

NETFS

North East Thames Foundation School

New Starters Information Booklet



Queen Mary
University of London



Health Education
North Central and East London
North West London

Contents

1. Glossary of Terms

2. NETFS – what we provide, our remit

3. General Information about Foundation Training

4. Information Sheets for our Trusts

a. Barts Health – Academic Programme

b. Barts Health – Barts and the London

c. Barts Health – Newham

d. Barts Health – Whipps Cross

e. Barking Havering and Redbridge

f. Homerton

g. Colchester

h. Mid Essex, Broomfield Hospital, Chelmsford

i. Princess Alexandra, Harlow

j. Southend

Glossary of Terms

| | |
|---|--|
| Placement | a 4 month job for a Foundation Trainee in a particular specialty. |
| Rotation | a year long job for a Foundation Trainee made up of three placements. There will be one F1 rotation and one F2 rotation. |
| Programme | the whole two year period for a Foundation Trainee made up of 6 placements and two rotations (F1 and F2). |
| Post | a year long job at a hospital in a particular specialty. Three Foundation Trainees may occupy this job one after the other each year. |
| HEE | Health Education England – finances and oversees the education, training and development of all NHS staff. |
| HENCEL | Health Education North Central and East London – a geographic division of HEE. This is the Local Education and Training Board for our trusts. |
| HEEoE | Health Education East of England – a geographic division of HEE. |
| LETB | Local Education and Training Board – the responsible body for postgraduate medical training, headed by the Postgraduate Dean. |
| NETFS | North East Thames Foundation School. One of two Foundation Schools within HENCEL. (The other is NCTFS) |
| Postgraduate Dean | the head of a LETB and the person ultimately responsible for all postgraduate training in that area (“responsible officer”). |
| Foundation School Director | the head of a Foundation School and the person to whom the Postgraduate Dean delegates responsibility for the training and support of Foundation Trainees in their school. |
| Foundation Training Programme Director | the nominated consultant at a Hospital Trust responsible for the day-to-day training and support of the Foundation Trainees at that Trust. |
| Educational Supervisor | a mentor and advisor assigned to a Foundation Trainee for a whole rotation, who is responsible for helping the trainee achieve their learning objectives and completing the FP |
| Clinical Supervisor | a Consultant or other nominated healthcare worker directly responsible for the clinical work a Foundation Trainee does on a day to day basis in a particular placement. |

North East Thames Foundation School

www.netfs.org.uk

| Key School Personnel | |
|--|---|
| <ul style="list-style-type: none">• HENCEL Postgraduate Dean• Foundation School Director• NETFS Academic Lead• Foundation School Manager• Foundation School Coordinator• Foundation School Administrators | <p>Dr Sanjiv Ahluwalia Dr Keren Davies Dr Philip Woodland Clare Morley Lilian Tibihikira Jothy Dhayalan, Ann Barker</p> |
| Educational Contract | |
| <ul style="list-style-type: none">• Your Educational contract is with the Local Education and Training Board (LETB) which for us is Health Education North Central and East London (HENCEL).• On behalf of the Postgraduate Dean, we supervise all issues surrounding your Training.• On a day to day basis this is done through your Educational Supervisor. However if you want to make changes to your training, take time out (for personal or health reasons), move to less than full time working, or if you are in difficulty, we will support you through your Foundation Programme Director and finally the Foundation School Director herself. | |
| London Postgraduate Medical and Dental Education (LPMDE) | |
| <ul style="list-style-type: none">• This used to be called the London Deanery, and contributes to medical training in the London area.• Their website at www.lpmde.ac.uk is a useful information resource for you.• They provide pastoral support via the Professional Support Unit: http://www.lpmde.ac.uk/professional-development/professional-support-unit• They provide careers advice via the Careers Unit: http://www.lpmde.ac.uk/professional-development/careers-unit | |
| Foundation doctor forums | |
| <p>North East Thames Foundation School encourages foundation doctors to contribute to, and participate in, the development and direction of the school. There are representative positions at every level that you can apply for.</p> <ul style="list-style-type: none">• Trust Foundation Committees (Organised locally at your Trust).• NETFS Management Committee.• London Foundation Training Operational Group• National Foundation Training Forum (Organised by UKFPO). | |
| Flexible training | |
| <ul style="list-style-type: none">• Trainees can work Less Than Full Time (LTFT) if they have special circumstances. The criteria are strict and uniform nationally covering health reasons, caring responsibilities or if they have a child <18 years old.• You can work at between 80% - 50% full-time equivalent in NETFS.• You rotate at the same time as other trainees (ie you do 4 month placements) but your training will take longer than the standard 2 years.• The policy for those training in London Trusts (Barts Health, Homerton, BHR) can be found at: http://www.lpmde.ac.uk/training-programme/foundation/policies-guidance-and-application-forms• The policy for those training in Essex Trusts (Colchester, Mid Essex, Princess Alexandra, Southend) can be found at: http://www.eoedeanery.nhs.uk/medical/page.php?page_id=62. | |
| Time Out of Foundation Programme | |
| <ul style="list-style-type: none">• If you feel you need to take time out of your programme, it can be discussed with your Educational Supervisor. This tends to be for health reasons, a planned career break (maternity) or to pursue other academic or medical interests.• Foundation doctors considering requesting TOFP should check the relevant "Guidance for Applicants" in the Key Documents section of the UKFPO website: http://www.foundationprogramme.nhs.uk/index.asp?page=home/keydocs#guidance• Applications must initially be approved and signed by the local Foundation Training Programme Director and the Foundation School Director. | |

