

Trainee News ~ December 2021

Message from the Regional Postgraduate Dean

Dear colleague

It is my pleasure to wish you a very happy Christmas and enjoyable 2022. This will be another challenging Christmas with the Omicron variant taking hold and the massive drive for booster vaccinations. I appreciate the tremendous pressure you are all under and assure you that my team and I continue to work with colleagues across the NHS to maintain and catch up your training while responding to this pandemic. Alongside your crucial service delivery and training I do hope you get some relaxation time with friends and family to celebrate this Christmas.

From Russell Smith, Postgraduate Dean



Welcome to Dr Helen Steed

I am based at the Royal Wolverhampton NHS Trust as a Consultant Gastroenterologist and Director of Postgraduate Medical Education for Walsall Healthcare NHS Trust and the Royal Wolverhampton NHS Trust.

I am delighted to join the HEE team as the Lead Director of Postgraduate Medical Education for the West Midlands. I will be working with the other DMEs in the region to keep your hospital education leads up to date with HEE plans and feedback to HEE what's happening on the ground- so please keep attending your trust JDFs- your feedback is vital and much appreciated!

I am looking forward to working alongside the Associate Deans to support developing trainer education, so supervisors feel better equipped to provide you with high quality supervision.

Trainee News ~ December 2021

Midlands Charter Winter Webinars

The Midlands Charter is delighted to announce we will be hosting three more of our successful webinars this winter. The webinars will take place between January and March 2023 (final dates to be confirmed) and will feature some high-profile speakers on topics relating to trainee experience and wellbeing. We will be looking for trainees to present at this regional meeting and we especially want to hear about any projects you have done on improving:

- Trainee experience
- Trainee education
- The training environment

Trainees from any specialty across the East and West Midlands are welcome to apply and will receive a certificate for presenting their work at a regional meeting!

Contact england.midlandsworkforce@nhs.net for further information.

WARD is coming to the Midlands!

Well and Resilient Doctors (WARD) is a trainee-led peer support scheme that has been running in the Severn and Peninsula Deaneries for a number of years. We are now really excited to be launching the scheme in the Midlands and will be looking for volunteers to help with everything from running wellbeing workshops to distributing mugs in the mess. Our aim is to improve wellbeing and mental health support available to junior doctors, so watch this space for more news! In the meantime, take a look at the website welldoctors.org or contact elizabeth.charlton@hee.nhs.uk for more information on getting involved in the Midlands.

Medical Schools Council and the Clinical Academic Training Forum (CATF)

have launched a new website that aims to communicate the value of a career in clinical academia and provide information on how health professionals at various stages of training can become clinical academics.

The website is called the [Clinical Academic Training and Careers Hub \(CATCH\)](#) and provides useful information for current and aspiring clinical academic trainees. The advice on CATCH explores opportunities across professions including medicine, dentistry, nursing, midwifery and allied health professionals

CATCH aims to:

- showcase and promote the wide variety of exciting career options in clinical academia across a range of healthcare disciplines
- provide practical advice on clinical academic career options across all four nations of the UK
- highlight inspiring clinical academics at a variety of career stages to help build aspirations
- build links between clinical practice and academia.

The MSC would first like to gather feedback from current trainees to hear what they think of the site and the information it contains. We have published [a short survey](#) asking trainees what they think of the site, and how it can be improved in future.



*Supporting
Excellence
in
Medical
Education*

NACT UK is a members' organisation supporting & representing local leaders who deliver medical & dental education in the four countries of the UK.

Click [here](#) for details of the June 2022 Meeting
'Your Future in Medical Education'

If you need to contact us, please email

traineenews.wm@hee.nhs.uk

Trainee News ~ December 2021

Global Learning Opportunities

[Thailand Public Health Research Fellowship](#)

[Improving Global Health \(IGH\) Fellowship](#)

Closing Date : 10th January 2022



Foundation Prize

The winner of the 2020 Foundation Year One Open Award is Dr Kishan Karie & Dr Melanie Suseeharan with their joint submission 'You will never know until you start FY1'.

What made you decide to enter the award?

We decided to enter this award after our experiences during our foundation year which were impacted by the covid pandemic. We both found reflecting was a therapeutic and liberating process, and writing down what we shared with each other to be an impactful hobby during such a tumultuous year. What especially stood out, were the lessons we learnt in our year and we realised the value of knowing them when we were fresh eyed medical students about to embark on the journey as junior doctors. We wanted to produce something that could give insight to incoming FY1s on the what we had learnt during this extraordinary year.

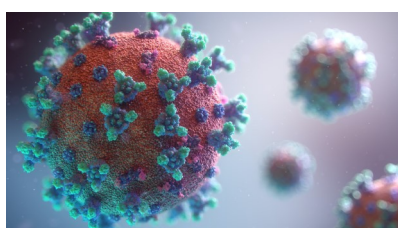
What was the topic for your entry?

Our essay is titled "You will never know until you start FY1", this encompasses the lessons we learnt during our FY1 year, with particular focus on our experiences with death and end of life care.

What would you say to anyone interested in entering?

We would recommend anyone, alone or with a colleague to take some time and write about your experiences, you never who would benefit from you sharing your own stories. We didn't expect to win but it has been a great surprise, it's enhanced our portfolios for specialty application and encouraged us to continue to write! If anyone's thinking about entering we would encourage you to just do.

[Click here to read their submission](#)



[Click here for information regarding COVID Vaccination Requirements](#)

If you need to contact us, please email
traineenews.wm@hee.nhs.uk