

Professional Support and Wellbeing Service

Thames Valley

Bulletin September 2022

- Keeping Busy
- Foundation Careers Workshops
- PSWS Workshops
- Mindfulness Course
- Drop in Well-being Sessions
- Hellos and Goodbye

CONTACT



WEBSITE:

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

EMAIL: psw.tv@hee.nhs.uk

WELLBEING RESOURCE HUB:

www.tvpsw.com

Keeping Busy

PSWS is Supporting more Trainees than ever before

From 2020-2021 the **number of trainees receiving support from the PSWS increased by 68%**. We are continuing to grow this year offering **more one to one coaching** support this year than last. We are also offering support through the **group coaching workshop Programme** and the **drop-in well-being sessions**.

All the opportunities we offer are designed to be targeted to the needs and the challenges that doctors in postgraduate training are facing.

For more information, resources, and links to other sources of support, please visit our website.

Foundation Careers Workshops

Specialty application interview preparation

The PSWS will be running a workshop offering **tips and practice** for the **different types of questions** you could face in a specialty application interview. Many specialties have online interviews now as part of their selection process, this workshop is **an opportunity to practice in safe environment with other Foundation trainees**.

The workshop will run on the following dates:

- Friday 4th November 9.00-1.00
- Wednesday 9th November 9.00-1.00
- Monday 14th November 9.00-1.00
- Thursday 24th November 9.00-1.00
- Monday 28th November 9.00-1.00
- Thursday 8th December 9.00-1.00

To register please go to our website [here](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing).



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PSWS Workshops

PSWS workshops Programme October to December

We continue to have great engagement with the workshops programme we rolled out at the start of the year. These are **interactive workshops** with short sections of **presentation** to the whole group followed by **small group discussion** of the ideas presented. These small groups are **facilitated by one of our experienced coaches** to offer support and stretch your thinking to consider things in new and different ways.

The programme is **designed in response to suggestions from trainees**, see below for the workshops coming up:

- **Preparing for Post CCT Interviews**
 - Tuesday 18th October 9.00-11.00
- **Post CCT Interviews follow up practice session**
 - Wednesday 26th October 9.00-10.00
- **Difficult Conversations**
 - Friday 28th October 10.00-12.00
- **Preparing for Viva Exams**
 - Wednesday November 2nd 9.00-11.00
- **Supporting your colleagues' well-being (having the conversation)**
 - Wednesday 16th November 9.00-11.00
- **Communication and Culture**
 - Thursday 17th November 9.00-11.00
- **The Dynamics of Team Work**
 - Wednesday 7th December 9.00-11.00
- **Managing Change**
 - Wednesday 14th December 9.00-11.00

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Mindfulness Courses

Fully funded Mindfulness Course

This course is running from 10th October for 8 weeks, each session will be run twice on Monday and Thursday to allow participants to attend around their rotas.

For more information or to register please go to our website [here](#).

Drop-in Well-being sessions

PSWS continues to offer a rolling programme of **virtual, drop-in sessions in the evenings**. These include **Mindfulness, Yoga and Pilates** available for all trainees.

To register please go to our website [here](#).

Hellos and a Goodbye

Hellos

We are extremely pleased to say hello to a new Director of PSWS, Dr Garyfallia Fountoulaki, who joined us in July. We are also delighted to have Sophie Shuttler on board as our new PSWS Programme Manager since July. We are also looking forward to working with Karina George who has just joined the team working across Thames Valley and Wessex.

Goodbye

We are, however, sad to see the end of Dr Daniela Borges Trainee Fellowship with us. Daniela has been a force for change over her time with us and has worked exceptionally hard to promote the work of the PSWS, with a particular focus on the well-being aspects of our provisions.