F1 Outside the UK

- NETFS and Queen Mary allow a trainee under exceptional circumstances to complete an F1 equivalent programme abroad. If you are a non-UK/EEA national who graduated from Barts & the London SMD you can apply well in advance for F1 in your home country. Speak to Medical School staff as soon as possible as it will be your responsibility to organize the placement.

F2 Outside the UK

- NETFS does not offer an F2 year outside the UK.

Inter Foundation School Transfer (IFST)

- Transfers of trainees between Foundation Schools are rare and only done in exceptional circumstances. These tend to be:
 - for health reasons
 - carer responsibilities
 - children <18yrs old
- The Trainees must qualify for special circumstances and there must be an appropriate vacancy in the receiving Foundation School.
- Foundation Trainees considering requesting an IFST should check the relevant “Guidance for Applicants” in the Key Documents section of the UKFPO website:
<http://www.foundationprogramme.nhs.uk/index.asp?page=home/keydocs#guidance>
- Applications must initially be approved and signed by the local Foundation Training Programme Director and then the Foundation School Director.

Programme Matching

- We first match to a group: based on your preferences and final FPAS Scores.
 - F1 Essex, F2 London
 - F1 London, F2 Essex
 - F1 London, F2 London
 - F1 Essex, F2 Essex
- Then we allocate to a programme, based on your preferences and final FPAS scores.

Swaps

- We usually facilitate a swap shop where you can find suitable people to swap your whole F2 year.
- Swaps must be approved by the Foundation School Director to ensure suitability of the entire programme.
- Swaps are NOT guaranteed – do NOT rank a programme with the intention of swapping the F2 away.

- Sometime it is possible to swap a single placement. This can only be done within a particular hospital trust (NOT between hospitals).
- Swaps must be verified by the Foundation School Director to ensure suitability of the entire programme.
- Swaps are NOT guaranteed – do NOT rank a particular programme with the intention of swapping away a particular placement.

General Employment Information

Employment Contract

- Your **Employment contract** is with the hospital trust with which you are matched.
- They will deal with all local work-related issues surrounding pay, rotas, short term sick leave maternity and clinical supervision.

Induction and shadowing

- Foundation doctors are now required to attend a mandatory period of paid shadowing immediately before taking up their F1 post. Please check with your allocated trust the exact start date and length of this period as it may vary.
- Certain individual trainees may also be invited for an extended shadowing period in July.

Salary

- Salary scale is at the current national rate.
- Banding is a local employer issue.

Terms and conditions of employment

- All posts are subject to the Terms and Conditions of Service of Hospital Medical and Dental Staff which are **CURRENTLY UNDER NEGOTIATION**. Current versions of these Terms and Conditions are on the NHS employers website www.nhsemployers.org or available via your trust HR.
- All staff appointments are made subject to the receipt of satisfactory references which come via FPAS.
- All initial appointments to the National Health Service are made subject to satisfactory medical and police clearance. A medical examination may be required on initial appointment and periodically thereafter.

Educational and clinical supervision

- An educational supervisor is allocated to each foundation doctor to maintain an overview of development and progress of the doctor within the training programme. The specific arrangements for allocating educational supervisors can vary but one educational supervisor per year is the preferred model.
- Foundation doctors are usually allocated a clinical supervisor for each placement who will supervise the trainee in consultation with the Programme Director. A foundation doctor will normally have three clinical supervisors in a year.
- An educational agreement will be completed at the start of each year.
- Mid point reviews are required in each placement.

