

Professional Support and Wellbeing Service

Thames Valley

Bulletin September 2021

- Welcome
- Accessing PSWS
- SRTT
- New trainee improvement fellow
- Medic Support
- Survive and Thrive Wellbeing Programme
- Next Events

CONTACT



WEBSITE:

thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing

EMAIL: psw.tv@hee.nhs.uk

TRAINEE-CURATED WELLBEING RESOURCE HUB: www.tvpsw.com

Welcome

Welcome to the Professional Support and Wellbeing Service bulletin. We would like to say **a special hello to all new trainees that joined Thames Valley Deanery** this August.

Hopefully you have heard about our service in your Trust inductions or in previous emails, events, and any other virtual space that we all have inhabited over the last few months.

PSWS works with doctors, dentists and pharmacists in training in our deanery. We are **a team of experienced, qualified coaches** from a **range of backgrounds**, some clinical and some non-clinical, offering a range of supportive services.

Accessing PSWS and what to expect

Perhaps you already know, but we would like to remind you that **referrals to our service** can be done online on our website ([‘How to Refer’](#)). We **accept self-referrals**, but if you are an [educator](#) and you would like to be involved in the goal setting process for coaching, complete the [educator referral form](#) to guarantee an active part in this process.

Once the referral form is completed, you will be **contacted by one of our Case Managers** who will arrange an **initial, virtual meeting** with you to fully explore your context and make sure we **get the right type of support at the right time for you**. An **action plan is agreed** and from there you will be transferred to one of our coaches or signposted to the right service.

For further information, our new website has a [short video](#) and [FAQ page](#).



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Supported Return to Training (SRTT)

We work closely with the SRTT team to support those trainees returning to their training after a period of time off work. This may be due to parental leave, sick leave or time out of placement for research, study or other projects. Find more information in our [deanery webpage about SRTT](#).

In particular, PSWS enjoys working with the team to offer **three hours of one-to-one coaching for trainees returning to their training** to help them make the transition. Find more information on how to refer for SRTT coaching [here](#).

"I wish I had the coaching earlier in my training as it would have allowed me to be more prepared to CCT, and to tailor my CV to the career pathways I identified. Thank you for making this service accessible to people returning from maternity leave / career breaks." OMA

Medic Support

Many healthcare practitioners will suffer from mental ill health at some point in their career. Colleagues are encouraged to consult their own GP in the first instance. Trainees can also access **Medic Support**, a funded confidential psychology service that offers cognitive behavioural therapy to help with work related stress, anxiety and depression.

Trainees can refer themselves directly and confidentially by email to medic.support@oxfordhealth.nhs.uk. For more information on Medic Support services on their [leaflet](#).

New trainee improvement fellow and survey

Daniela started her fellowship in August and will be **focusing on trainee wellbeing**. She would like to hear your views on this.

Please fill in this [survey](#) or contact her by email to daniela.almeidaborges@hee.nhs.uk.



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Survive and Thrive Wellbeing Programme

Last year we began running [Survive and Thrive courses](#), these were evaluated and refined to create the course that we now **offer face to face and virtually**. We were pleased to have the course **shortlisted for the Well-being Award** for the Association of Business Psychology.

The morning of the course is an interactive opportunity to reflect on your individual stressors and stress responses in your context. In the afternoon we are joined by psychologists from The Oxford Cognitive Therapy Centre who provide practical strategies for managing mental well-being.

We are looking forward to seeing more trainees at the courses already booked in over the next few months.

- Psychiatry – 8th September 2021
- Oncology – 29th September 2021
- Internal Medicine Trainees (IMT) – 6th October 2021
- Physician Associates Wellbeing (Secondary Care) – 8th November 2021
- Palliative Medicine – 16th November 2021
- Plastic Surgery – 26th November 2021
- Paediatrics ST4-8 – 12th January 2022
- LTFT Trainees – 25th January 2022
- Internal Medicine Trainees (IMT) – 8th February 2022
- Histopathology – 22nd February 2022
- Obstetrics & Gynaecology (O&G) ST1-2 – 31st March 2022

For further information please contact us on PSWSinfo.tv@hee.nhs.uk

Next Events & Activities

Physical Wellbeing – Move your body move your mind

Weekly yoga and Pilates sessions for 4 weeks. Register [here](#).

- Yoga sessions (Mondays 18:30-19:30) from 06/09/2021
- Pilates sessions (Thursdays 18:00-19:00) from 09/09/21

The Language of Leadership: Finding your Own Voice

It is personalised programme designed to help you develop your leadership skills and build confidence in you future role, with the focus on personal as well as professional development. Run by Dialogue Links in partnership with HEE Thames Valley and Wessex. For further information click [here](#)