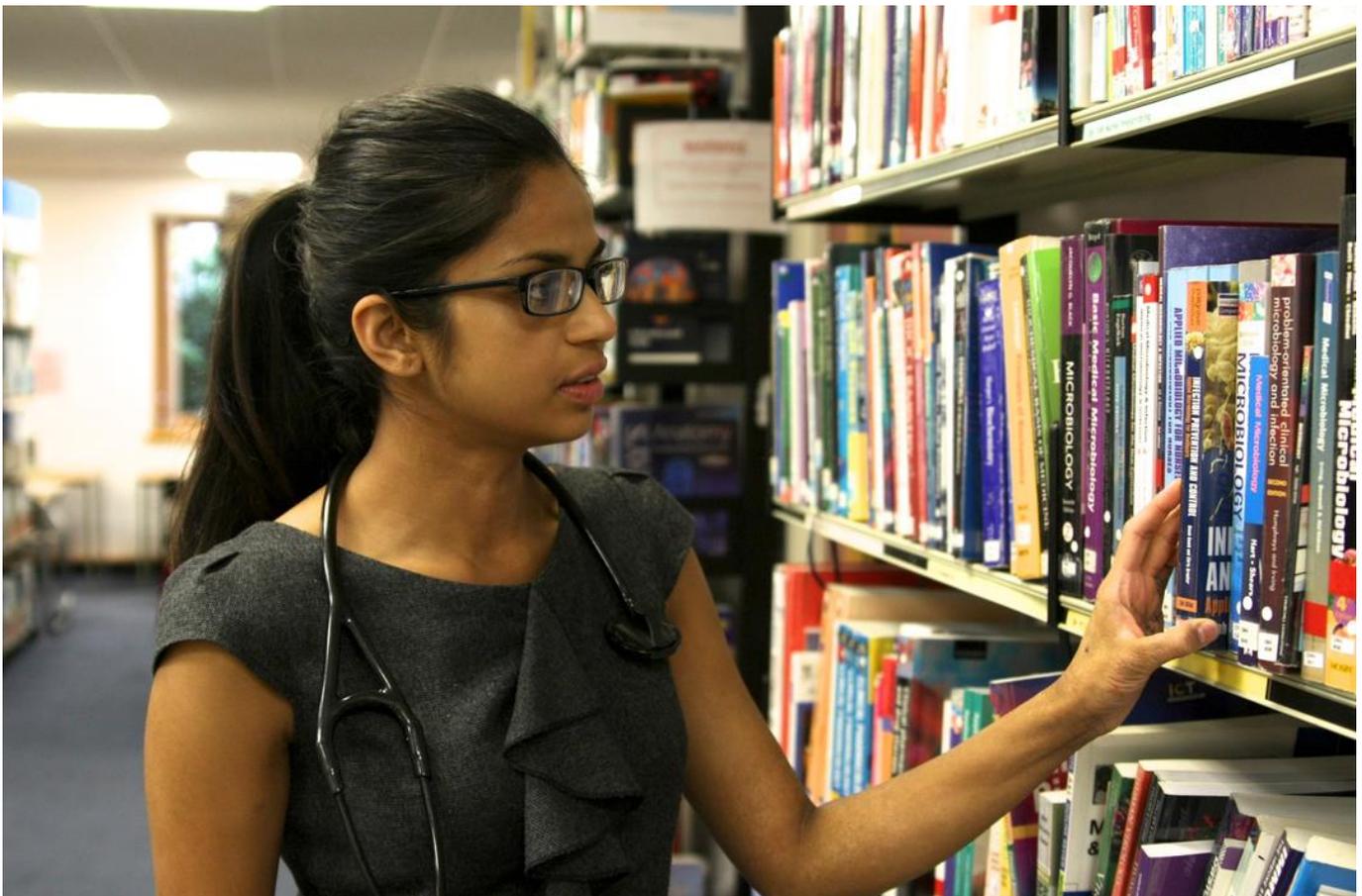


# North London Foundation School Prospectus

Programmes Commencing in August 2022

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# Introduction

## Welcome

The North London Foundation School covers a diverse cultural and socio- economic area from Hampstead and Barnet in the west to Romford, Essex in the east. There are posts in 21 acute hospitals (11 NHS Trusts) and 4 mental health Trusts giving a range of opportunities for training.

This prospectus should provide you with all the information you require when considering foundation training in North London.

We hope you find it useful.

Additional information is on our website:  
[lonkssfoundation.hee.nhs.uk/NLFS](http://lonkssfoundation.hee.nhs.uk/NLFS)

## NLFS Team

### Director

Dr Keren Davies



Keren Davies qualified from Leeds University Medical School in 1981. She was a Consultant Geriatrician at Barts Health for 25 years with a strong interest in post graduate education

She has held a number of posts in postgraduate education including Clinical tutor, Royal College tutor, Training Programme Director for core medical training and lead Training programme Director for Geriatric medicine. She took up the post of training programme director Foundation training in 2007 before being appointed as Foundation Director for NETFS and subsequently, following the merger of schools in north central and east London, Director of the combined school.

### Director

Dr Anthea Parry



Anthea Parry qualified in 1981 from St Bartholomew's Hospital and has worked as a consultant geriatrician and stroke physician at the Hillingdon Hospital Foundation Trust since 1996.

She was Director of Medical Education at Hillingdon for 6 years between 2009-2015 before becoming Foundation School Director for North West London Foundation School in 2016.

She continues to practise clinical medicine at Hillingdon Hospitals NHS Foundation Trust.

## Deputy Director

Dr Celia Bielawski



Dr Celia Bielawski trained at Kings College Hospital Medical School and works as a consultant geriatrician and physician at Whittington Hospital.

At Whittington she has held various education roles, including undergraduate sub dean, Foundation Training Programme director and Director of Postgraduate Medical Education.

As well as being Deputy Director of North Central & East London Foundation School, appointed August 2018, she is a censor at The Royal College of Physicians.

## Academic Lead (Pan North London)

Dr Channa Jayasena



Dr.Channa Jayasena PhD FRCP FRCPath is Academic Director of the LaSE (Imperial) Foundation Programme. He has extensive experience in both postgraduate and undergraduate education, leads his own research laboratory at Imperial, and is a member of the Imperial Clinical Academic Training Board.

Dr.Jayasena also works as a clinical lead and consultant in Reproductive Endocrinology & Andrology at Hammersmith Hospital & St. Mary's Hospital.

## Deputy Director

Dr Nick Rollitt



Nick Rollitt qualified from The London Hospital and did his post graduate training in Essex and South West London where he gained his CCT in Geriatric and General Medicine. He has been a consultant at the North Middlesex Hospital since 2007.

He has been an active member of the post graduate faculty at the North Mid and has served as foundation Training Programme Director, Director of Post Graduate Medical Education and Guardian of Safe Working Hours. He was appointed as Deputy Director of the Foundation School in May 2019.

## NLFS contact details

### Health Education Team

#### NLFS staff structure

Dr Keren Davies	Foundation School Director (North Central and East)
Dr Anthea Parry	Foundation School Director (North West)
Dr Celia Bielawski	Deputy Foundation School Director
Dr Nick Rollitt	Deputy Foundation School Director
Dr Channa Jayasena	Academic Lead

**Telephone:** 020 7866 3216

#### The Foundation Team

Matthew King – Senior Delivery Manager  
Simon Rosan – Operations Manager  
Mohamed Guled – Operations Manager

Stefania De Maria – Officer (Focusing on North Central & East London Trusts)  
Andrew Goodhand - Officer (Focusing on North West London Trusts)  
Adeola Teluwo – Officer (Focusing on KSS Trusts)  
Tarek Hussain – Officer (Focusing on South London Trusts)

Yasmin Ahmed – Senior Administrator

David Jarvis – Administrator  
Launa Broadley – Administrator  
Molly Norton-Bragg – Administrator  
Paige Arnold – Administrator

Mahfuz Ahmed – Apprentice Administrator

#### Contact Details

Health Education England  
Stewart House  
32 Russell Square  
London  
WC1B 5DN

**Telephone:** 020 7866 3216

Trust and Trainee enquiries need to be submitted via the London and South East PGMDE Support Portal (PSP):

[lasepgmdesupport.hee.nhs.uk/support/home](https://lasepgmdesupport.hee.nhs.uk/support/home)

## What is a foundation school?

Foundation training is a two-year programme acting as the bridge between undergraduate medical education and further training to become a general practitioner or specialist. Foundation schools oversee the training of the foundation doctors (FDs) in that school.

They bring together local medical schools, local education and training boards (LETBs), trusts and other organisations involved in training doctors.

[www.foundationprogramme.nhs.uk](http://www.foundationprogramme.nhs.uk)

## The UK Foundation

### Programme Office (UKFPO)

The UK Foundation Programme Office provides a central information point for medical schools, foundation schools, foundation doctors and the faculty involved in foundation training.

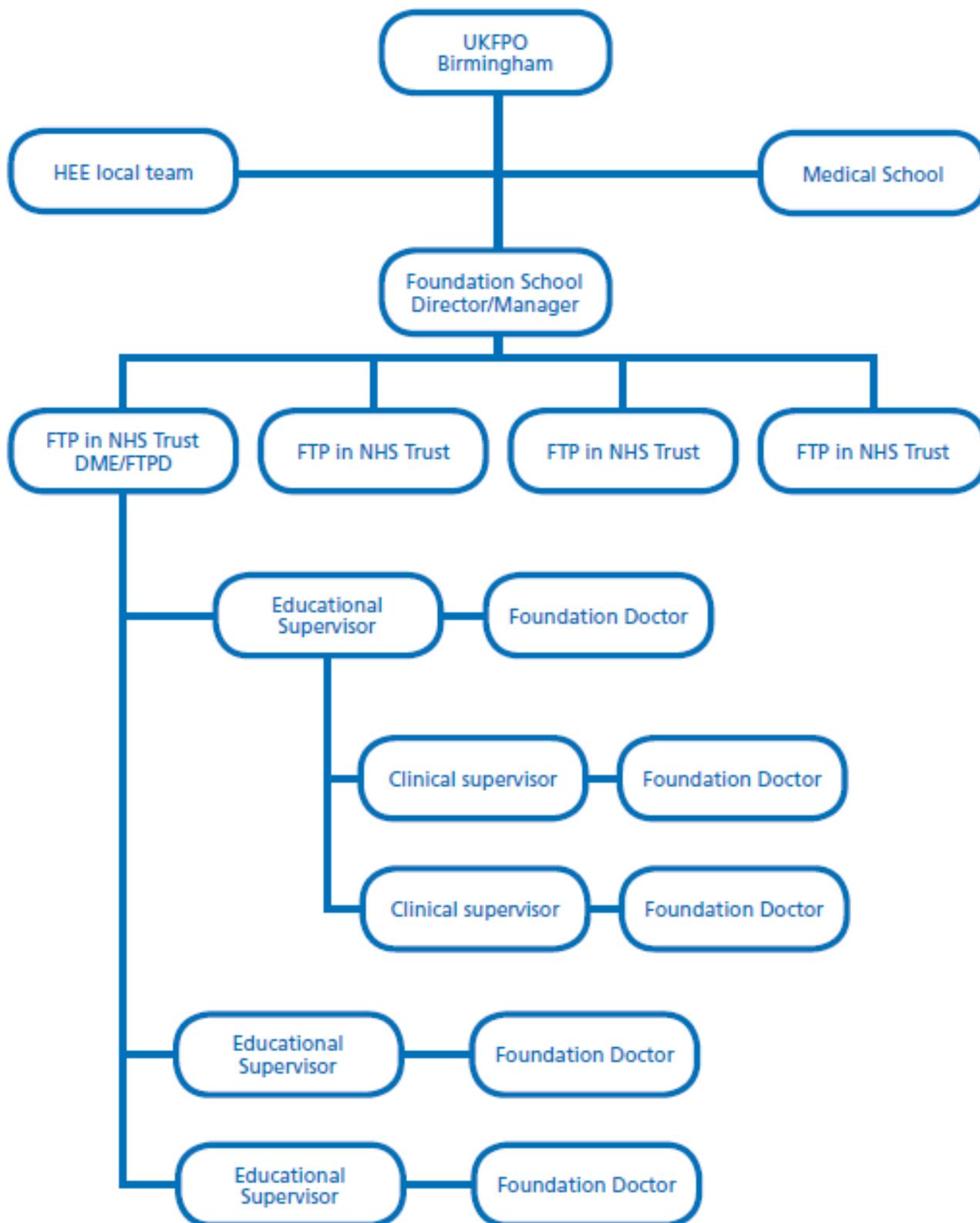
The aim of the UKFPO is to develop and promote innovative training methods, such as e-learning and the electronic portfolio, as well as to develop and administer the recruitment and programme allocation system throughout England, Northern Ireland, Wales and Scotland.