Portfolio HORUS

- We monitor your progress through the Foundation Programme Curriculum using online tools.
- You will complete it as you go through your Foundation years and get senior clinical feedback.
- The record is used as the primary evidence to sign off your F1 and then your F2 year.
- From August 2016 the system used will be HORUS.

Annual leave This need to be confirmed with your employing trust

- F1 doctors are entitled to 27 days annual leave per year.
- The 27 days entitlement does not include the 8 statutory holidays.
- In some specialties there is some restriction on when a foundation doctor can take their leave during the 4 months placements e.g. not on their 'hot week' for surgery.
- The individual specialties will inform the foundation doctor of any specific restrictions on when they can take leave.
- The foundation doctor is normally required to book their leave at least 6 weeks in advance using the local trust procedure.

Study leave

- Study leave is only permitted during the F2 year and is not available during F1.
- Special arrangements may be made for F1 doctors who wish to arrange career 'taster' sessions during their F1 year. All foundation doctors are encouraged to arrange a 'taster'.
The study leave policy can be found at <http://www.lpmde.ac.uk/training-programme/foundation/policies-guidance-and-application-forms>

e-LFH

- e-Learning for Healthcare (e-LfH) is an award winning e-learning resource providing national, quality assured online training content for healthcare professionals. As a Foundation Trainee you will be provided with a subscription, with compulsory modules for pre-employment. This is a good resource to supplement learning especially where compulsory teaching sessions have been missed.

SCRIPT

- all NETFS trainees will be given free access to SCRIPT which is an e-Learning resource for prescribing.
- at least 6 modules will be mandatory in F1 and a further 6 in F2.
- the range of available modules is increasing.

Barts Health NHS Trust: Barts & The Royal London Hospital Academic Programme at Barts Health

Key local education provider personnel

- Academic Lead: Dr Philip Woodland
- Director of Medical Education (Royal London): Dr Raj Thuraisingham
- Director of Medical Education (Barts): Dr Mark Westwood
- Foundation Programme Directors: Dr Andrew Archbold & Mr Rehan Khan
- Foundation Programme Administrator: Salma Akhtar
- Medical Education Manager: Nicola Palmer

Academic Programme at Barts Health

NETFS have 27 Academic Foundation posts

Royal London Barts Health Academic Posts

- Academic Public Health / Cardiology / Renal
- Academic Clinical Pharmacology OR Critical Care / Renal Medicine / A&E
- Academic Endocrinology / Diabetes / Obstetrics & Gynaecology / MAU
- Academic Hepatology / HIV / A&E
- Academic Medical Oncology OR Nuclear Medicine / GP / A&E
- Academic Neurology / Liaison Psychiatry / MAU
- Academic Psychiatry / Care of the Elderly / A&E
- Academic GP / Haematology Oncology / A&E

Whipps Cross Barts Health Academic Posts

- Academic Emergency Medicine/ Respiratory Medicine/ General Psychiatry

The [Rough Guide to the Academic Foundation Programme](#) gives an overview of what to expect from the Academic Foundation Programme, as well as opportunities for following an academic year post-foundation.

The [Academic Compendium](#) outlines a series of outcomes and supporting competencies for the most common types of academic programmes. It also includes the types of supporting evidence that could be included in a Foundation doctor's Portfolio.

Both guides can be found at:

<http://www.foundationprogramme.nhs.uk/pages/academic-programmes>

Barts Health NHS Trust: Barts & The Royal London Hospital

Key local education provider personnel

- Director of Medical Education (Royal London): Dr Raj Thuraisingham
- Director of Medical Education (Barts): Dr Mark Westwood
- Foundation Programme Directors: Dr Andrew Archbold & Mr Rehan Khan
- Foundation Programme Administrator: Salma Akhtar
- Medical Education Manager: Nicola Palmer

F1 teaching 1 hour per week Wednesday lunchtime at the Royal London site and Thursday lunchtime at the Barts site. Additional practical skills sessions, ALS and Simulation. F1s in general medicine only Hot Cases Thursday mornings each week. F1s also attend local departmental weekly teaching.

F2 teaching generic and practical skills one day per month (day and date vary). F2s also attend local departmental teaching and simulation.

