

It's been a busy few months, including our very successful well being away day.

Wishing everyone all the best for the festive season - whether you celebrate Christmas or not. As we come to the end of 2024, we wish you all a healthy and happy 2025 and look forward to growing our ELFT SAS community even more.



Specialist appointment panel

The first Specialist appointment panel took place in October/November and we will be sharing the dates for the next round soon. Congratulations to those who were successful. Anyone who was not appointed has been given the opportunity to receive feedback on their application.

SAS as medical student placement supervisors pilot

We are pleased to announce that the current cohort of medical student placements includes a trial of SAS doctors as placement supervisors - we are looking forward to feedback from this and then if successful expanding this - please contact Will or Helen Bruce if keen to start a placement at your service.

Wellbeing

Winter can be a challenging time for many. Days are shorter and the weather can be tough - especially if you are new to the UK (thinking of our IMG colleagues). It's really important to look after yourselves and ask for support if you need it. There are lots of sources of support at ELFT and external. Please do make use of those.





SAS Well-being Away Day

We saw a record number of attendees at our away day in October. Thank you so much for attending and participating so keenly in the day. Feedback was very positive but there is always room for improvement and fresh ideas. We will be looking to run our next event in April 2025 so please do make contact if you have any ideas or would like to be involved.

QI for SAS doctors

We're very pleased to share that we will be running a half day QI training for SAS doctors in March 2025. This will be an opportunity to learn about QI - whether you are new to it or more experienced - and think about projects you might want to lead. This session is bespoke and there will be lots of opportunity to ask questions/discuss. If you have a QI project you are proud of and would like to showcase on the day, the team are very keen to hear from you so please get in touch with Kate and she will link you up!



If you have any issues you would like to raise with us on an individual basis, as always, please let us know and we will make time to meet.



SAS Leadership Programme

The current Leadership Programme cohort have come to the end of their journey with Vijaya Nath. I had the pleasure of hearing them present some of their work alongside our CMO David Bridle last month. It was clearly a valuable experience for them and their experience, ideas and insights shone through in the presentations. We are hoping to run the programme again next year. Please look out for further comms.

This years cohort were Mini Cherian, Irum Siddique, Noma Osagie, Muhammad Murtala Umar, Avni Patek, James Stewart, Chinedu Umah, Sudheer Surapaneni, Wai Him Cheung, Elvis Okeke.

ELFT is one of the only Trust to continue to provide vitamin D supplements to all staff during the winter months, if you wish to take up this option [click here](#)



RESOURCES FOR WELLBEING SUPPORT

Peer support

[Psychiatrists' Support Service](#) The Psychiatrists' Support Service (PSS) provides free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-related difficulties. Our service is totally confidential and delivered by trained Peer Support Psychiatrists (College Members). There is also a peer support group for doctors affected by suicide. 0208 619 4020 pss@rcpsych.ac.uk



Support for Neurodiverse Doctors

[Autistic Doctors International](#) is a growing community of autistic doctors that offer support, advocacy, research and education. They have formulated a useful framework with some first steps for more inclusive practice <https://autisticdoctorsinternational.com/>

[Autism Coaching](#) is a coaching service for autistic individuals to help identify their needs, goals and what approaches may be helpful to support them.

You do not need a diagnosis to access this service <https://autisticdoctorsinternational.com/>

Support for finances

[The Royal Benevolent Fund](#) is a charity that provides a range of support for doctors, medical students and their families. They offer financial support, money advice and information and telephone support for people when they need it most <https://rmbf.org/>

[The Royal Medical Foundation](#) is a similar charity that offers financial support and assistance to doctors or their families who have little in the way of income or savings due to reduced circumstances, for example sickness, caring responsibilities or bereavement <https://www.royalmedicalfoundation.org/>

Employee Assistance Programme – Care First

When you are anxious or stressed about something personal or work-related it can be difficult to be your best at work or at home. That's why we offer the Employee Assistance Programme services to anyone working for the Trust.

Care First gives you, your partner and dependent family members a place to turn for support any time of day or night, 365 days a year. Support is available for whatever issues you might be facing, including work stress, depression, marriage and relationship issues, legal concerns, coping with change, parenting issues, financial problems and much more.

<https://www.carefirst-lifestyle.co.uk/> 0800 174 319



Support with your Mental Health



[NHS Practitioner Health](https://www.practitionerhealth.nhs.uk/) is a free, confidential NHS primary care mental health and addiction service. It specialises in treating healthcare professionals from all backgrounds. It is a self-referral system that can provide comprehensive assessments and treatment for a wide range of mental health and addiction issues <https://www.practitionerhealth.nhs.uk/>
Telephone: 0300 0303 300

[BMA counselling and peer support services](https://www.bma.org.uk/peer-support) offers free and confidential 24/7 counselling and peer support line for all doctors and students. You do not have to be a BMA member to access this service 0330 123 1245.

[Doctors in Distress](https://doctors-in-distress.org.uk/) is a charity that provides free, confidential, specialist-led spaces where healthcare workers can come together and share their experiences, talk and listen to others in a similar situation. You do not have to be unwell to access these <https://doctors-in-distress.org.uk/>

[You OK Doc?](https://youokaydoc.org.uk/huddle/) is a charity that provides a free six-week huddle programme for doctors and medical students, facilitated by an accredited therapist. It is a space to talk about things that are often not discussed, challenges, the effects of being a doctor and how we juggle this with life outside of work. <https://youokaydoc.org.uk/huddle/>

[Doctors Support Network](https://www.dsn.org.uk/) is a self-help group for doctors with mental health concerns, including stress, burnout, anxiety, depression, bipolar affective disorder, psychoses and eating disorders. All doctors in the group have been troubled at some stage in their lives. There are regular meetings around the UK, a newsletter and an email forum. <https://www.dsn.org.uk/>

[Sick Doctors Trust](http://sick-doctors-trust.co.uk/) provides a service for actively addicted doctors that is structured to provide an early intervention programme. The trust facilitates treatment in appropriate centres, arranges funding for inpatient treatment and provides advocacy and representation when required <http://sick-doctors-trust.co.uk/>

[DocHealth](https://www.dochealth.org.uk/) is a self-referral service available to all doctors, UK wide, and aims to provide confidential, specialist-led support for those suffering with stress-related depression or anxiety <https://www.dochealth.org.uk/>

Support with a Disability

[Disabled Doctors Network](https://www.disableddoctorsnetwork.com/) supports the welfare, rights and inclusion of chronically ill and physically disabled doctors and medical students. It provides a wealth of useful information and resources as well as access to a support network of people who have experienced the challenges of working with a disability. <https://www.disableddoctorsnetwork.com/>