## Structure of foundation training

FTP = Foundation training

DME = Director of Medical Education

FTPD = Foundation Training Programme Director



# Overview of NLFS

## Applying for

### foundation training

The national eligibility criteria and person specification together with a detailed applicant guide is available to download from:

<http://www.foundationprogramme.nhs.uk>

## Allocation to programmes

### within NLFS

When applicants are allocated to NLFS Foundation school they need to preference the programmes offered.

There is a programme fair held annually when Trust's medical education teams and trainee representatives attend. The trusts each have a stall and are able to give information about the trust services and what they can provide for education and training while answering any questions.

The national F1 allocation system informs trainees which school they have been allocated to and the fair is held in good time to allow applicants to preference their programmes.

## Purpose of the Foundation

### Programme

The foundation programme is part of the continuum of medical education. It is the only point in medical training which is common to all United Kingdom medical students and doctors and bridges the 'gap' between undergraduate medical training and hospital or general practice specialty training.

The foundation programme aims to ensure that all doctors deliver safe and effective patient care in accordance with GMC guidance. During the programme, FDs work in a supportive environment where they are properly managed and supervised enabling them to learn through service delivery whilst ensuring that patients are not put at risk.

FDs practise within their own level of competence and are provided with adequate supervision and feedback to reach higher levels of competence and to acquire new competences. The foundation programme builds on and develops the responsibilities of clinical professionalism.

Satisfactory progress indicates that a doctor is moving towards independent practice.

Throughout medical school and foundation training, students and graduates should draw upon career information and guidance and reflect on their abilities, interests, opportunities and service needs to make more informed choices about their future career. Refer to the Career Management section in the Reference Guide and to

[www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk)

## The foundation programme

### aims to:

Build on undergraduate education by imbuing recently graduated doctors with the attributes of professionalism, and the primacy of patient welfare, which are required to provide for safe and effective practice and the care of patients with acute and long-term conditions

Provide deliberately generic training ensuring that FDs develop and demonstrate a range of essential clinical skills that are required of all doctors regardless of specialty

Provide the opportunity to begin to develop leadership, team working and supervisory skills in order to deliver care in the setting of a contemporary multidisciplinary team and to begin to make independent clinical decisions with appropriate supervision.

Provide opportunities for foundation doctors to experience a variety of career options in order to inform career choice and ensure that whatever

career path is subsequently entered, all FDs have experienced the provision of medical care in both hospital and community settings.

## Outcomes of

### foundation training

Foundation Year 1 enables medical graduates to begin to take supervised responsibility for patient care and consolidate the skills learned at medical school. Satisfactory completion of F1 allows the relevant university, or their designated representative in a postgraduate local education and training board (LETB) or foundation school, to recommend to the GMC that the FD be granted full registration.

Foundation year 2 doctors remain under clinical supervision (as do all doctors in training) but take on increasing responsibility for patient care. In particular, they begin to make management decisions as part of their progress towards independent practice. F2 doctors further develop their core generic skills and contribute more to the education and training of allied healthcare professionals, medical students and less experienced doctors. At the end of F2 they will have begun to demonstrate clinical effectiveness, leadership and the decision-making responsibilities that are essential for hospital and general practice specialty training. Satisfactory completion of F2 leads to the award of a Foundation Programme Certificate of Completion (FPCC) which indicates that the doctor is ready to enter a core, specialty or general practice training programme.

# Broadening the Foundation Programme

## (BTFFP)

Broadening the Foundation Programme (2014) emerged in response to recommendations in the following reports: Professor John Collins' Foundation for Excellence Report, Francis Report, Keogh Review and Berwick Review.

It addressed the need for newly qualified doctors to be able to respond to the evolving needs of the 'whole patient' and to be able to develop their capabilities across a range of settings.

The report put forward recommendations including:

- FDs should not rotate through a placement in the same specialty or specialty grouping more than once, unless this is required to enable them to meet the outcomes set out in the curriculum.
- All FDs should undertake a community placement or an integrated placement from August 2017.

Also included was a previous target to increase the numbers of psychiatry posts to 7.5% of F1 and 7.5% of F2 posts, so that 45% of FDs have a psychiatry placement.

Since 2017, FDs now undertake a minimum of one community or integrated placement during their two-year foundation programme. This is to ensure that they receive a wider experience of working in community settings such as general practice, community psychiatry or community paediatrics to obtain a broader understanding of community care and the whole patient journey. Delivering this programme necessitated changes in training delivery structures. Some specialties such as surgery experienced a reduction in posts while others such as psychiatry see an increase.

There has been an increase in community posts.

## Community Placements

There are excellent learning opportunities for FDs to gain experience of general practice and community work. All of our clinical supervisors have been trained to support the needs of FDs and have developed a range of additional learning opportunities.

Previous FDs have commented positively on the different opportunities available in general practice, such as being able to follow a patient's care pathway and having autonomy to work and make decisions, with of course the full support and guidance of a qualified GP. They are included in all aspects of general practice from audits to clinical practice meetings and social activities. FDs are a fully integrated member of the practice but work in a supernumerary capacity. Previous FDs have been able to experience not just a GP surgery but other areas such as palliative care and clinical commissioning groups.

## Dr Toolbox

NLFS supports the Dr Toolbox website, created and run by junior doctors to provide up-to date local information such as reference and handover guides, essential telephone and bleep numbers etc. The site has been created to help doctors to collate local hospital knowledge and pass it to their successors, so that they can 'hit the ground running', thereby improving efficiency and patient safety. The Doctor Toolbox hub is available at [www.dr-toolbox.com](http://www.dr-toolbox.com) and can be downloaded as an app.

Dr Toolbox is always looking for enthusiastic editors to update/maintain the site. Becoming a Toolbox editor means taking an important role in a national patient safety project. It provides significant opportunity to undertake a quality improvement project as well as developing leadership skills.

A representative from Dr Toolbox will be available at the NLFS programme fair for further information and queries.

## Safe prescribing

Many risks to patient safety and a quarter of litigation claims in the NHS stem from medication errors. In order to address this NLFS has introduced both a FD prescribing assessment on local systems and an e-learning tool – standard computerised revalidation instrument for prescribing and therapeutics (SCRIPT). Both F1s and F2s are required to complete a specific number of SCRIPT modules as prescribed by their trust. Further details are available at

<http://lonkssfoundation.hee.nhs.uk/safe-prescribing>

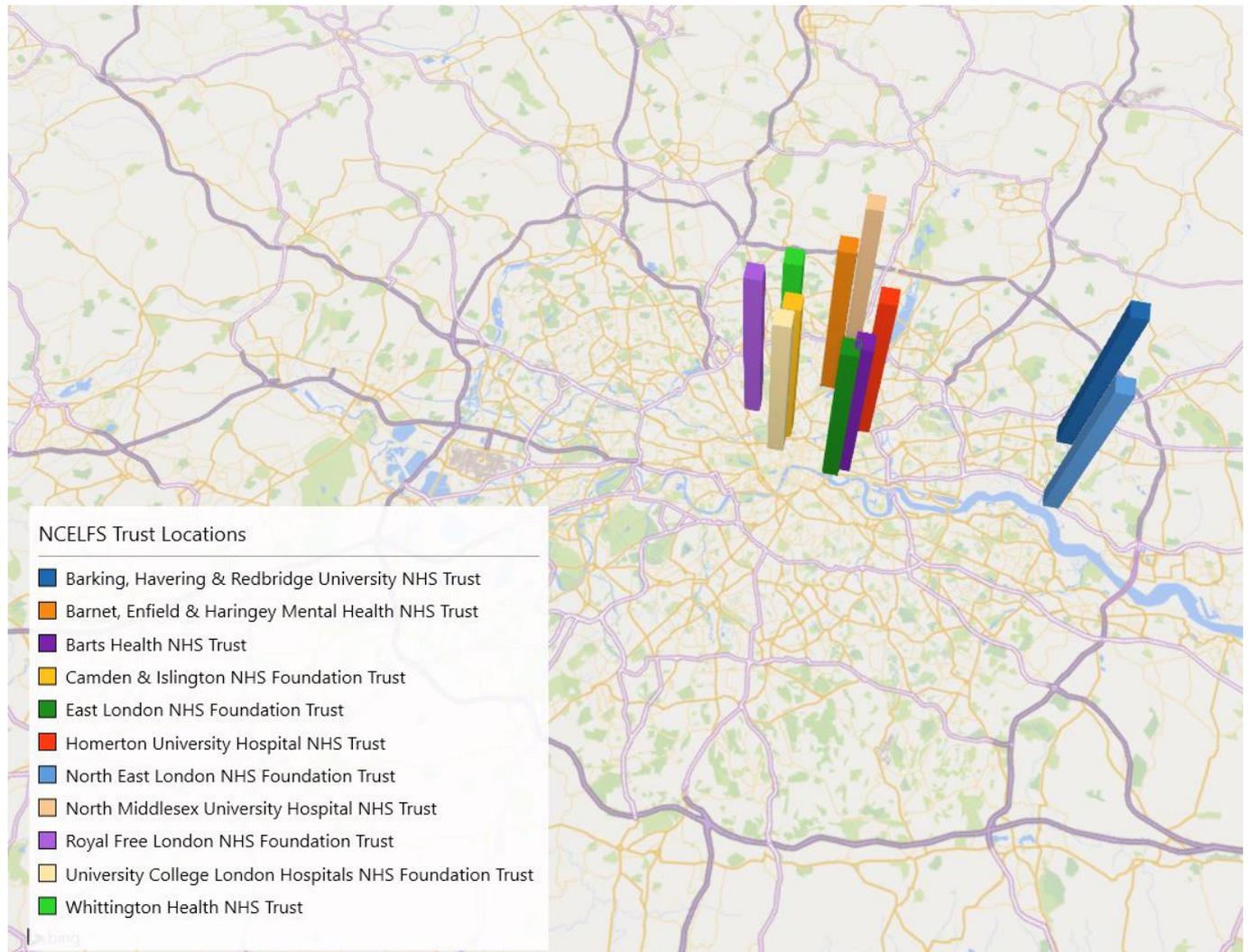
## Doctors with

### disabilities

NLFS wishes to support FDs with disabilities which may affect their training, for example by facilitating reasonable adjustments to training programmes. Additional careers support can also be arranged where appropriate. FDs are welcome to make an appointment to see one of the directors in confidence to discuss their training further.