Beds and Services

- Leading edge cancer specialties
- Children's hospital
- Fertility Centre
- London's air ambulance
- Leading Trauma and Emergency Care
- New state-of-the-art Barts Heart Centre which is the largest Heart Centre in the UK

Pay – Under Negotiation

- Banding – Linked to negotiations regarding the New Junior Doctors Contracts
- Remember you also get Full London weighting!

Accommodation

Both hospitals have excellent transport links so most people live privately near the hospitals. There is hospital accommodation available ranging from studio apartments to family accommodation. Pricing is available on the Barts Health trust website.

Barts Health NHS Trust - Newham University Hospital

Key Local Education Provider Personnel

- | | |
|---|------------------------|
| • Director of Medical Education: | Dr Simon Limb |
| • Foundation Programme Training Director (F1): | Dr Catherine Bracewell |
| • Foundation Programme Training Director (F2): | Dr Emma Young |
| • Medical Education Manager: | Aanika Khan |
| • Foundation Programme Coordinator: | Nora Hilmy |
| • Undergraduate Coordinator: | George Tewolde |
| • Simulation & Essential Clinical Skills Lead Specialist: | Helen Mills |
| • Library Operations Manager | Merinne Whitton |

Trust Contact: NUHFoundationProgramme@bartshealth.nhs.uk

Teaching information

F1 – Generic F1-level teaching - Tuesdays 12.30 -1.30pm

F1 – Clinical skills, and Personal and Professional Development – Wednesdays 12.30 -1.30pm

F2 – Generic F2-level teaching, Clinical Skills, and Personal and Professional Development – Thursdays 12.30 -1.30pm

In addition:

- ALS training for F1
- Simulation full- day training for F1 and F2
- Clinical teacher training sessions for F1 and F2
- Additional simulation and clinical skills as arranged locally
- Attendance at specialty departmental teaching events
- Weekly Grand Rounds
- Foundation Programme Faculty Group – every other month – with FP representatives

Beds and Services

Newham University Hospital, a 379 bed Acute Hospital, serves one of Britain's most diverse, fastest-growing and youngest populations.

The services provided at Newham Hospital are listed below. Please see the Trust website for more information about a specific service. www.bartshealth.nhs.uk

Acute Medicine, Breast Surgery, Children's Services, Cardiology, Cancer Services, Diagnostics, Emergency Department, Endocrinology and Metabolic Medicine, ENT Outpatient Services, Gastroenterology and Hepatology, HIV Medicine, General Surgery, Geriatric Medicine, GU Medicine, Gynaecology, Haematology, Intensive Care, Neurology In-reach, Obstetrics, Ophthalmology Outpatient Services, Orthogeriatrics, Orthopaedics, Palliative Care Services, Psychiatry, Respiratory Medicine, Rheumatology Outpatient Services, Urology

Pay - Under Negotiation

- Banding – Medicine Surgery, Psychiatry, other specialties
- Remember you also get Full London weighting!

Accommodation

The site has no hospital accommodation.

Barts Health NHS Trust – Whipps Cross Hospital

Key local education provider personnel

- Director of Medical Education: Elizabeth Carty
- Foundation Training Programme Director: Imran Zia
- Associate FTPD: Lina Hijazi
- Post Graduate Centre Manager: Vaishali Joshi
- FY Administrator: Amina Begum
- Undergraduate Administrator: Rebecca Fynn

Teaching information

Combined Foundation teaching is held every Wednesday afternoon 1.00-2.00pm MEC and 2.00-4.00pm MET Suite.

Lunch-time medical education meetings known as Grand Round are a popular venue for consultants and trainees of all specialties to meet their colleagues to get together over lunch in the medical staff lounge before attending a lively and interesting presentation in the nearby lecture theatre (Every Tuesday at 1pm).

Beds and Services

Whipps Cross Hospital has been caring for the people of east London for over 100 years.

Situated on the outskirts of Leytonstone in the London Borough of Waltham Forest, the hospital serves a diverse local population of more than 350,000 people from Waltham Forest, Redbridge, Epping Forest and further afield. The area has a wide variation in levels of deprivation and health needs, ranging from the most deprived five per cent to amongst the most affluent 30 per cent of electoral wards in England.

The Hospital provides a full range of general inpatient, outpatient and day case services, as well as maternity services, and a 24-hour Emergency Department and Urgent Care Centre and has a total of 30 wards.

The hospital has also built a strong reputation as a Centre of excellence for various specialist services, including urology, ENT, audiology, cardiology, colorectal surgery, Cancer care, and acute stroke care. Many of these services are provided to local people who would otherwise need to travel further to access them.

