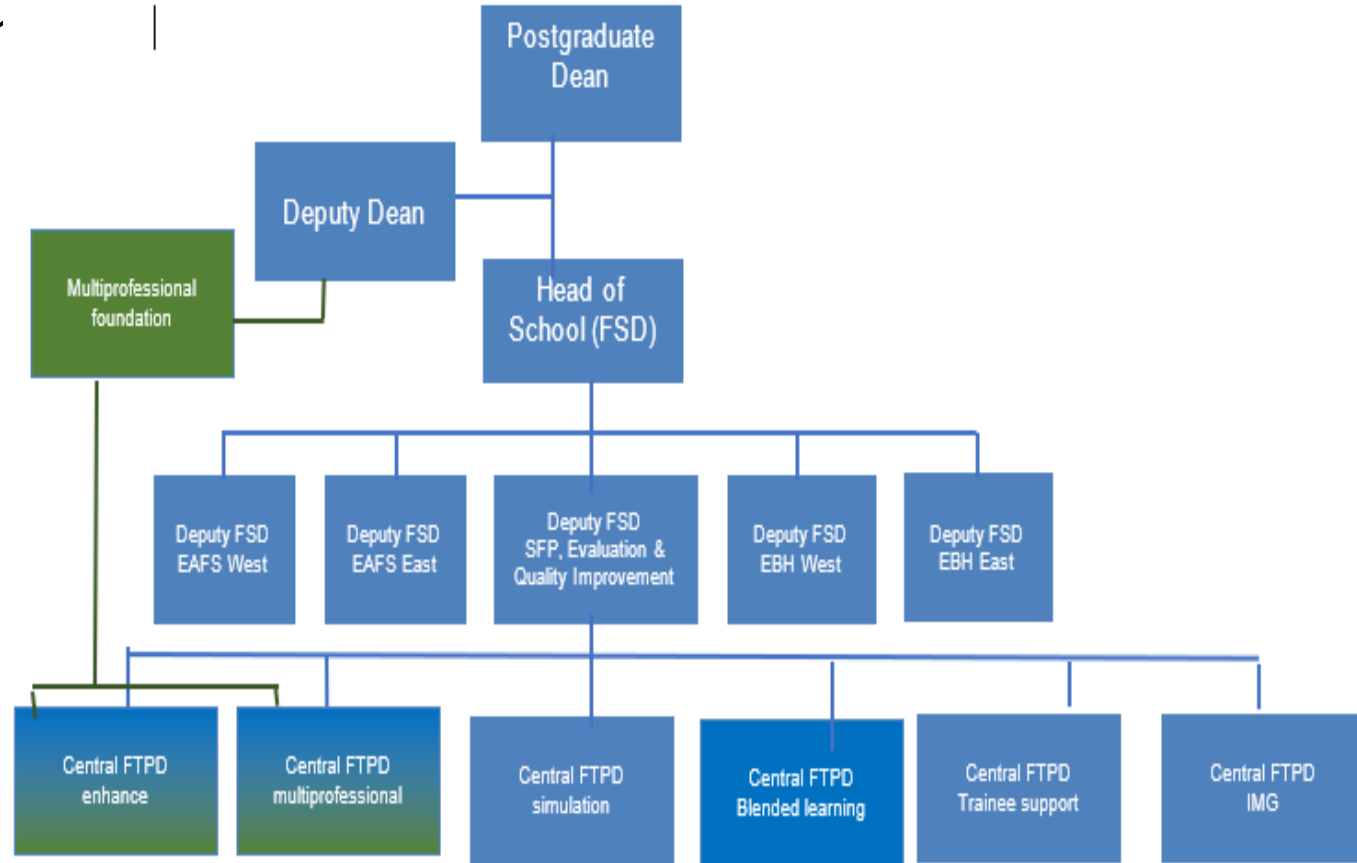
East of England Deanery Map



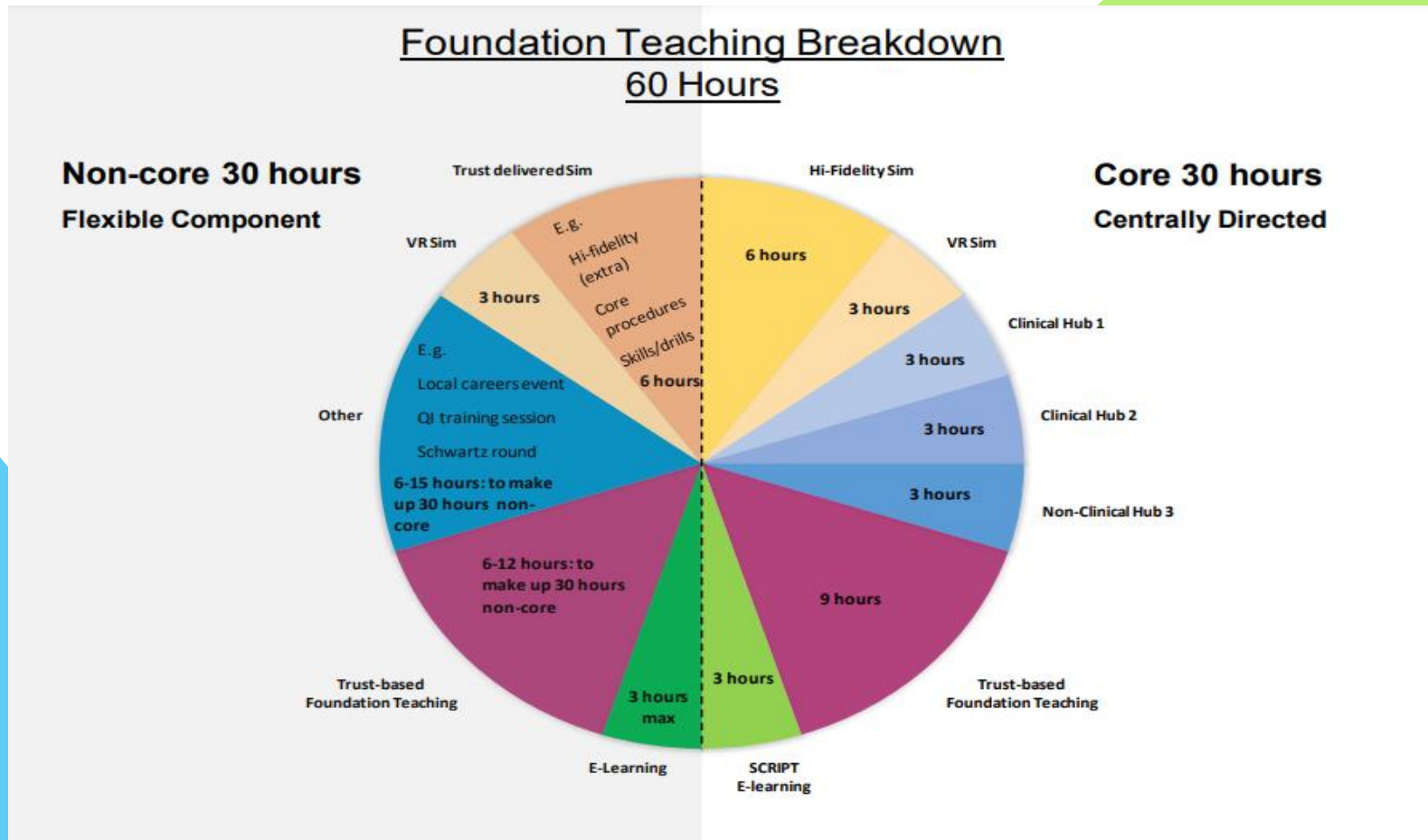
EoE FSD Team Structure



EOE Foundation school Portfolio FTPDS



Taught Programme



Further info can be found at

<https://heeo.e.hee.nhs.uk/foundation/training-programme/taught-programmestudy-leave>

Hub days

- **3 x 1/2 days** in both F1 and F2 – 2x Clinical and 1x Non Clinical
- Sign ups open 7th August 24
- Focused teaching sessions on a given topic eg. Careers, Public Health, Surgical Skills
- You are advised to sign up as soon as you are able to as spaces fill up quickly! This is done via **Bridge**, which you will receive access for in due course. If you are deferring your start date, you should still book early but for Hubs running after you start.
- Although most hubs are a half day, we recommend to all the trusts that you have a full day of study leave

Get in Touch with your subregions Education Hub Champions

Each quadrant (made up of the different Trusts/hospitals below) offer their own Hubs and there are also some based Centrally via Victoria House in Fulbourn.