# Map showing location of trusts affiliated to NLFS

## North Central & East



# List of trusts affiliated to NLFS

## Acute Trusts

### Barts Health NHS Trust:

[www.bartshealth.nhs.uk](http://www.bartshealth.nhs.uk)

- Mile End Hospital
- Newham University Hospital
- St Bartholomew's Hospital
- The Royal London Hospital
- Whipps Cross Hospital

### Barking, Havering & Redbridge University NHS Trust:

[www.bhrhospitals.nhs.uk](http://www.bhrhospitals.nhs.uk)

- King George Hospital
- Queen's Hospital

### Homerton University Hospital NHS Trust:

[www.homerton.nhs.uk](http://www.homerton.nhs.uk)

- Homerton University Hospital

### North Middlesex University Hospital NHS Trust:

[www.northmid.nhs.uk](http://www.northmid.nhs.uk)

- North Middlesex University Hospital

### Royal Free London NHS Foundation Trust:

[www.royalfree.nhs.uk](http://www.royalfree.nhs.uk)

- Barnet Hospital
- Chase Farm Hospital
- Royal Free Hospital

### University College London Hospitals NHS Foundation Trust:

[www.uclh.nhs.uk](http://www.uclh.nhs.uk)

- University College London Hospital

### Whittington Health NHS Trust

[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

- The Whittington Hospital

## Community Trusts

Barnet, Enfield & Haringey Mental Health NHS Trust:

[www.beh-mht.nhs.uk](http://www.beh-mht.nhs.uk)

- Chase Farm Hospital
- St Ann's Hospital

Camden & Islington NHS Foundation Trust:

[www.candi.nhs.uk](http://www.candi.nhs.uk)

- Highgate Acute Mental Health Centre
- St Pancras Hospital

East London NHS Foundation Trust:

[www.elft.nhs.uk](http://www.elft.nhs.uk)

- Mile End Hospital
- Newham Centre For Mental Health

North East London NHS Foundation Trust:

[www.nelft.nhs.uk](http://www.nelft.nhs.uk)

- Goodmayes Hospital

## North West London



# List of trusts affiliated to NWLFS

## Acute Trusts

Chelsea & Westminster Hospital NHS Foundation Trust:

[www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)

- Chelsea and Westminster Hospital
- West Middlesex University Hospital

Imperial College Healthcare NHS Trust:

[www.imperial.nhs.uk](http://www.imperial.nhs.uk)

- Charing Cross Hospital
- Queen Charlotte's & Chelsea Hospital
- Hammersmith Hospital
- St Mary's Hospital

London North West Healthcare NHS Trust:

[www.lnwh.nhs.uk](http://www.lnwh.nhs.uk)

- Central Middlesex Hospital
- Ealing Hospital
- Northwick Park Hospital

The Hillingdon Hospitals NHS Foundation Trust:

[www.thh.nhs.uk](http://www.thh.nhs.uk)

- Hillingdon Hospital

## Community Trust(s)

West London Mental Health NHS Trust:

[www.westlondon.nhs.uk](http://www.westlondon.nhs.uk)

- Claybrook Centre
- Lakeside Unit

your training.

## Glossary of trust staff

Your training within trusts is provided by a number of people, some based in a postgraduate or education centre. Their contact details will be included in trust induction packs, but a summary of their roles is given below.

### Director of medical education (DME)

The director of medical education is a consultant in the trust and works for the LETB as well as the hospital. They have managerial responsibility for medical education. They work closely with the clinical tutor/s and MEMs and can also be approached for formal and informal advice.

### Clinical tutor (CT)

The clinical tutor is a consultant in the trust who is responsible for organising trust induction and general educational programmes. If you have any problems with educational matters or supervision you can take them to the clinical tutor. They can also help you deal with any problems concerning your career, as they have wide experience and specialist contacts.

### College tutor (specialty programme director)

The college tutor is a consultant with particular responsibility for training in a specialty. They usually organise departmental teaching programmes, and can be asked for advice about the specialty, including careers.

### Foundation training programme director (FTPD)

The FTPD oversees the training of 20- 40 FDs, and organises their teaching programmes. They meet with new F1 doctors during their first attachment. In some trusts the foundation and clinical tutors are the same.

### Educational supervisor

This may be the clinical supervisor for your first attachment or for another attachment depending on local arrangements. They have a particular responsibility for your education through the whole year. You will meet them at regular intervals and they should generally be the first port of call for any concerns you may have about

### Clinical supervisor

The clinical supervisor is normally the consultant you are working for in each attachment, and is responsible for your teaching and supervision. You should have regular meetings with them during your attachment.

### Medical education manager

#### (MEM)

The medical education manager runs the postgraduate centre and administers the induction and educational programmes. They work closely with medical staffing and the clinical tutor. They are readily available for general advice and will be on hand to help you adapt to your new way of life in the Trust.

# Foundation key documents

## Curriculum

The Foundation Programme Curriculum sets out the framework for educational progression that will support the first two years of professional development following graduation from medical school.

The curriculum builds on the competences, attitudes and behaviours acquired during undergraduate training.

The foundation programme curriculum is available to download from

[www.foundationprogramme.nhs.uk](http://www.foundationprogramme.nhs.uk)

## Reference guide

The Reference Guide provides guidance to LETBs and foundation schools about the structures and systems required to support the delivery of the curriculum.

It is a companion document to the FP curriculum and should be used in conjunction with it.

The reference guide is available to download from [www.foundationprogramme.nhs.uk](http://www.foundationprogramme.nhs.uk)

## Horus e-Portfolio

FDs within NLFS now use the UK Horus ePortfolio system developed by the HEE North West local team. F1s are issued with a user name and password on entry to NLFS. The e-portfolio is a record of an FD's progress and development through the foundation years. Evidence of achievement of outcomes and increasingly sophisticated performance will be recorded in the e-portfolio. The completed e-portfolio contributes to the end of year report. Elements of the e-portfolio may also be used in specialty interviews by FDs to demonstrate competence and highlight achievements. See [lonkssfoundation.hee.nhs.uk/horus](http://lonkssfoundation.hee.nhs.uk/horus) for further details.

# Information about your training

## Bulletin

It is essential that all trainees read the Foundation Bulletin which is sent around on a fortnightly basis via email.

We share a lot of important actions, updates, opportunities that you will need to be aware of.

To ensure you are not missing out on any important information we share it is your responsibility to ensure we have up to date contact information for you.

## Curriculum

Trainees should familiarise themselves with the Curriculum requirements. These are published on the UKFPO Website here:

[www.foundationprogramme.nhs.uk/curriculum](http://www.foundationprogramme.nhs.uk/curriculum)

The curriculum was last updated in 2016 and is currently under review.

## COVID-19

COVID had a widespread unexpected impact on Medical and Dental training in 2020 where HEE, in conjunction with the GMC, BMA and Trust colleagues, had to make changes to programmes to maintain service.

If this happens again HEE will ensure all trainees are apprised and discussions held, where appropriate, to make reasonable adjustments for trainees at risk.

## Self-Development Time

Following the Foundation Review, HEE determined that Foundation Doctors were not receiving sufficient time to complete essential development activities. It was therefore determined that:

- FY1 doctors should have one hour per week of self-development time in their work schedule.
- FY2 doctors should have three hours per week of professional self-development time.

*Further information regarding Self-Development Time (SDT) can be found on the NHS Employers website: [www.nhsemployers.org/your-workforce/plan/medical-workforce/foundation-review/self-development-time](http://www.nhsemployers.org/your-workforce/plan/medical-workforce/foundation-review/self-development-time)*

## Training vs employment

### (inc banding & EWTR)

Although NLFS oversees foundation training, NHS trusts are the employing healthcare organisations responsible for all contractual issues including:

- Pay
- Rotas
- Accommodation

## Information on new contract

The new junior doctors' contract came into effect on 3 August 2016, so all doctors entering F1 training now start on this contract.

New F1 pay scale 27,146 (2017 figure). Additional supplements are payable for working on-call rotas and there is also a weekend allowance.

Further information is available on:

[www.nhsemployers.org](http://www.nhsemployers.org)

The new contract also includes new features, including work scheduling and exception reporting. Work schedules provide information about the range and pattern of duties expected, as well as intended learning outcomes, and are personalised once you are in post following discussion with your supervisor.

Exception reports enable you to raise issues if you feel that your work schedule does not reflect the reality of the post as regards service or training. Each trust also has a guardian of safe working hours. This is a senior appointment made jointly by the employer and junior doctors. The role of the guardian is to ensure that issues of compliance with safe working hours are addressed.

## Deferring the start of

### foundation training

An applicant who has been accepted onto the Foundation Programme may only defer the start date of their training for a statutory reason (e.g. maternity leave, sickness).

Wherever possible, applicants are asked to give their foundation school as much notice as possible of the need to defer the start date. This may allow the foundation school to offer the foundation placement to someone else.

## Time limit on provisional

### registration

From 1 April 2015, the length of time doctors will be allowed to hold provisional registration is limited to a maximum of three years and 30 days (1125 days in total). After this provisional registration will expire. For further information visit [www.gmc-uk.org](http://www.gmc-uk.org)

## Shadowing

It is a mandatory requirement for those entering the foundation programme to undertake a paid period of four days' shadowing and induction with their first F1 employer immediately before the start of their employment. This provides incoming F1s with an opportunity to work closely with the F1 doctor who is in the post that they will take up and to familiarise themselves with the department and hospital settings before starting their post.

The shadowing placement should be paid on an unbanded F1 basic pay basis.

An F1s first day of work will be the first Wednesday of August however we suggest that FDs keep the 10 days before available for induction and shadowing as starting dates can vary between trusts.

## Extended induction

NLFS provides non-UK graduates and those who qualified more than 2-years before commencing F1 with the opportunity to undertake an additional 3-weeks of extended induction/shadowing in order to familiarise them with the NHS in advance of formally commencing F1.

Invitations to attend extended induction are sent out shortly after allocation to programmes.

## STEP (Supporting Trainees Entering Practice)

See: [lonkssfoundation.hee.nhs.uk/step](http://lonkssfoundation.hee.nhs.uk/step)

All NLFS FDs are required to complete a transfer of information questionnaire before the beginning of both their F1 and F2 years. The STEP (previously known as TOI) process is supportive and designed to allow FDs to highlight to their training programme director (FTPD) issues that might be relevant to their training, such as academic, health, social or psychological difficulties.

It is strongly recommended that the F1 form should be completed with the help and support of medical school advisors/tutors or another appropriate medical school member of staff, and the F2 form with the FD's F1 FTPD.

A medical school clinical advisor or official must countersign the F1 form and the F1 FTPD the F2 form.

## Travel and relocation

### expenses

The reimbursement of travel and relocation expenses is administered by the HEE London and South East team. Full details are available at: [www.lpmde.ac.uk/training-programme/training-matters/relocation-and-excess-travel-claims](http://www.lpmde.ac.uk/training-programme/training-matters/relocation-and-excess-travel-claims)

## General practice (GP) location and travel allowances

Usually FDs are allocated to a practice within the area served by their current trust, but occasionally, they may need to be placed in another trust's area. Some trusts do cover a wide area and so FDs may be expected to travel a reasonable distance from home or the trust to the placement.

During the FDs' time in GP it is not essential for them to do any out of hours working, although they may well be asked to carry out home visits. In most cases this will be alongside the clinical supervisor.

## Tasters

Tasters provide an opportunity to experience a specialty not included in a two-year foundation programme, and thereby develop understanding of that specialty to inform career choices. Tasters can also benefit those who have already made career decisions as it suggests to employers that they are

dedicated and committed to their chosen specialty. We encourage all FDs to arrange a taster during their first F2 rotation so that they have completed it before the recruitment process to specialty training programmes which usually starts in November of the F2 year. It is also possible for FDs to "borrow" up to 5 days of their F2 study leave to use for a taster during the second half of their F1 year.

## Careers

Good quality careers information and advice can be invaluable in enabling doctors to make informed, pragmatic and realistic choices throughout their careers.