Around 3,500 staff work at Whipps Cross, many of whom live locally to the hospital. We also have education, training and research roles with an excellent track record on training that the Trust is very proud of.

Pay - Under Negotiation

- Banding - Medicine, Surgery, Psychiatry, Specialties
- Remember you also get Full London weighting!

Accommodation

Whipps Cross has no Hospital accommodation.

Queen's & King George Hospitals

Key Local Education Provider Personnel

| | |
|--|--|
| Director of Medical Education | Professor Jayanta Barua |
| Foundation Training Programme Directors : | |
| • F1s Queen's Hospital | Dr Peter Walker |
| • F1s King George Hospital | Dr Edel Casey |
| • F2s Queen's Hospital | Dr Edmond Smithers |
| • F2s King George Hospital | Dr Khash Nikookam |
| Medical Education & Training Manager | Caroline Curtin |
| Medical Education Advisor | Yvonne Aldham |
| Medical Education & Training Administrator | Carmen Pauling |
| Medical Education & Training Administrator | Francesca Covell |
| Simulation Training Administrator | Carly Hutchings |
| Undergraduate Officer | Susan Coull |
| Medical Recruitment Team Leader | Jane Bearman |
| Trust contact: | Caroline Curtin Queen's Hospital: 01708 435000 ext 3852/6767 King George Hospital: 0208 970 8220 Caroline.Curtin@bhrhospitals.nhs.uk |

Teaching Information

F1 teaching is held every month 1pm - 5pm James Fawcett Education Centre KGH or Education Centre, Queens.
 F2 study days are held monthly (10 days over the year).
 Dedicated Simulation Training Centre based at King George Hospital with protected training days for all Foundation Doctors.
 ALS training.

Beds and Services

Queens 984 beds, KGH 550 beds

- Queens Emergency Department
- 150,000 patients per annum
- Tertiary referral centre for Cancer Services, Neurosciences, Neurosurgery for London and Essex,
- 12 bedded Neurocritical care area
- Hyperacute stroke unit
- Designated Major Trauma Centre
- Maternity services for high risk pregnancy
- Centre for vascular surgery
- Centre for upper gastro-intestinal surgery

Banding Information - Under Negotiation

1B – 40% - General Medicine, General Surgery.

Accommodation

Accommodation is available on both sites. For more information please contact:

King George Hospital
 OPUS Accommodation
 Tel: 0800 015 6536 x 6395
 Tel: 0844 406 9000 x 6395
 Email: dbarzey@lqgroup.org.uk
 Email: ewalker@lqgroup.org.uk

Queens Hospital
 Swan Housing
 Carrock Court
 Union Road
 Romford, Essex RM7 0GP
 Tel: 01277 844 733
 Email: staffaccom@swan.org.uk
 Email: AMarler@swan.org.uk
 Email: nharrison@swan.org.uk

Homerton University Hospital NHS Foundation Trust

Key local education provider personnel

- Director of Medical Education and Foundation Training Programme Director for F2s: Dr Eleanor Wood
- Associate Director of Medical Education: Dr Cauvery Pal
- Foundation Training Programme Director for F1s: Dr Michelle Emery
- Head Of Medical Education: Emma Breese
- Medical Education Manager: Cathy Miles
- Medical Education Co-ordinator: Lorraine Gannon
- Medical Education Co-ordinator: Hifza Malik

Teaching information

F1s:
F1 teaching is weekly and lasts two hours (12.30-2.30pm). Teaching is bleep-free, and all F1s are expected to attend if they are scheduled to be at work. Attendance is monitored, and trainees are expected to send their apologies when they will not be attending. Trainees are expected to complete an evaluation form. The collated feedback is used to inform decisions regarding the programme.

F2s:
F2 teaching is organised as a number of whole-day events, which take place throughout the year. Teaching is bleep-free, and all F2s are expected to attend if they are scheduled to be at work. Attendance is monitored, and trainees are expected to send their apologies when they are not able to attend. Trainees are expected to complete an evaluation form. The collated feedback is used to inform decisions regarding the programme.

Beds and Services

Homerton is an innovative and friendly Foundation Trust based in the East London Borough of Hackney. We provide general hospital and community services to Hackney and the City of London, and specialist care in obstetrics, neonatology, fetal medicine, fertility, bariatric surgery and neurorehabilitation across east London and beyond.

The hospital has almost 500 beds, including a 50 bed nursing home, Mary Seacole Nursing Home, in Shoreditch east London.

