

# F1 Foundation Newsletter

## September 2022

### Careers/ Opportunities

#### **Virtual Careers Fair – SAVE THE DATE** **Week commencing 26<sup>th</sup> September 2022**

Please look out for more information around what workshops will be available at this year's virtual Careers Fair!

#### **Professionals Together Scheme 2022/2023**

##### **Please see attached flyer**

There will be 6 evening sessions held across the year held at the Karis Medical Centre in Birmingham (virtual attendance also possible)

For details on how to book please see flyer and below video presented by Dr Mike Blaber which explains the scheme.

<https://vimeo.com/570055620/069cce8c79>

#### **F1 WM Career Workshops – Dates will be run from January – June 2023**

**Bookings open at 9am on 5 September 2022** for a **free** workshop for Foundation Doctors across the Midlands to help you consider your career options and start planning your applications strategy. Spaces are available for F1 doctors across the Midlands and are offered on a first-come, first-served basis.

Links will be available on the website below:

<https://www.westmidlandsdeanery.nhs.uk/support/trainees/careers-support/foundation-trainee/foundation-careers-training>

#### **West Midlands Foundation Trainees Surgical Society (FTSS)**

This is an organisation led by foundation trainees to benefit those interested in surgical specialties or wishing to gain surgical skills. We run events throughout the year, from technical skills courses for trainees, to online and in person seminars on surgical topics. Last year we held a wide range of events from careers evenings to a regional surgical skills competition. FTSS is run with the support of local consultant surgeon advisors and well supported by the Royal College of Surgeons Edinburgh.

Members of FTSS are also entitled to free affiliate membership of RCSEd. We are currently taking sign ups for joining the society, as well as applications for positions on the 2022-23 committee.

The deadline for committee applications will be **09:00 Friday 9<sup>th</sup> September**.

Sign up to FTSS: <https://forms.gle/MNYec9KZmwoWjxiR9>

FTSS Committee application: <https://forms.gle/FJJQgNoiSVFsbNmi9>

## NIHR Academic Clinical Fellow posts 2023

Would you like to find out more about the ACF programme? Interested in pursuing an academic career? Then join our free Webinar to find out more about ACF opportunities available in the West Midlands.

The session will be hosted by:

**Dr Lukas Foggensteiner**, Associate Dean for Academic Programmes, HEE West Midlands/ Consultant Nephrologist

The session will take place as follows:

**Friday 23<sup>rd</sup> September at 1pm** with Dr Lukas Foggensteiner and Charlotte Maybury, plus current and previous ACFs, click [HERE](#) to join.

Applications for the ACF programme will open in early October 2022. Details of the posts available and the application process will be available on the [NIHR webpage](#) soon, so now is an excellent time to find out more information about the programme.

We look forward to seeing you.

## Postgraduate Virtual Learning Environment - Foundation Training Resource Hub

As a new F1 you will be given access to this platform. This has been setup with a purpose to improve learning for Foundation Doctors across the region. The platform has a large amount of resources which will be helpful in your training.

- Live events
- Mental Health Learning Resources
- Procedures
- Radiology Learning Resources
- Wellbeing

Please make sure you access this as soon as you can to make use of the training modules and helpful learning resources. We will be requesting feedback on the platform in future to see how we can improve the platform.

## Other Events

### PGVLE Interactive Evening Sessions – Training Opportunities for WM Foundation Doctors

Evening sessions will now pause for the months of July and August.

### GP Speed Dating Evening

Please save the date for a GP careers evening on **Wednesday 19th October 18:30-20:30**, venue TBC.

**A chance for those interested in a career in general practice to meet the GPs of today.**

Specifically, we have purposefully selected GPs with a variety of different interests and roles to reflect how varied a career in general practice can be. Think GPwSIs (GP with special interests e.g. dermatology, urology, family planning), management and leadership roles, academic and teaching, out of hours work, partners, salaried, locums, medical volunteering, repatriation, business consultancy etc.

We will have 6-10 GPs (reflecting the roles above, as well as a current GP trainee) who have kindly given their time to share with you the opportunities and roles that exist in general practice. This is a great networking opportunity, allowing you to ask questions about their careers, and how they got there! Furthermore, our GPs are willing to exchange details so that you may contact them after this event, should you wish to learn more about their roles.

Trainees will rotate around four GP speakers in small breakout rooms and spend 10-15 minutes with the GPs that most interest them. Afterwards, there will be an opportunity for all the GPs and attendees to get together and network over some food.

This event is primarily designed for Foundation trainees (FY1/FY2), but those from other disciplines whom are thinking about a career change into general practice are also very welcome.

Attached is the programme from **last year**, when we held the event virtually, so you can get an idea of what to expect (NB GP speakers may change). Our event this year will be face to face; though we will endeavour to record some of the discussions with our GP speakers to circulate to those whom not join us on the night.

So, save the date now! The official invite will be in the next week or two.

Regards

Dr Chris Boyson

Foundation TPD for GP, Pan School, West Midlands

**Junior Trainee Group Conference 2022**

We are excited to invite you to the Junior Trainee Group Conference 2022 "One Step at a Time" - THE maxfax conference for junior trainees! This year's will be hosted in Newcastle and it is a great opportunity for national oral and poster presentations, with prizes on offer for those portfolios!

Your ticket includes:

- 2 days of speakers on trauma/oncology/academic careers in OMFS/technology and innovation
- hands on workshops (plating and local flaps)
- 3 course gala dinner with charity raffle - win a pair of loupes!
- Friday evening welcome drinks
- facial drawing workshop
- dedicated symposiums on 2nd degree/ST applications

Please find more information below or via our JTG website - <https://jtgonline.org/conference>

Sign up link: [https://docs.google.com/forms/d/e/1FAIpQLSc-AhdvYnHjvqo4x0rwrQSebw4cnPoMJwgF92O0uSN00qUUMq/viewform?usp=send\\_form](https://docs.google.com/forms/d/e/1FAIpQLSc-AhdvYnHjvqo4x0rwrQSebw4cnPoMJwgF92O0uSN00qUUMq/viewform?usp=send_form)

We can't wait to see you there!

The JTG Conference 2022 Team