Within NLFS, trusts provide workshops to introduce FDs to career planning tools, linked into a four-stage career planning framework:

- **Stage 1:** self-assessment e.g. skills, interests, values
- **Stage 2:** career exploration e.g. how to research different career options
- **Stage 3:** decision making e.g. look at how you have made decisions
- **Stage 4:** implementation e.g. application forms, CVs and interview preparation

For specific one-to-one advice the first point of contact for foundation doctors is their educational supervisor. Educational supervisors are able to call on other resources both locally from the trust and from the local HEE office.

A careers lead is also available in each trust. What you choose for the next stage of your career should be a personal decision, but you should ensure that you plan your approach and investigate career options fully before deciding. The NHS national careers website is available at [www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk). It contains information on all specialties including workforce statistics, real-life stories, videos and podcasts and interactive tools to support career planning.

## Supervised learning events

### (SLEs)

Supervised learning events are an important opportunity for learning and reflection on practice and are a crucial component of the curriculum. FDs must demonstrate engagement with this process. This means undertaking an appropriate range and number of SLEs and documenting them in the e-portfolio. The clinical supervisor's end of placement report draws on the evidence of the FD's engagement in the SLE process. Full participation with reflective practice is the best way to demonstrate progression towards the outcomes expected of the programme, and the competences specified in the curriculum.

## Purpose of SLEs

The purpose of SLEs is:

- To highlight achievements and areas of excellence
- To provide immediate feedback and suggest areas for further development.

## SLE methodology

SLEs are designed to help foundation doctors develop their clinical and professional practice. FDs are expected to demonstrate improvement and progression during each attachment and, therefore, should arrange for SLEs to be evenly spread throughout each placement. Improvement in clinical practice results from regular SLEs leading to constructive feedback and subsequent review of progression.

- SLEs use the following tools:
- Mini-clinical evaluation exercise (mini-CEX)
- Case based discussion (CBD)
- Direct observation of procedural skills (DOPS)
- Developing the clinical teacher

FDs should usually agree the timing and the clinical case/problem with their trainer, unscheduled interactions are also encouraged. The SLE should be used to stimulate immediate feedback and to provide a basis for discussion with the clinical and/or educational supervisor. A different teacher/trainer should be used for each SLE wherever possible, including at least one consultant or GP per four-month placement. The SLE must cover a spread of different clinical problems, sampling from acute care, management of long-term conditions, psychiatric care etc. (categories listed in syllabus and competences). Teachers/trainers should have sufficient experience of the area under consideration, typically at least higher specialty training (with variations between specialties); this is particularly important for case-based discussions.

## Educational and development

### tools

#### Supervised learning events with direct observation of doctor/patient encounter

Two tools can be used to give feedback after observation of doctor/patient encounters:

- Mini-clinical evaluation exercise (mini-CEX)
- Direct observation of procedural skills (DOPS).

FDs are required to undertake a minimum of nine directly observed encounters per annum in both F1 and in F2. At least six of these encounters, each year, should use mini-CEX. FDs are encouraged to do many more than this minimum.

#### Mini-clinical evaluation exercise (mini-CEX)

This is an SLE of a clinical encounter.

- FDs should complete a minimum of six mini-CEX in F1 and another six in F2. These should be spaced out during the year with at least two mini-CEX completed in each four-month period
- There is no maximum number of mini-CEX and good trainees will often achieve very high numbers of SLEs, recognising the benefit they derive from them.

### i) Direct observation of procedural skills

#### (DOPS)

This is a structured checklist for giving feedback on the FDs interaction with the patient when performing a practical procedure.

- FDs may submit up to three DOPS as part of the minimum requirements for evidence of observed doctor-patient encounters
- Different assessors should be used for each encounter wherever possible
- Each DOPS could represent a different procedure and may be specific to the specialty (NB: DOPS may not be relevant in all placements)
- Although DOPS was developed to assess procedural skills, its purpose in foundation is to give feedback on the doctor/patient interaction **Supervised learning events which take place remote from the patient**

### ii) Case-based discussion (CBD)

This is a structured discussion of clinical cases managed by the FD. Its strength is investigation of and feedback on clinical reasoning.

- A minimum of six CBDs should be completed each year with at least two CBDs undertaken in any four-month period
- Different teachers/trainers should be used for each CBD wherever possible
- There is no maximum number of CBDs and FDs will often achieve very high numbers of them.

### iii) Developing the clinical teacher

This is a tool to aid the development of a FDs skill in teaching and/or making a presentation and should be performed at least once a year. The FD will be encouraged to demonstrate skills in preparation and scene-setting, delivery of material, subject knowledge and ability to answer questions, learner-centredness and overall interaction with the group.

## Assessment

Several forms of assessment are used:

#### iv) Core procedures

The GMC requires demonstration of competence in a series of procedures in order for a provisionally registered doctor with a license to practise to be eligible for full registration. These must be recorded and signed off in the core procedures section of the e-portfolio. The core procedures from F1 do not need to be repeated in F2, but evidence for ARCP is required for successful completion of the foundation programme.

It should also be recognised that with practice the FD is expected to improve their skills in those procedures which they perform.

#### v) Multi-source feedback

Team assessment of behaviour (TAB) (previously described as 360-degree assessment)

- This comprises collated views from a range of co-workers. It is mapped to a self-assessment tool with identical domains
  - MSF should usually take place at least once a year. LETBs have the option of increasing the frequency
  - It is suggested that both F1 and F2 TAB be taken in the first four months of the year's training. If there is a risk of 'rater fatigue', i.e. overburdening a small number of colleagues, then F2 TAB could be undertaken in the second four months of training. If there are significant concerns about any FD, TAB should be repeated in the last four months of training
  - For each assessment, the FD should nominate 15 raters. A minimum of 10 returns are required.
- The required mix of raters/assessors must include at least:

#### vi) Three doctors more senior than F2 at least two consultants or trained GPs

- 2 senior nurses (band 5 or above)
- 2 allied health professionals

Other team members including ward clerks, secretaries and auxiliary staff.

#### vii) Placement supervision group

PSG feedback (from usually 2-3 senior colleagues) should be gathered for **at least one placement** for each FD during each 12-month (pro-rata) rotation

receiving feedback and engaging in constructive conversations about learning, successes, difficulties and progress are all part of an effective professional learning environment.

Improvement in clinical practice will only happen if regular review of that practice leads to constructive feedback. As indicated above, unscheduled SLEs are a good opportunity for immediate feedback.

This is particularly true of mini-CEX and DOPS which may be opportunistic. It is essential that trainers provide, and FDs receive, structured feedback.

FDs must learn to receive positive feedback and also, how to accept constructive criticism aimed at targeting future development.

Towards the end of both the F1 and F2 years, the local foundation training programme director, under the guidance of the foundation school, convenes an Annual Review of Competence Progression (ARCP) panel to review the progress of all FDs in their programme.

## Self-assessment

FDs have a personal responsibility to make self-assessment an integral part of their professional life. It is good educational practice for this to be stated clearly and discussed fully during induction.

FDs, with the support of their supervisor(s), are responsible for arranging appraisals, having the outcomes recorded and documenting ways to improve.

## Feedback and debriefing

Feedback is a key component of the interactions between supervisors and FDs. Giving and

## Annual review of competence

### progression (ARCP)

The ARCP provides a formal process for reviewing FDs' progress which uses the evidence gathered by them and supplied by their supervisors which is usually contained within the foundation e-portfolio. The ARCP is not an additional method of assessment.

The ARCP fulfils the following functions:

- To document the judgement about whether a FD has met the requirements and has provided documentary support for the satisfactory completion of F1/F2
- To document recommendations about further training and support where the requirements have not been met.

Full details of the process will be provided during the F1 year.

The requirements for successful completion of ARCP within NLFS are higher than the minimum requirements specified within the FP reference guide.

Details of all requirements to achieve a satisfactory ARCP outcome are provided to FDs during their annual induction to NLFS. Copies of the slides and an ARCP checklist are available at [lonkssfoundation.hee.nhs.uk/NLFS\\_induction](http://lonkssfoundation.hee.nhs.uk/NLFS_induction)

### Special circumstances

A few F1 doctors have significant special circumstances. Provided they meet one of the nationally agreed criteria NLFS will endeavour to allocate such doctors to a trust within a reasonable commuting distance (90 mins). NLFS is, however, unable to guarantee that this will be possible. FDs with special circumstances approved for their F1 year must reapply for F2.

NLFS can only consider applications from F1 doctors for allocation on the grounds of special circumstances if they can demonstrate that they meet at least one of the following:

#### Criterion 1:

The applicant is a parent or legal guardian of a child or children under the age of 18, who reside primarily with you and for whom you have significant caring responsibilities.

#### Criterion 2:

The applicant is the primary carer for someone who is disabled (as defined by the Equality Act 2010).

#### Criterion 3:

The applicant has a medical condition or disability for which ongoing follow up for the condition in the specified location is an absolute requirement.

#### Criterion 4:

If you consider that there are particular unique circumstances that require you to be in a particular environment whilst you undertake your Foundation Programme, you can apply for Special Circumstances under this criterion.

### Training support

If an FD feels that s/he/they is struggling/experiencing difficulties they should contact their foundation training programme director as soon as possible so that appropriate support/advice can be provided. FDs may also self-refer to the Practitioner Health Programme (PHP), a free, confidential service, for additional support. See [www.php.nhs.uk](http://www.php.nhs.uk).

Trust foundation faculty groups meet on a regular basis and will update the NLFS director on any FDs experiencing difficulties, so that additional support can be considered.

### Inter foundation school

#### transfers (IFST)

Transfers normally take place at the start of the F2 year. Arrangements for IFSTs must be agreed between foundation school directors on the basis of individual FD requirements if there are special circumstances.

Transfers will take place only if:

- there are places available in the receiving foundation school
  - the applicant has jointly satisfied both foundation schools that there are special circumstances for doing so
- Guidance notes and an application form are available on the UKFPO website [www.foundationprogramme.nhs.uk](http://www.foundationprogramme.nhs.uk)

### Less than full time training

#### (LTFT)

*also known as flexible training*

Less than full time training is available to doctors and dentists in training who are unable to work full-time for "well founded individual reasons" (European Union Council Directive 93/16-/EEC 1993).

FDs requiring LTFT Training must compete for entry into foundation training on an equal basis with other applicants, i.e. in open competition. FDs also need to achieve the competences as well as the equivalent of two years whole time experience to meet the UK requirements for all foundation trainees.

Slot-sharing is usually the most effective means of meeting educational needs and must be explored before alternative options are considered. In slot-sharing two FDs share one full-time post and the out-of-hours is managed between them.

Each doctor is paid as an individual trainee. LTFT FDs must work a minimum of 50% to ensure educational approval. It may be possible for NLFS to review other applications in order to identify a potential slot-share partner.

Once successfully allocated to NLFS, applicants considering applying for LTFT should contact one of the NLFS managers via London and South East PGMDE Support Portal

[lasepgmdesupport.hee.nhs.uk/support/home](https://lasepgmdesupport.hee.nhs.uk/support/home)

in the first instance so that they can provide appropriate information/advice.

Details of the LTFT arrangements can be found at the link below.

[lasepgmdesupport.hee.nhs.uk/support/home](https://lasepgmdesupport.hee.nhs.uk/support/home)

## Time out of foundation

### programme (TOFP)

NLFS will consider requests for time out of the foundation programme (TOFP) in accordance with the 'Time out of foundation programme (TOFP)' entry contained within the foundation programme reference guide.

## Leaving the foundation

### programme early

The foundation programme is both time and competency based. If you wish to leave before the official end date of your F1 or F2 programme in order to take up other employment opportunities, you will not be signed off as having met foundation training requirements.