EAFS West	EAFS East	EBH West	EBH East
Hinchingbrooke	Colchester	West Herts (Watford)	Southend
Royal Papworth	Ipswich	E+N Herts (Lister)	Basildon
Peterborough	James Paget	Luton	Mid Essex
Kings Lynn	West Suffolk	Bedford	Harlow
Addenbrookes	NNUH		

Further info can be found at

<https://heeo.e.hee.nhs.uk/foundation/training-programme/hub-events>

FAQ

Here's a few answers to questions raised in other Welcome sessions that you may find useful:

General:

Q: What are the hubs and what do they involve

A: Hubs are regional teaching days that are part of your mandatory teaching hours during foundation - they give you the opportunity to explore topics and specialisms you are interested in

Q: If we sign up to hubs on 7th Aug, do we then have to confirm study leave days after with our hospital?

A: Yes, this is part of your study leave allowance for FY1, but you will need to ensure that your hospital is aware that you will not be at work.

Q: Do we need to take annual leave in every rotation? Or not necessarily?

A: Yes definitely! You'll have 9 days per rotation, 27 overall. You can't usually roll them over

Q: With regards to exception reporting, at what point is it sensible to report as I'm aware there will be many days where you won't actually leave on time.

A: What ever feels to you as being significant or regular lateness. As a guide anything more than 30mins.

FAQ

General:

Q: When do we get access to Horus?

A: The National Team are currently uploading everyone.

Q: Do F1's do night shifts ?

A: Yes you are expected to undertake night shifts. More details on rota can be obtained from your Trusts.

Q: My start date needs to be delayed for XXX reason. What do I do?

A: You need to contact the Trust, Programme team and recruitment to inform them why you will be unable to start and ask for a deferral. You will need to do that now and not delay in informing them.

Foundation Programmes (EoE) england.foundationprogrammes.eoe@nhs.net

Trust you are joining

Foundation School Director : Helen.barker6@nhs.net

FAQ

Study Leave/Self Development:

Q: How many study days (which I assume are different to annual leave) can we take? Not just for hubs but conferences etc

A: In F1 all of your study leave is for the taught programme e.g hubs etc. There is no additional study leave in F1. All F1 and F2 get 2 hours per week to use for self-development - which is not the 60 hours - and is for working on ePortfolio, doing audit, teaching medical and PA students, meeting supervisors etc. You do not need to use Non Working Days for Hubs.

Q: Is exception reporting done in retrospect? As in, when you notice a pattern over time rather than ASAP when something happens

A: As soon as possible, ideally within a few days of the incident

Q: Is Study Leave separate to Annual Leave? How much do I get?

A: Yes. Further info on Study Leave can be found at <https://heeo.e.hee.nhs.uk/foundation/training-programme/taught-programmestudy-leave>. Annual Leave, Sick Leave and Study Leave are all separate! All of study, annual and sick leave entitlements increase with service length through your training. For more details catch a BMA contract talk or visit their page on leave entitlements.

FAQ

Contracts:

Q: I have not received my contract and/or rota yet. What do I do?

A: Contractual issues are outside NHS England remit and agreed between trusts and the BMA, so contact one or the other for more information. Contact your trust in the first instance, but BMA can advise further and help follow this up. You can receive your contract anytime up until you start work. It's quite normal to negotiate contracts into the first few weeks of working.

Key Information

Important email :

Papworth.regionalhubs@nhs.net

Hubs Page : <https://heeo.ehee.nhs.uk/foundation/training-programme/hub-events>

For info on Study Leave <https://heeo.ehee.nhs.uk/faculty-educators/study-leave-homepage>

All of these pages have useful guides and attachments, usually found at the bottom of the page.