

Professional Support and Wellbeing Service

Thames Valley

Bulletin January 2023

- Happy New Year
- Find out more about PSWS
- Staffing updates
- Expanded neurodiversity service
- Mindfulness
- Workshop programme

CONTACT



WEBSITE:

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

EMAIL: psw.tv@hee.nhs.uk

WELLBEING RESOURCE HUB:

www.tvpsw.com

Happy New Year

A Happy New Year from all at the PSWS, we wish for a new year that brings with it a sense of purpose and hope for all. We do hope that everyone managed to find some time to connect meaningfully with family and friends during the festive period.

Find out More About PSWS

Virtual, Learning Lunch

On Monday 6th February at 1.00pm we will be running a short introduction to what the PSWS can offer and how to access our services for all educators and trainees in Thames Valley. The session will be approximately 20 minutes of introduction, followed by an opportunity to ask questions. Please consider the nature of your questions carefully, if you would like to discuss something in confidence contact psw.tv@hee.nhs.uk.

If you would like to attend please register [here](#) and a link will be sent to you in advance of the session.

Staffing updates

New Director of PSWS

We are pleased to welcome Antonia Calogeras as the new Associate Dean, Director of PSWS. Antonia joins us with a wealth of experience from her role with the PSW in Wessex.

Farewells

This, of course, means we are saying farewell to Garyfallia Fountoulaki from the Associate Dean role. We are also saying goodbye to Angela Hart from her coaching role within the team. We wish both all the best for the future.



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Expanded Neurodiversity service.

Dyslexia, Dyspraxia, and attentional difficulties

Each individual has a different cognitive profile with differing cognitive skills, for many these profiles overlap enough that the typical ways of learning and working are productive and effective. For some, there are more varied differences so typical ways of learning and working are less useful.

The PSWS is pleased to offer an expanded service of assessment, reporting and specialist support for Dyslexia, Dyspraxia, and attentional difficulties. The assessment will be conducted by a member of our Learning Differences team who can provide specialist follow up support.

Trainees would be eligible for this service if one of the following applies and it is felt that a learning difference may be a factor:

- Failure of a postgraduate exam.
- A developmental outcome 2 or 3.
- An educator referral indicating that neurodiversity may be a factor restricting progress.

Mindfulness

Course and drop-in sessions.

Our Mindfulness course has now concluded, feedback has been great, so we hope to run it again later this year.

Our mindfulness drop-in sessions are available for all trainees in Thames Valley. They offer an opportunity to have a go if you are new to the practice or to maintain your existing practice in a safe environment. Register [here](#) to receive the link.



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Yoga and Pilates sessions

Move your body move your mind!

There is another programme of Hatha Yoga and Pilates sessions on offer. These are fully funded, virtual drop in sessions for trainees to attend, register [here](#) to receive the link for the January - February block and [here](#) for the March - April block.

Workshop programme

Group coaching workshops

These interactive, virtual workshops offer a facilitated opportunity to connect with your colleagues. You will discuss and share your experiences and some new ideas on topics relevant to your needs as a trainee.

The upcoming schedule includes:

- **Dynamics of Teamwork**
Thursday 2nd February, 9.00-11.00. Register [here](#).
- **Managing Change**
Monday 6th February, 9.00-11.00. Register [here](#).
- **Post CCT Interviews**
Wednesday 8th February, 10.00-12.00. Register [here](#).
- **Post CCT Interviews - Follow up Practice**
Wednesday 15th February, 10.00-11.00. Register [here](#).
- **Developing Assertiveness**
Wednesday 22nd February, 9.00-11.00. Register [here](#).
- **Effective Revision Strategies**
Wednesday 8th March 9.00-11.00. Register [here](#).
- **Time Management**
Wednesday 15th March, 9.00-11.00. Register [here](#).

For more information on these workshops go to our [website](#).