In addition, you must give adequate notice to your employing trust. Failure to do so, could have implications for patient safety and could therefore, lead to a referral to the General Medical Council (GMC).

## Revalidation

Revalidation is the process by which licensed by doctors are required to demonstrate on a regular basis that they are up to date and fit to practise. Revalidation aims to give extra confidence to patients that their doctor is being regularly checked by their employer and the GMC. Licenced doctors have to revalidate, usually every five years, by having regular appraisals with their

employer that are based on the GMC's core guidance for doctors, good medical practice. For FD's, the revalidation process will be incorporated within the ARCP process.

For all NLFS trainees (including those in South London trusts).

- Designated body = HEE, KSS local team
- Responsible officer – Postgraduate Dean
- For further information see

[www.gmc-uk.org/doctors/revalidation.asp](http://www.gmc-uk.org/doctors/revalidation.asp)

## Communications

### NLFS website

[lonkssfoundation.hee.nhs.uk/NLFS](https://lonkssfoundation.hee.nhs.uk/NLFS)

NLFS is committed to fairness and transparency. Our policies – for example for flexible training, maternity leave etc. – are set out on the NLFS website and if you have any queries, it is worth looking through these first, as well as the national information on the UKFPO website

[www.foundationprogramme.nhs.uk/pages/home](https://www.foundationprogramme.nhs.uk/pages/home).

If not, one of our managers will be happy to advise you please email the London and South East PGMDE Support Portal <https://lasepgmdesupport.hee.nhs.uk/support/home>

### Email

Although doctors are given email addresses by their trusts, audits have shown that doctors in training often do not use them, and have to discontinue them anyway when they move on. Hotmail and other accounts are not always secure or spam-free and are often changed, so it is very difficult to keep an up to date email list for hundreds of doctors. In addition, their spam filters may block emails from NLFS or specialty recruitment.

It is important for NLFS to be able to email FD's to provide information about specialty training applications, GMC registrations etc.

Currently doctors.net is the default email address for correspondence unless you choose to use another email address, please ensure that it can receive messages from NLFS.

## Foundation doctor

### Representation

NLFS is keen to ensure that the views of FD's are adequately represented at relevant local/national meetings. During July, FD's are invited to express their interest in being a representative on various committees/groups by submitting a 100-word statement explaining why they wish to take part and how they would ensure that they represented the views of their peers. A list of FD representatives and guidance for medical student and FD representatives

is available at  
[lonkssfoundation.hee.nhs.uk/NLFS-fd-representatives](http://lonkssfoundation.hee.nhs.uk/NLFS-fd-representatives)

## **Appendix A1:**

### **Acute Trusts Affiliated to NLFS – North Central and East London**



# Barking, Havering and Redbridge University Hospitals NHS Trust

## Trust contact details

Queen's Hospital, Rom Valley Way, Romford, RM7 0AG

King George Hospital, Barley Ln, Goodmayes, Ilford IG3 8YB

Switchboard  
01708 435000

Website  
[www.bhrhospitals.nhs.uk/](http://www.bhrhospitals.nhs.uk/)

## Foundation training programme directors

### Key Personnel

#### Director of Medical Education

Mr John Brecknell, Consultant in Neurosurgery  
[john.brecknell@nhs.net](mailto:john.brecknell@nhs.net)

#### Foundation Training Programme Directors

Dr Musarat Hussain - [musarat.hussain2@nhs.net](mailto:musarat.hussain2@nhs.net)  
Dr Muhammad Saleem -  
[muhammad.saleem10@nhs.net](mailto:muhammad.saleem10@nhs.net)

#### Head of Medical Education and Training Manager

Caroline Curtin - [caroline.curtin@nhs.net](mailto:caroline.curtin@nhs.net)

#### Medical Education Advisor

Susan Coull - [susan.coull5@nhs.net](mailto:susan.coull5@nhs.net)

#### Foundation Training Administrator for FY1

Ciara O'Brien - [Ciara.O'Brien2@nhs.net](mailto:Ciara.O'Brien2@nhs.net)

## Overview of Trust

We would like to welcome you to Barking, Havering & Redbridge University Hospital NHS Trust, one of the largest NHS Trust within the UK, serving a population of approximately 750,000 from a wide range of social and ethnic groups. With 6,500 staff and volunteers

working at our Trust, we have a real sense of community and togetherness.

Our PRIDE values of Passion; Responsibility; Innovation; Drive and Empowerment inspire us and keep our patients at the heart of everything we do.

BHRUT provides in-patients services across two sites: Queen's Hospital, Romford and King George Hospital, Ilford. Queen's Hospital, which opened in December 2006, has 950 beds, whilst King George Hospital which opened in 1994 has 450 beds. There is a distance of 5 miles between the two hospitals where a shuttle bus service is provided.



The Trust provides leading services in Cancer, Neurosciences, Trauma and Cardiology to name but a few and is equipped with state of the art ITU, NICU and Operating Theatre complexes. Additionally, we provide several clinics and services run peripherally within the locality such as GU Medicine and Breast Screening. We operate two Emergency Departments, one at each of our hospitals, and offer a full range of local hospital services. In addition, we are proud to boast a regional neuroscience centre, renowned as a centre of excellence; a cancer centre; and a Hyper Acute Stroke Unit at Queen's Hospital to provide specialist care.

## Facilities - Postgraduate Centre (Location and resources)

The Medical Education Department is based across both sites within The Education Centre. The Medical Education Department coordinate undergraduate placements and teaching as well as coordinating study days for doctors in training.

The Education Centre at Queen's Hospital is based on the Ground Floor, Neutral Zone where you will find two lecture theatres, four seminar rooms and two clinical skills training room. The centre is open from 8.30am – 5.00pm Monday to Friday.

The James Fawcett Education Centre at King George Hospital is based on the first floor, Block 1 where it holds one lecture theatre and two seminar

rooms. The centre is open from 8am – 4pm Monday to Friday.

Both Education Centre's are equipped with audio visual equipment, teleconferencing facilities and display upcoming internal and external courses.

*Room capacity and facilities have temporarily changed in line with the Covid 19 pandemic and following national guidelines.*

## Facilities - Accommodation (Info about pricing, location etc)

Accommodation can be arranged by contacting our external providers:

### Swan Housing, Romford

Swan Housing, which is approx. 5 minutes from the hospital, has 369 units of accommodation within walking distance of Romford Town Centre. The accommodation is fully furnished and ranges from studio and one bed flats to shared (bedsit) accommodation. For more details including costs, please call **01277 844733** or **01277 314359**

L&Q and King George Hospital offer accommodation for our staff at King George Hospital and have a range of 2,3,4-bedroom apartments available. For more details including costs, please call **0208 853 6937**.

## Social activities

### Doctors mess

There is a Doctors Mess across both sites where you will find rest facilities. Foundation trainees have the opportunity to be involved in the Doctors Mess, full details will be given during induction.

## Library facilities

You can access our fantastic library services across both sites where you can borrow medical and fictional books, study in a quiet area as well as printing and scanning facilities. You can also gain 24 hours access to The Jackie Blanks Library at Queens Hospital by purchasing a membership card which is refundable when swipe card is returned. 24 Hour access to the Library at King George can be arranged by visiting the security department and updating your ID Badge.

## I.T facilities

Computers are accessible across the Trust, in the Library within the Education Centre at Queens Hospital and in the computer room located in the James Fawcett Education Centre, King George Hospital. There are also computers available in the Doctors mess and on most wards.

## Other facilities (recreational or otherwise)

### Occupational Health

The Occupational Health department offer lots of services and activities to keep staff members physically and emotionally fit, happy and healthy at work. Services and activities include Health Assured – Employee Assistance Programme, Physiotherapy, Chiropody, Complimentary Therapies as well as fitness classes such as Aerobics and Yoga.

### Doctors in Training Support

The Medical Education Department offer comprehensive and professional support for all doctors in training. The past year has been challenging and difficult and our door remains open for anyone who needs to talk, feels overwhelmed or anxious during this unprecedented time. As well as support from our team, there are also other internal and external resources available to support your health and wellbeing; further information can be provided by contacting The Occupational Health Department.

## Transport links

**Queens Hospital** There is a bus station within the grounds of Queen's Hospital. Buses 5, 128, 175, 193, 365, 496, 498 and 499 all come into the hospital grounds. Buses 103 and 174 serve Oldchurch Road, which is a 5-minute walk from the hospital. Romford Station is the closest station to Queen's Hospital by train, which is part of TFL Rail. The journey from London Liverpool Street to Romford station is approx. 26 minutes. The hospital is a 10 minute walk away. Buses opposite the station run between the hospital and the station.

### King George Hospital

The buses 173, 362, EL3 and 396 all serve King George Hospital. Buses 66 and 296 serves Eastern Avenue and bus stop 'Barley Lane' is a 10-minute walk via the back of the hospital.

Goodmayes station is the closest station to King George Hospital by train which is part of TFL Rail. The journey from London Liverpool Street to Goodmayes Station is approx. 20 minutes. The hospital is approx. 1 mile away from the station and is a 20 minute walk away or you can board the EL3 bus is on the opposite side of the road from the station which brings you directly into the hospital. If you are travelling by tube, the nearest station is Newbury Park (Central line) which is a 25-minute walk from the hospital. The 396 bus drives directly into the hospital or you can get buses 66 or 296.

## Local amenities/attractions

Both of our hospitals are local to train stations that provide easy access in to London. Westfield Shopping Centre, Stratford is approx. 20 minutes

from Romford Station and approx. 15 minutes from Goodmayes Station.

Queens Hospital is located in The London Borough of Havering. Romford Town Centre is a 10 minute walk from Queens Hospital where you can find a shopping centre, cinema, bowling, gym facilities and plenty of bars and restaurants.

King George Hospital is located in The London Borough of Redbridge and is within easy reach to Ilford Town Centre which is approx. 2.3miles away. Close by to King George Hospital is Hainault Forest Country Park and Fairlop Waters.

## Parking arrangements

Our Car-parking team have introduced a points-based criteria and the use of car park is regularly reviewed. Points are awarded based on role, your commute to work by public transport and the hours you do. This gives priority to those with the longest commute, cross-site and shift workers. Peak and Off-Peak Permits are available at Queens Hospital and King George Hospital as well as additional permits off site in nearby car parks in Romford Town Centre

## Any additional information

### Staff shuttle bus

There is a shuttle bus service provided for staff members to travel between our hospitals. The service runs every half an hour from 7:30am to 6pm. *Seating has been reduced to adhere to social distancing guidance.*

### Go by Bike Scheme

Go by Bike scheme promotes sustainable and healthy modes of travel to meet the Trust's commitment by fulfilling the sustainability and health and wellbeing objectives. Both our hospitals have secure bike sheds with ample space and free air pumps. The Trust has also introduced pool bikes, allowing staff to cycle between the two hospital sites.

### Season Ticket Loan

If you need to buy a season ticket to help you travel to and from work, HR can help. Buying an annual season ticket often means you can benefit from a discounted price. More details will be provided at induction.

### Childcare services

There are great childcare facilities on both hospital sites. At King George Hospital we have Busy Bees – 0208 599 0066 – please speak to Joanne  
At Queens Hospital we have Little Explorers - 01708 435000 – please speak to Gary Hammond.

### Other On-Site Facilities

We have cash machines in the atria of both hospitals.

Free Wi-Fi Browse the internet, manage emails, and use social media on our Free Wi-Fi – 'NHS Wi-Fi'.

