

Professional Support and Wellbeing Service

Thames Valley

Bulletin December 2021

- Welcome
- PSWS Trainee Wellbeing event
- Newly appointed members
- Coaching Team
- T4Ts
- Accessing PSWS
- 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. The PSWS works with doctors, dentists and pharmacists in training in the Thames Valley 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.

We would like to wish you a wonderful festive season, as much as COVID-19 and his latest variant allows.

PSWS Trainee wellbeing event

Save the date - 28/03/2022 afternoon

Trainee wellbeing has been an important topic of discussion for many years. During the pandemic multiple projects were developed to improve trainees' wellbeing.

This initiative aims to promote the already good work done by doctors in training and deanery faculty to improve the trainee wellbeing, work conditions and learning experiences.

The PSWS is organising a half-day event on the 28th of March 2022 (Monday) including:

- Lunch
- Submission and presentation of shortlisted regional projects associated to trainee wellbeing
- Session with Adam Kay and award of best regional project
- Wellbeing workshops



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Newly appointed members



Jenny Gavriel is the new Associate Director of the PSWS. Jenny is a Certified Principal Business Psychologist working in medical education. She has been working with PSWS since 2015 as a Coach and, more recently, as a Case Manager.

Dr Sarah Morando is the new case manager for PSWS. Sarah works as a portfolio career GP including clinical, coaching, mentoring, GP appraising, RO appraising and a medico-political role.



Coaching team

We have a team of 16 PSWS coach/mentors which includes senior Thames Valley medical educators as well as performance and cultural coaches with extensive experience.

Find out more about our coaches, check our [website page](#)

Trainee Peer Support groups



The Trainees4Trainees (T4T) is a Thames Valley trainee-led project with the aim to facilitate Peer Support Groups by trainees, for trainees. The groups last 45 min and usually include 8-10 trainees & 2 facilitators.

Trainees can self-refer on the T4T [sign up form](#):

- to join a group
- to propose a new peer support group
- to become facilitator.

More information available on the [T4T webpage](#) on the Trainee-curated wellbeing resource hub.

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Accessing PSWS

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](#).

Next Events

The [new virtual workshops](#) coaching-based

- **Effective Revision Skills** - 21/01/2022, 9-11am
- **Having Difficult Conversations** - 18/02/2022, 10am-12pm
- **Time Management** – 17/03/2022, 9-11am

For more information – read this [promotional flyer](#) or register [here](#)

The [Survive and Thrive wellbeing programme](#)

- 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 more information please email: PSWinfo.tv@hee.nhs.uk

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 10/01/2022
- Pilates sessions (Thursdays 18:00-19:00) from 13/01/2022