Pay - Under Negotiation

The banding of posts cannot be confirmed until one month prior to the commencement of the post. The current banding for our Foundation Programme posts is as follows:

Foundation Year 1

| | |
|----------|----------------------------|
| Unbanded | Medicine, Haematology |
| 1B | Surgery |
| 1A | Acute Care, Psychiatry/ACU |

Foundation Year 2

| | |
|----------|---|
| Unbanded | GP, GUM, CAHMS Psych, Psychiatry |
| 1B | - |
| 1A | Emergency Medicine, Acute Care Cardiology, Elderly Medicine, Respiratory Medicine, O&G, Stroke, Paediatrics |

Accommodation

On-site accommodation is available via London Strategic Housing. Please contact them for further details: <http://www.londonstrategichousing.com/>.

Colchester Hospital University NHS Foundation Trust

Key local education provider personnel

- Director of Medical Education: Dr Peter Bishop
- Foundation Programme Training Directors: Dr Kim Sinnamon & Dr Duncan Field
- Education Manager: Sharon Wyatt
- Programme Administrator: Shanthi Badrinath

Teaching information

F1 and F2 teaching takes place weekly lunchtime in the Post Graduate Medical Centre at Colchester General Hospital. Teaching is mapped to the curriculum to ensure full coverage. 70% attendance is required and this is monitored on a monthly basis and disseminated every rotation.

We also have journal club and clinical presentations on Thursday and Friday lunchtime respectively.

There is also regular scheduled ward/department based teaching in most of the departments that the foundation trainees have found to be very useful and relevant for their training.

All F1 and F2 trainees are encouraged to organise/deliver teaching sessions for medical students. Medical students have immensely appreciated these informal sessions and the foundation trainees gain skill in developing as a clinical teacher.

Beds and Services

Colchester General Hospital opened in 1984. There are 562 inpatient beds (general and anaesthetic), 44 maternity beds (including at Clacton and Harwich hospitals) and 13 critical care beds. (This doesn't include cots or A&E.) The hospital provides a range of elective and non-elective inpatient surgical and medical services as well as a 24-hour A&E, maternity and outpatient services to a surrounding population of around 370,000.

Pay – Banding Information as at January 2015 - Under Negotiation

| | | |
|---------------------------------|---------|------------|
| Anaesthetics | F1 | 1A Banding |
| Critical Care | F1 & F2 | 1A Banding |
| Care of the Elderly | F1 | 1B Banding |
| Care of the Elderly | F2 | 1A Banding |
| Public Health/General Practice | F2 | 1B Banding |
| ENT | F1 | 1B Banding |
| ENT | F2 | 1A Banding |
| Accident and Emergency | F2 | 1A Banding |
| Medicine | F1 | 1B Banding |
| Medicine | F2 | 1A Banding |
| Obstetrics and Gynaecology | F1 | 1B Banding |
| Obstetrics and Gynaecology | F2 | 1A Banding |
| Oncology | F2 | 1A Banding |
| Orthopaedics | F2 | 1A Banding |
| Paediatrics | F1 | 1B Banding |
| Paediatrics | F2 | 1A Banding |
| Psychiatry | F1 & F2 | 1B Banding |
| General Surgery/Urology/Plastic | F1 | 1B Banding |
| General Surgery | F2 | 1B Banding |

Banding is payable in accordance with Para 22 of T&C of Service. For rotations banding may differ for each individual post/placement. Banding may be altered (in accordance with T&C of Service) in order to make posts compliant with any amendments to New Deal and WTR.

Accommodation

Single and married accommodation may be available at Colchester General Hospital. For further information please contact Swan Accommodation on Telephone: 01206 747508 or e-mail iperry@swan.org.uk

Mid Essex Hospitals Trust

Key local education provider personnel

- Clinical Tutor: Dr Hywel Jones
- F1 Programme Director: Dr Ellen Makings
- F2 Programme Director: Dr Shahirose Jessani
- Head of Learning and Development: Catherine Lee
- Education Centre Manager: Gill Slater
- F1 and F2 Programme Co-ordinator: Denise Hearn
- Careers Lead: Dr Sharon Lim

Teaching information

F1 teaching is undertaken weekly on Wednesday's and Thursday's – these are 1 hour lunchtime sessions from 12.30 until 1.30pm. Approximately every three weeks the generic afternoon sessions take place from 2 until 5pm All sessions are bleep free. F2 teaching is undertaken weekly on Tuesdays and these are 2 hour lunchtime sessions from 12.30 until 2pm. These sessions are bleep free. Trainees are required to attend 70% of the training sessions to achieve successful sign-off.