Our Trust is committed to sustainability, reducing our impact and carbon emissions on the surrounding environment. To support this, we have the following facilities in place: Mixed recycling bins with clear bags, a battery recycling bin by reception desks in both hospitals, Green Machine – the reverse vending machine for recycling plastic bottles and drinks cans

## Foundation specific - Induction/shadowing arrangements

The Medical Education Department facilitate a robust Induction and Shadowing Programme for FY1 Doctors. All Foundation Doctors are invited to attend a half day induction on site where you will meet The Medical Education Team, receive your ID Badge and activate your IT log ins. You will then return home to complete your induction by completing modules on our e-learning platform BEST. Once your Induction has been completed online, you will have the opportunity to shadow the outgoing FY1 Doctor as well as attend clinical skills training and IT Training.

## Foundation specific – tasters

A taster week is designed to give foundation doctors the opportunity to work in a speciality of interest. A maximum of 5 days may be taken for a taster week and is to be arranged locally by the trainee. A taster application form must be created with your educational supervisor to ensure your aspirations are met and later approved by the foundation training programme director.

## Foundation specific – simulation

During your foundation year, you will also be required to attend Simulation Training for one whole day. The Simulation Training Suite is based within the James Fawcett Education Centre at King George Hospital.

### Simulation Centre

The Simulation Centre is located within The James Fawcett Education Centre, King George Hospital. We have high-fidelity, full immersion simulation facilities capable of delivering human factors, patient safety, acute and critical care skills training. This includes bays for up to six beds/trolleys/cots, a viewing room, separate consultation rooms and a seminar room for debriefing.

The area is equipped with new SMOTs cameras, monitors and manikins, including SimMan 3G, SimMum, SimBaby and SimNewbie.

## Foundation Doctor Forums

Junior Doctor Forums will be held every month. The forum allows trainees to raise any issues with rotas, facilities, exception reporting or any other concerns regarding your employment at BHR. All trainees are welcome to attend.

## Foundation specific - educational and clinical supervision

Every doctor in training must have a Clinical and Education Supervisor. The Medical Education Team will allocate you an Educational Supervisor who will be with you throughout your FY1 year. Your Educational Supervisor is responsible for the overall supervision and management of your educational progress. You will receive details of your Educational Supervisor at Induction. Your Clinical Supervisor will change every time you rotate. Your clinical supervisor is usually the consultant that you are working with on a regular basis and you can have more than one consultant on your record. Your clinical supervisor is responsible for overseeing your clinical work and providing constructive feedback during your placement.

## Foundation specific - teaching programme

All Foundation Doctors are required to attend a minimum of 30 hours of core training per rota. The Foundation Programme is coordinated by Caroline Curtin, Head of Medical Education and Training along with Dr Musarat Hussain and Dr Muhammad Saleem The Foundation Training Programme Directors. Each study day will consist of various topics relevant to your clinical duty and follow the North London Foundation School curriculum. FY1 study days are one half day per month and are held virtually. Trainees are released to log in from home to attend the teaching which is also recorded for those who cannot attend on the day.

## Foundation specific - any additional information

We also offer bespoke study days such as Essential Surgical Skills and Essential Practical Skills to help enhance your skills and knowledge. *These sessions are postponed during the pandemic.*

## Mid-Point Reviews

During your placement you will receive a Mid-Point Review which is panelled by the Senior Medical Education Team and The Foundation Training Programme Directors who will review your Horus portfolio and address any concerns with their portfolio.

## Local Faculty Meetings

Trainees are regularly invited to meetings with their Foundation Training Programme Director to discuss any work or training related issues or questions.

## Schwartz Round

Schwartz Round forums are set up for staff members to come along to talk about the emotional and social aspects of working in healthcare. Attending the Schwartz round can go towards your non-core teaching log.

## On site refreshments facilities

You can find Costa Coffee in the main atria of both King George and Queen's hospitals. Both hospitals serve hot and cold food and drink in the restaurants. King George Hospital - The Autograph Restaurant is located on the first floor in block 1 - open daily from 7am to 7.30pm. Queen's Hospital restaurant is located in the main atrium - open daily from 7am to 11pm - eateries include Subway and Yard Bird.

Convenience stores are available at both sites.

**King George Hospital** - League of Friends is located in the main atrium and is open from 8.30am to 5pm weekdays and 1pm to 5pm weekends. As the shop is staffed by volunteers, opening times may vary.

**Queen's Hospital** - Go Shop is located in the main atrium and is open from 7am to 8pm. There is also a Fruit Stall outside the main entrance at Queens Hospital.

Vending machines are located in various areas at both hospitals.

*Please note working hours may differ and seating facilities have been reduced due to the pandemic.*

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# Barts Health NHS Trust

## Trust contact details

Whipps Cross Hospital  
Whipps Cross Road,  
Leytonstone,  
London  
E11 1NR  
Tel: 020 8539 5522

Newham University Hospital  
Glen Road,  
Plaistow,  
London,  
E13 8SL  
Tel: 020 7476 4000

Royal London Hospital  
Whitechapel Road,  
London,  
E1 1FR  
Tel: 020 3594 7810

St Bartholomew's Hospital  
West Smithfield,  
London,  
EC1 7BE  
Tel: 020 3765 8523

## Foundation training programme directors

### Whipps Cross

Foundation training programme directors  
Dr Dharshini Radhakrishnan  
Mr Ismail Wong  
Mr Stuart Graham

Foundation Programme Administrator  
Oluwasola Atoye-Akomoledé

Medical Education Manager  
Vaishali Joshi

### Newham University Hospital

Foundation training programme directors  
Dr Mohammad Khanji (FY1)  
Dr Sarah Nunn (FY2)

Foundation programme administrator  
Hamsa Inpadhas

Medical Education Manager  
Richard Geddes

### Royal London & St Bartholomew's

Foundation training programme directors  
Dr Ajay Gupta  
Dr Arjun Ghosh  
Dr Matthew Mak

Foundation Programme Administrator:  
Noor Alam

Medical Education Administrator  
Mashuda Khanom

Medical Education Manager  
Mehma Rahman  
Sultan Uddin

## Facilities - Postgraduate Centre (Location and resources)

### Whipps Cross

The Medical Education Centre and Library are located in the main building at Junction 11 Willow Lodge, top floor. The foundation programme administrators, TPDs and DME are based in the centre, and the trainees are welcome to pop in to discuss issues. The education centre has a large lecture theatre, many seminar rooms and an MDT room for video conferencing. The simulation and Essential Clinical skills Service offers a range of training programmes for clinical and medical staff; from task trainers that enable staff to learn and practice on replica body parts, to full immersion training where a room is set up to resemble a hospital area.

### Newham University Hospital

The Alan Naftalin Education Centre is located in Zone 2 of the main hospital and spans the ground and first floors. The centre contains a lecture theatre, events room and various seminar rooms, many of which contain video-conferencing facilities. The centre has an active simulation skills education team with a SIM suite, clinical skills room and haptic skills room (available 24/7 with ID card access). The Foundation programme administrators, TPDs and DME are based in the centre, and the trainees are welcome to pop in to discuss issues.

### Royal London & St Bartholomew's

The Education Academy at Royal London Hospital is based within the Dental Hospital, Lower Ground Floor off Turner Street (Whitechapel). The Education Academy houses a number of seminar rooms, lecture theatres, a Resus training centre, simulation suite, and a moving and handling centre. Our Education Centre at St Bartholomew's Hospital is based at 1 Saint Martin Le Grand, West Smithfield. The simulation Centre is based in the East Wing, 3<sup>rd</sup> floor. The foundation programme administrators, TPDs and DME are based in the Education centres,

and the trainees are welcome to pop in to discuss issues/concerns.

## Facilities - Accommodation (Info about pricing, location etc)

### Whipps Cross

At Whipps Cross Hospital, we have limited accommodation for on-calls which can be booked via switchboard (out of hours) or the estates and facilities team.

### Newham University Hospital

The Newham site does not offer any on site accommodation to trainees. The hospital is easily accessible from Stratford or Docklands where rented accommodation is readily available.

### Royal London & St Bartholomew's

The Royal London Hospital offers limited accommodation for on-calls. St Bartholomew's Hospital has no hospital accommodation available.

## Social activities

### Whipps Cross

Whipps Cross Hospital has an active Doctor's Mess, with the Mess committee arranging various social events throughout the year including gatherings at the local pub, pub quizzes, various sporting activities, and a Christmas party. It has 2 sitting rooms; Sky TV; comfortable sofas, a ping pong/table tennis table, and a kitchen with facilities to make tea/coffee and a toaster.

### Newham University Hospital

Newham Hospital has an active Doctors Mess with the mess committee arranging various social events throughout the year including gatherings at the local pub, pub quizzes, other outings, a Christmas dinner and a Summer Ball.

### Royal London & St Bartholomew's

The Royal London Hospital has a Doctors Mess on the 11<sup>th</sup> floor. The Royal London is a stone's throw away from the famous brick lane, Liverpool Street and Shoreditch. St Bartholomew's Hospital will have its own doctors mess soon. St Bartholomew's Hospital is in a bustling central London location near St Paul's, Barbican and Farringdon stations surrounded by shops, cafes and restaurants. There are gyms next to both sites with discounts on offer for NHS staff.

## Library facilities

There are library facilities across all sites, and the staff are friendly and enthusiastic to help you access the plethora of resources available. Once you have registered for an OpenAthens account, you will have access to a range of clinical support tools. In addition to the standard copying and printing services, the

staff will help you with literature searches and can put you in touch with a specialist librarian in your area of interest. The library staff have been nominated every year for Barts Health Hero Awards due to the excellent level of assistance they provide.

### Whipps cross

The library is located within the Medical Education Centre with various resources; quiet study and group work areas, and houses 2 computer rooms.

### Newham University Hospital

The library is located on the first floor of the Education Centre and is open 9am to 5pm on Monday to Friday

### Royal London and St Bartholomew's

The Royal London Hospitals newly refurbished library is located on the 2nd floor in the main hospital. St. Bartholomew's Hospital has a Library located on the ground floor in the main building.

## I.T facilities

There are computer rooms across all our sites. Trust emails and staff pages can be accessed whilst junior doctors are offsite via nhs.net and the Barts Health intranet. In addition, there are computers available in the Doctor's Mess and Wi-Fi is available throughout the hospital. The Hospital uses Cerner Millennium as its core clinical IT system.

### Whipps cross

The library and knowledge service provides 24 hours access to computers in the Medical Education Centre.

### Newham University

There is 24/7 access to IT services via the knowledge Hub in the Education centre.

### Royal London and St Bartholomew's

Our Library Hubs in St Bartholomew's and The Royal London are available to all staff 24/7.

## Other facilities (recreational or otherwise)

### Health & Wellbeing Support

We offer all staff and students access to internal and external Staff Support Lines, which includes immediate access to mental health and wellbeing support, 1-2-1 support, Emotional support and counselling, Family and dependent care, Information Legal and tax information, Dealing with debt information, Information sourcing and research services, Mental Health First Aiders, Employee Wellbeing Service, resilience webinars, wellbeing hubs on each site, and much more.

Each hospital site has staff wellbeing areas for you to take a calming break. We have a Champion of Flexible Working, and each site has a Junior Doctor Support Lead.

The Improving Working Lives team organises a host of regular classes around the Trust. The classes are run onsite and usually run in 10-week blocks. We offer the following classes:

- Pilates
- Body Conditioning
- LBT (Legs, Bums & Tums)
- Zumba
- Dancebeat
- Yoga
- Tai Chi

We also offer: Cycle to work scheme, Two day mental health first aid course, Mindfulness sessions, MOT health check, and smoking cessation.

### **Whipps Cross**

Near the maternity Block is a newly built M&S, open 7am-9pm (Mon-Sat) and 8am -8pm (Sun). There is a shop at Junction 5 and in the Outpatients area which sells food, drinks and newspapers to visitors. The opening hours are: Monday-Friday 7am – 10pm. Sunday 9am – 1:30pm. The hospital restaurant provides a range of food, snacks and hot/cold drinks to visitors. It is open daily from 7am-7pm and is located between junctions 4 and 5 off the main corridor in the red zone. There is also a coffee shop located next to the restaurant. It is open Monday-Friday from 7am-7pm. A trolley selling newspaper and sweets visits every ward each morning and a library trolley run by the volunteer's service visits at least once a week. Please leave any borrowed books with ward clerks. Donated books are always welcomed.