Supervisors are all informed that trainees should be released for teaching sessions. Attendance lists are signed at the beginning and the end of each session. The Generic sessions take place at times avoiding holidays, half terms, change over dates etc to try to ensure optimal attendance. After each session, a non-attending trainee is sent a tracked email asking them for reasons for non-attendance.

Beds and Services

- New Acute Admissions Unit
- Renal dialysis unit
- Regional Plastics and Burns Unit
- New Cardiac Catheter Lab
- Mock exam held for 3rd year medical students
- Students get a mentor and personal record card of cases seen
- New Paces Exam courses
- 550 bed hospital

Pay F1 – Starting salary £22,636 - F2 – Starting salary £28,076 - Under Negotiation

Banding info

| | | |
|----------------------|-------------|--|
| Subject to Change: | | <i>The banding is a payment that reflects the unsocial element of weekend working plus the out of hours (before 7am and after 7pm) and any additional hours over the basic of 40 hours per week that are within a rota. The more unsocial hours that are in the rota then the payband is likely to be higher and therefore pay more. The number of doctors on the rota will also have an impact on the payband as a rota with a small number of doctors is likely to be at a higher payband as there will be more weekend working rostered in.</i> |
| A&E – 1A | | |
| General Surgery – 1A | 1A/2B – 50% | |
| ITU – 1B | 1B – 40% | |
| Medicine – 1B | 2A – 80% | |
| Obs & Gyn – 1A | 1C – 20% | |
| Orthopaedics – 1A | | |
| Paeds – 1A | | <i>All our F1 positions currently have a 1B payband (an extra 40% of basic salary is paid to reflect the unsocial hours). Surgical F1's have a 1A payband.</i> |

Accommodation

SINGLE

- Flats each having 4 bedrooms with en-suite shower room – with communal lounge with TV and DVD player (this TV license is paid for by Swan Housing).
- Fully fitted kitchen with washer/dryer, microwave and fridge freezer and basic cooking utensils.
- Internet and TV connections are available within single en-suite rooms on a pay as you go service via an ethernet cable.
- The monthly charge for a single en-suite room is £484.49 inclusive of Council Tax. A deposit of the same is also required, and must be paid by cheque. Your rent and deposit payment is required prior to the release of the room keys.
- The accommodation is on site, approx 7/10 minutes walk from the wards etc.

FAMILY ACCOMMODATION

- Fully furnished Family accommodation can be provided here on site, with dishwasher and & washer/dryer and fully equipped kitchens.
- 1 bed – self-contained flat - £654.56 – excluding utility charges and council tax.
- 2 Bedroom House - £853.64 – excluding utility charges and Council Tax
- 3 Bedroom House - £970.13 – excluding utility charges and Council Tax

For more information or to view the accommodation please telephone 01245 442192 or email nharding@swan.org.uk

The Princess Alexandra Hospital NHS Trust

Key local education provider personnel

- Director of Medical Education: Mr Jonathan Refson
- F2 Programme Director & Lead for Foundation Programme: Dr Perumal Tamilselvan
- F1 Programme Director & Deputy Lead: Mr Ahmed Abidia
- Medical Education Manager: Margaret Short
- Assistant Medical Education Manager: Judith Butcher
- Careers Tutors: Mr Ahmed Abidia (Surgery)
Dr A Dain (Medicine)
Mr F DeGraaf (O&G)
Dr N Cholidis (Paeds)
Mr S Wimsey (T&O)
Dr R Sethuraman (Anaesthetics)
Mr S Ramnani (A&E)

Teaching information

F1 teaching is undertaken weekly on Tuesday lunchtimes at the Medical Education Centre, Parndon Hall from 1 – 2pm (preceded by a post-mortem in the mortuary). There is also a monthly teaching session on the first Friday of each month from 1 – 2pm. Both sessions are mandatory for F1s and both are bleep free.

F2 teaching is undertaken weekly on Thursday lunchtimes at the Medical Education Centre, Parndon Hall from 1 – 2pm. Sessions are mandatory for F2s and are bleep free.

Trainees are expected to attend 75% of the training sessions provided and to link the teaching to their curriculum.

Communication within the trust environment is carried out via email and text messaging so use of the Trusts email address is essential and use of a mobile telephone is desirable.