Staff Wellbeing Hub: Location is the Medical Education Centre dining room, second floor, Junction 11. From 21 Dec 2020, the Whipps Cross wellbeing hub is open 24/7.

### **Newham University Hospital**

Newham Hospital has a canteen (open until 2am), coffee shop and Lloyd's Pharmacy within the premises, and local convenience stores and fast food outlets nearby. Newham leisure centre is a 10-minute walk away.

Staff Wellbeing Hub: Location is the library at Newham Hospital: 10am and 4pm from Mondays to Fridays

### **Royal London and St Bartholomew's**

At the Royal London Hospital there is a kiosk selling hot and cold beverages, fruit and snacks in the Stepney Way atrium which is open 8am – 3pm Monday – Friday. The staff, patient and visitor

restaurant is located on the fifth floor of the main building. It is open daily 7.30am – 7pm, including weekends and bank holidays. With impressive views of the surrounding area, the restaurant has 180 seats and serves a varied menu to cater for a range of diets. A selection of hot and cold foods are available in the restaurant. In the restaurant is a vending machine and water dispenser which are accessible 24 hours a day throughout the week. At St Bartholomew's Hospital, a shop can be found on the ground floor of the King George V building, which sells toiletries, confectionary, newspapers and magazines, cards and hospital souvenirs. The shop is open Monday – Friday 8:30 am – 4pm. There are also takeaway coffee shops in the basement of the King George V building and on the ground floor of the West Wing. There are also a wide range of meals and snacks at the hospital restaurant on the first floor of the catering building, behind the East Wing. The restaurant is open from 11:45 am – 3pm, Monday – Friday. There is a restaurant on the second floor of the King George V building, which serves hot food from 12pm – 2:30pm and 5pm – 6:30pm, Monday – Sunday. Cold snacks are served every day from 2:30pm – 5pm.

Staff Wellbeing Hub: A calm space has been set up in ACCU. The 7th floor Healing Space is open to staff 24/7. 2nd floor Royal London Staff Library, between 10am and 4pm from Monday to Friday. St Bartholomew's location: The North Wing (west side): Monday to Friday

## **Transport links**

### **Whipps Cross**

Whipps Cross University Hospital is located in Leytonstone in the East End of London, within the London borough of Waltham Forest. You can travel to the hospital in a number of ways.

By Bus: W12, W15, W19 and 357 stop within the hospital grounds, you can alight and the main entrance stop. Buses 20, 56, 230 and 257 also all stop near the hospital grounds at the Whipps Cross roundabout. Low-floor wheelchair accessible buses run on all routes serving the hospital.

By Tube: The closest Underground stations are Leytonstone (Central line) and Walthamstow Central (Victoria line). Wood Street and Walthamstow Central are on the London Overground line running from Chingford to Liverpool Street or Leyton Midland Road is on the London Overground line running from Barking to Gospel Oak. Leytonstone station can be reached within a 29-minute walk from the main entrance of the hospital. Walthamstow Central can be reached within a 33-minute walk and Wood street in an 11-minute walk.

A number of these bus services provide connections to local underground and overground railway

stations. The W15 and W19 stop at Leytonstone tube station. The 230 goes to Wood street, and the 20, 230, 257, 357, W12, W15 and W19 all stop at Walthamstow Central.

We encourage visitors, staff and patients living nearby, to cycle to the hospital if possible. Cycle parking facilities are available around the hospital.

By car: Parking at the hospital is limited. The main entrance is on Whipps Cross road (the A114) between the Whipps Cross roundabout and the Green Man roundabout. There are approximately 400 parking spaces for staff, patients and visitors on the site. Pay and display machines are available in all car park areas.

### **Newham University Hospital**

The Greenway is a traffic free cycle route that runs alongside the hospital, between Beckton and Bow. It is a 15-20 minute cycle to reach Stratford High Street where you can join the CS2 cycleway. This hospital is also in close proximity to the CS3 cycleway which gives direct access to the city. New for 2020 will be improved cycle storage facilities for our large group of cycling commuters.

Tube: Plaistow Station (District/Hammersmith & City lines) is 20 minutes away by foot, or 12 minutes by bus. West Ham tube station (Jubilee, District, Hammersmith & City, DLR and C2C) is 20 minutes away by bus  
Stratford (Central, Jubilee, DLR, TFL Rail and National rail services) is 20 minutes away by bus.

By bus: 276, 473, 262

### **Royal London**

The Royal London is located in Whitechapel in East London, within the London borough of Tower Hamlets. You can travel to hospital in several ways including on foot, by car, by bike or public transport.

Bus: 25 (24 hour service), 106, 205, 254, N205, N253 on Whitechapel Road. D3 on New Road. 15, 115, 135, N15 and N550 on Commercial Road. Low-floor wheelchair accessible buses run on all routes serving the Royal London.

By Tube: Whitechapel (District, Hammersmith & City, London Overground) is a 6 minute walk from the hospital. Liverpool Street (TFL Rail, Central, Metropolitan, Circle, London Overground and national rail services) is a 29 minute walk. Alternatively, you can get the Hammersmith & City from Whitechapel to Liverpool Street.

By bike: We encourage visitors, staff and patients living nearby to cycle to the hospital if possible. Cycle parking facilities are available around the hospital.

### **St Bartholomew's**

St Bartholomew's Hospital is located in the City of London, close to St Paul's Cathedral. You can travel to the hospital in a number of different ways.

By bus: 4, 8, 17, 25 (24 hour service), 45, 46, 56, 63, 76, 100, 153, 172, 242 (24 hour service), 521 (Monday-Friday only), N8, N63, and N76. Low-floor wheelchair accessible buses run on all routes serving the hospital.

By Tube: The closest underground stations are Barbican (Metropolitan, Circle, Hammersmith & City) Blackfriars (Circle, District), Farringdon (Metropolitan, Circle, Hammersmith & City, National Rail services), Moorgate (Hammersmith & City, Northern, Metropolitan, Circle and National rail services) and St Paul's (Central). All stations are between 6 – 15 minutes' walk away.

Liverpool Street is a 17-minute walk or a short tube, bus or taxi ride away.

By Bike: We encourage visitors, staff and patients living nearby to cycle to the hospital if possible. Cycle parking facilities are available around the hospital.

## **Local amenities/attractions**

### **Whipps Cross**

The redevelopment of Whipps Cross Hospital is a once-in-a-lifetime opportunity to design a new hospital from scratch. It is also a unique chance to be at the forefront of national efforts to transform how healthcare is provided for local people, as set out in the NHS long-term plan. Our vision is for a new hospital within a wider health and wellbeing setting, alongside new homes, leisure, culture and other community facilities. The Barts Health group and our local partners are sharing some early ideas about the potential site of a new hospital, the services it will provide, and the scope of the building, in our new publication: Building a brighter Future for Whipps Cross Hospital. The government announced in September 2019 that it will invest in a brand new hospital at Whipps Cross. This has been confirmed in a letter from Rt Hon Matt Hancock MP, Secretary of State for Health and Social Care. A new hospital with a full range of acute health services for a growing population could be built on a fraction of the land now occupied at Whipps Cross Hospital. Our site master plan envisages a new, taller building on about one-fifth of the site, bringing all the hospital's services closer together under one roof.

### **Newham University Hospital**

The hospital is located in a largely residential area in Newham, though there are a few local convenience stores within walking distance. Westfield shopping centre at Stratford is a 20-25 minute bus ride away with the Olympic Park, London stadium and London Aquatics Centre easy walking distance from there. Other attractions nearby include Canary Wharf, The

Thames Barrier and the Royal Observatory at Greenwich.

### **Royal London**

The Royal London Hospital Museum and Archives are located in the former crypt of the old Royal London Hospital church of St Philip's. The museum celebrates the lives of key figures in the hospital's history and tells the story of the hospital's development. The hospital archives, which include records of numerous other hospitals, charities, training institutions and individuals, are based a short walk from the hospital in Aldgate, and are available for research. There are also art galleries, East London Mosque, London Muslim centre, the good Samaritan pub near the hospital, where lots of junior doctors assemble after teaching and work to meet up and grab a drink together. Spitalfield's market with all its amazing lunch choices and after work social opportunities, and Beigel Bunnies and their fantastic Brick Lane Bagels.

### **St Bartholomew's**

St Bartholomew's museum and archives are set in the historic North Wing of St Bartholomew's Hospital. The museum tells the story of this renowned institution, celebrates its achievements and explains its place in history. The archives, also based in the North Wing, hold documents dating back to 1137, available for research. There are also Pubs, Restaurants, St. Pauls Cathedral and Cheapside shopping centre within distance from the hospital.

## **Parking arrangements**

### **Whipps Cross**

Parking on the hospital site is limited; we encourage staff not to travel by car wherever this is possible. The main entrance to the hospital is on Whipps Cross Road (A114) between the Whipps Cross roundabout and the Green Man roundabout. Pay and display machines are available in all car park areas. Staff can either do pay as you go or pay monthly via salary. Please contact the Foundation Year Administrator for more information.

### **Newham University Hospital**

Staff car parking is available on site on a first come first serve basis. Please contact the Foundation Year Administrator for more information.

### **Royal London and St Bartholomew's**

NPC car park near St Bartholomew's Hospital site. Pay and display parking available near both sites. Please contact the Foundation Year Administrator for more information.

## **Accolades/achievements of the trust**

### **Whipps Cross**

Whipps Cross Hospital is part of Barts Health, the second largest NHS trust in the UK. Our group of five hospitals has been working together since 2012. We're internationally known for our excellence and innovation, and each of our hospitals celebrates a rich and varied history. We're very proud of the part our hospitals have played in improving the lives for people in this part of East London over hundreds of years, and in their ability to overcome challenges, coming out stronger and continuing to improve. Today, each hospital retains its unique character and we work together with the common vision to provide safe and compassionate care to 2.5 million patients in East London and beyond.

### **Newham University Hospital**

Newham is a fascinating place to learn and practice medicine. Together with Tower Hamlets, Newham is amongst London's youngest, most diverse and most deprived communities. In 2018, Newham had the lowest life expectancy and highest rates of heart disease in London. In 2019 it was reported that Newham had the highest rates of TB in the UK at 107 per 100,000 (higher than Rwanda at 67 per 100,000). Those of us that work here are committed to providing the best quality health care to this population. The Gateway Surgical Centre is a state-of-the-art stand-alone facility run by Barts Health for our patients. The Centre boasts some of the most innovative and modern diagnostic and surgical facilities available anywhere in the world, with doctors and nurses who are highly skilled, experienced and caring.

### **Royal London**

The Royal London provides a full range of emergency and local services, including one of the largest children's hospitals in the UK and one of London's busiest A&E departments. Home to London's Air Ambulance charity, the Royal London is also one of the capital's leading trauma and hyper-acute stroke centres.

### **St Bartholomew's**

St Bartholomew's hospital is the oldest hospital in Britain occupying the site it was originally built on. Healthcare has been provided at this site since 1123. The state-of-the-art Barts Heart Centre and Barts Cancer Centre are both located in the King George V wing of the hospital. We're also home to one of the busiest heart attack centres in the UK. Our list of innovative services includes robotic surgery and complex electrophysiology. We're a leading provider of stem cell transplantation and immunotherapy for cancer treatment.

## **Any additional information**

There are many opportunities to get involved in clinical teaching of medical students across all specialties.