Beds and Services

The Princess Alexandra Hospital NHS Trust is located in Harlow, Essex and is a 489 bedded District General Hospital providing a comprehensive range of safe and reliable acute and specialist services to a local population of 258,000 people. We are committed to the core principles of the NHS which are to provide services that meet the health needs of everyone and are free at the point of delivery.

We will shape our services around the needs of all patients including providing access to and information about our services to all who may choose to use us, and in a manner which promotes the greatest level of understanding and accessibility.

The Hospital is monitored and regulated by the Care Quality Commission.

Pay - Under Negotiation

Salary = basic pay + banding

Basic pay = £22,636 + London fringe weighting

Banding = 40-50% (1b for medicine = basic + 40% / 1a for surgery = basic + 50%)

Average pay = approximately £32,000

Accommodation

F1 doctors are required to pay for Hospital accommodation. Single and married accommodation is available at The Princess Alexandra Hospital, though not guaranteed for successful applicants. Married accommodation is at a premium and for further information please contact the Accommodation Manager on 01279 827363.

Southend University Hospital NHS Foundation Trust

Key local education provider personnel

- | | |
|---|-------------------|
| • College Tutor for Surgery: | Mr James Wright |
| • College Tutor for Medicine: | Dr Sarietha Kumar |
| • Foundation Training Programme Director: | Dr Ayesha Siddiqi |
| • Medical Education Manager: | Katie Palmer |
| • Training Post & Placements Manager: | Pam Barton |
| • Foundation Programme Co-ordinator: | Sue Wilkinson |

Teaching information

- There is a strong teaching focus at Southend Hospital. We have a large Education Centre staffed with a friendly and supportive team. F1 and F2 dedicated teaching sessions are held weekly. F1s have teaching on Tuesdays (1pm – 2pm) and F2s have teaching on Wednesdays (1pm – 2pm). The sessions are mandatory and trainees are expected to attend a minimum of 70% of the sessions held. Bleeps are to be left at reception.
- There are weekly medical Grand Rounds (Thursdays 12.30pm – 1.30pm) and journal clubs every Friday. Each department has specialty specific teaching. We promote the completion of audits and quality improvement projects.
- We have a fully functioning Simulation Suite which opened in January 2016.

Beds and Services

- The Trust provides acute services from our main Prittlewell Chase site and at outlying satellite clinics across the region
- We maintain nearly 700 inpatient beds, serving a local population of 338,800 as well as anyone else who chooses us for treatment
- 4,419 staff with 183 Consultants, 333 other doctors, 1,269 nurses treating 97,921 inpatients (including 10,222 elective inpatient, 44,208 day case and 43,491 emergency admissions), 539,269 outpatient attendances and 92,532 attendances in A&E during 2014/2015
- Close educational links with both Health Education East of England and Health Education North Central and East London
- Foundation Trainees from NETFS
- We provide a comprehensive range of acute services including acute medical and surgical specialties, general medicine, general surgery, orthopaedics, ear, nose and throat, ophthalmology, cancer treatments, renal dialysis, obstetrics and gynaecology and children's services
- Southend University Hospital is the south Essex surgical centre for uro-oncology and gynae-oncology surgery and is considered to be a centre of excellence for the care of stroke. Also offered are breast screening, ophthalmology and orthodontic services to the wider south Essex population.
- All rotas include night shifts with good exposure to acute medicine.

Pay - Under Negotiation

Currently:

- 1A (50%) for Medicine
- 1B (40%) for Surgery (including Urology)
- 1A (50%) for Orthopaedics

These are of course subject to change for August 2016

Accommodation

- F1 doctors are required to pay for Hospital accommodation.
- Single and married accommodation is available at Balmoral Road, Westcliff on Sea, though not guaranteed for successful applicants. Married accommodation is at a premium.
- Current accommodation costs per month are £396 for a single room (a cluster of 6 with a shared kitchen and lounge), £686 for a 1 bed flat, £851 for a 2 bed flat and £923 for a 3 bed flat.
(NB Accommodation costs may be subject to change from August 2016.)
- All are inclusive of all bills, apart from married accommodation where payment for electricity is separate.
- For further information please contact the Accommodation Manager on 01702 314836 or email accommodation.bureau@southend.nhs.uk

Contact details

Medical Education: medical.education@southend.nhs.uk tel. 01702 385352
Recruitment Administration: recruitment.group@southend.nhs.uk tel. 01702 508023
Hospital Website: <http://www.southend.nhs.uk/>