For the past 3 years, Whipps Cross Hospital has been running a half day Quality Improvement Poster Presentation, whereby all staff can put forward ideas and posters, individually or as a team.

## Foundation specific - Induction/shadowing arrangements

All foundation doctors starting at Barts Health are invited by Medical Staffing to complete their pre-employment checks. F1s are requested to attend a 7-day Trust induction and shadowing of the outgoing FY1s. During this extended shadowing week, trainees will do a simulation-based training session called 'An hour on call', workshops and talks from a variety of people relevant to being an FY1, and have 4.5 days of shadowing.

## Foundation specific – tasters

Foundation trainees are allowed to use up to 5 days for a taster. Trainees are encouraged to take a taster within a specialty of their choice. With access to the variety of specialties that Barts Health has to offer, you are sure to find something that interests you!

## Foundation specific – simulation

We have a dedicated simulation suite on all of our Barts Health sites, consisting of an operating room, debrief room and communications room. In situ simulation is offered in the majority of our departments. Psych simulation is also being rolled out to all our FY trainees. Trainees will get an opportunity to develop and explore different ways of communicating.

## Foundation Doctor forums

We invite FY1s and FY2s to become trainee reps when they start with us in August. The reps are responsible for collating feedback from their colleagues and attending education meetings. The Junior Doctors Forum is run by trainees, for trainees, every month. The 1<sup>st</sup> 30 minutes are only for the trainees, with members of the senior management team joining for the last 30 minutes. This is to ensure that the trainees can be open with their concerns, the Forum rep can collate all the issues or concerns, and when the senior management team join, all the issues or concerns can be addressed. Two representatives from each Foundation Year group are appointed to speak for their colleagues at various education forums in the Trust. The medical education department arranges bimonthly foundation faculty group meetings and quarterly trust wide foundation faculty meetings which are attended by the trainee representatives, Clinical and Educational Supervisors, Training Programme Directors and the Medical Education admin team to get an update on all matters in relation to the foundation programme,

such as exception reporting, Horus e-portfolios, trainee rep reports and clinical and educational reports, teaching reviews and foundation school updates.

## Foundation specific - educational and clinical supervision

Each foundation trainee is allocated a Clinical Supervisor for each of their placements and an Educational Supervisor for the whole year.

## Foundation specific - teaching programme

### Whipps Cross

In addition to departmental teaching, FY1 and FY2 have 2-hour bleep free teaching every Wednesday afternoon. The format is designed to be case based and interactive.

### Newham University Hospital

At Newham, F1's are scheduled twice weekly core teaching of an hour on Tuesday and Wednesday lunchtimes. The F2's are scheduled once a week core teaching for an hour on Thursday lunchtimes. All FY2s at Newham rotate through the emergency department and whilst there attend 2 hours of teaching sessions for Person and Professional Development. New for 2020 will be an interactive calendar that highlights all the teaching opportunities available in the hospital in all departments to allow open access to these departmental sessions.

### Royal London and St Bartholomew's

Mandatory FY1 teaching takes place once a week on Wednesdays 12:45 – 13:45 at Royal London Hospital and 12:30 – 13:30 at St Bartholomew's Hospital. FY2 teaching takes place for one whole day per month at the Royal London Hospital.

## Foundation specific - any additional information

At the end of each rotation, the FTPD and FY admin meet with the trainees to collate feedback and also ensure the trainees are meeting all their curriculum requirements. They are also welcome to attend the weekly grand round teaching and monthly Schwartz Rounds.

St Bartholomew's Hospital additionally runs hot cases teaching sessions fortnightly.

# Homerton University Hospital NHS Foundation Trust

## Trust contact details

Homerton University Hospital,  
Homerton Row, London  
E9 6SR  
Tel: 02085105555



## Foundation training programme directors

Dr Michelle Emery  
Dr Geraint Morris

## Facilities - Postgraduate Centre (Location and resources)

The education centre is located at the rear of the hospital and includes Medical education, library, Simulation and Clinical skills suite, classrooms and lecture theatre.

## Facilities - Accommodation (Info about pricing, location etc)

Short term accommodation for on call staff is based in Hill house.

## Social activities

Doctors mess monthly mess parties, Christmas party & Summer ball

## Library facilities

Newcomb library is located in the education centre. Once registered you will have access to books and journals, e-resources, KnowledgeShare, apps, i.e.,

UpToDate, BMJ best practice, literature search service.

Opening hours:

Monday 11:00 – 17:30

Tuesday to Thursday 09:00 – 19:00

Friday 09:00 – 17:30.

There is also a learning hub available in the main hospital.

Twitter: @Newcomblibrary

## I.T facilities

Doctors have access to Trust computers in clinical departments and on wards. There are also computers available to use in the education centre café, library, learning hub and Doctors mess.

## Other facilities (recreational or otherwise)

Chatters restaurant, Costa Coffee and WH Smith in main hospital. Education centre café. There are a range of classes available, including exercise classes (Pilates, yoga, Zumba, Nordic walking).

## Local amenities/attractions



Excellent transport links to central London. Outstanding local bars and restaurants, cinemas and Hackney empire theatre. Beautiful open spaces including numerous parks, London Fields lido, Regents canal network, River Lee, Woodbury Wetlands centre.

<https://theculturetrip.com/europe/united-kingdom/articles/top-ten-things-to-see-in-hackney/>



Homerton hospital is served by ten London bus routes: 26, 30, 308, 242, W15, 488, 425, 276, 394 and 236.

**Bicycle users:** There are bicycle racks at the front of the hospital, by the main entrance, adjacent to the police base. The racks are used by staff and visitor. Visitors for the education centre should also park bikes here and walk through the hospital to access the centre.

## Parking arrangements

Limited parking facilities available (parking permits can be applied for). Staff on call out of hours can use on call permits for this period (free of charge).

## Accolades/achievements of the trust

The Trust has consistently had good feedback for the GMC National Trainee Survey.

<https://www.gmc-uk.org/education/how-we-quality-assure/national-training-surveys>

## Any additional information

The Trust provides general health services at hospital and in the community with staff working out of 75 different sites in the City and the London borough of Hackney. Our primary site, Homerton Hospital, has almost 500 beds spread across 11 wards, a 9-bed intensive care unit and maternity, paediatric and neonatal wards. In addition, the Trust manages services out of St Leonard's, originally a workhouse but not the home for many NHS bodies, and the Mary Seacole Nursing home. The hospital has three day-surgery theatres and six main operating theatres for all types of general surgery, trauma and orthopaedics, gynaecology, maxio-facial, urology, ENT, obesity, bariatric and obstetrics. We also have a surgical treatment room within the main theatres complex. We offer a range of specialist care in obstetrics and neonatology, fetal medicine, fertility, HIV and sexual health, asthma and allergies, keyhole and bariatric surgery and neurorehabilitation across East London and beyond. As a Foundation Trust we are accountable to local people who can become members and governors. We have a duty to consult and involve a Board of Governors drawn from patients, staff, membership and partner organisations in our strategic planning. We have earned a reputation for the quality of training offered and are recognised as one of the top recruiters to high quality research studies in the UK with particular interest in neonatal, sexual health and respiratory medicine. We are also recognised as innovators in embracing methods and systems that promise better and safer patient care. We now employ over 4000 staff, most of whom grew up in Hackney, most of whom live in the neighbourhood, many of whom followed their mothers and fathers into the hospital, a number of whom work alongside more than one family member,

## Transport links



Finding us by rail: Homerton's London Overground station, with ramped access, is a five minute walk from the hospital and the station is now linked to most parts of London. Homerton is only two stops from Stratford International (for Central line, Jubilee line, TFL rail and Docklands Light Railway) and four stops from Highbury & Islington (for Victoria line and mainline rail).

### By foot from Homerton station:

Exit the station, turn left and immediately left again, under the railway bridge and along Barnabas road to Homerton High Street. Turn left on Homerton High Street and cross the road to take the first right on Wardle Street. At the end of Wardle Street, the hospital is in front of you. Go left and follow the signs for the main entrance to Homerton hospital.

By bus:

some of whom were born here and all of whom believe they belong to something of great value.

## Foundation specific - Induction/shadowing arrangements

FY1s will be employed from the last Wednesday in July. You will receive approximately 2.5 days of useful Trust induction which includes workshops, talks and electronic patient record training and 2.5 days of shadowing the post you will start on the first Wednesday in August.

## Foundation specific – tasters

Taster opportunities are available for all FY1s. The Trust offers a range of specialties and where appropriate trainees can organise a taster outside the organisation.

## Foundation specific – simulation



Homerton has an award winning simulation suite including sim man, sim junior and sim baby. Team based multi-professional in situ simulation takes place on all wards and in theatres regularly (weekly on the acute Care unit). The simulation team run numerous courses including Train the Trainer and Foundation Trainees are encouraged to get involved. In addition, all FY1 and FY2 receive a whole day simulation/human factors training.

<https://www.homerton.nhs.uk/homerton-simulation-centre>

## Foundation Doctor forums

There is a local Faculty Group for Foundation attended by FY1 and FY2 reps (voted in by peers). This reports to the Medical Education Committee (monthly). There is a Junior Doctors' Forum (open to all) and Local Negotiating Committee.

## Foundation specific - educational and clinical supervision

All FY1 and FY2s are allocated an educational Supervisor for the whole year and a Named Clinical Supervisor for each placement. In addition to this

Foundation Doctors meet with the Trust Foundation Training Programme Director in December to discuss progress.

## Foundation specific - teaching programme

FY1s receive two hours weekly lunchtime teaching, mapped to the curriculum, which takes place in the education centre. ALS courses are available. FY2s have a full day teaching session, mapped to the curriculum. In addition, there are also online learning opportunities, departmental teaching, Medical Unit Meetings and Grand rounds, simulation and clinical skills.

## Foundation specific - any additional information

We have 35 FY1s and 26 FY2s at Homerton. There are opportunities to teach Medical students including becoming a Junior Clinical Teaching Fellow (competitive process).

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# North Middlesex University Hospital

## Trust contact details

North Middlesex University Hospital  
Education Centre,  
Level 1  
Sterling Way  
Edmonton  
London  
N18 1QX

Trust Switchboard: 020 8887 2000

[www.northmid.nhs.uk](http://www.northmid.nhs.uk)

## Foundation training programme directors

Director of Postgraduate Medical Education –  
Dr Alice Man

Foundation Training Programme Directors –  
Dr Olu Wilkey  
Dr Sajid Salman  
Mr Lee Dvorkin

Medical Education Manager  
Mr Stephen Rosan

Medical Education Administrators  
Ms Yasmin Michael  
Mrs Jackie Ward  
Mrs Carole Sammy

## Facilities - Postgraduate Centre (Location and resources)

The Education centre is located on the lower ground floor of the tower block, which is the tallest building on site. It is comprised of the centre office, 5 education teaching/mentoring rooms, 2 clinical skills rooms, 1 high fidelity simulation suite, lecture theatre, seating 80 and a learning hub. Video conferencing facilities are available in the education rooms 3 and 5 and all rooms have audio visual equipment. The learning hub comprises the Library and e-learning centre: within the library is a quiet study room which is available to all staff 24/7. Each education room can host between 30-40 people and can be laid out in a variety of ways. The clinical skills room can host 10-20 people, for a more intimate teaching experience. All areas are brightly lit and welcoming.

## Facilities - Accommodation (Info about pricing, location etc)

Accommodation is available for FY1s and FY2s subject to availability, although not on site, this is a 5 minute walk from the main entrance and is owned by a private company 'Origin Housing'. Prices are competitive for the local area. The properties sit in a quiet residential development with well-maintained grounds and a children's play area. There are one, two- and three-bedroom properties available all with fitted carpets and furniture. We also offer shared accommodation if this suits you better. Accommodation is limited and applications will be assessed against the criteria prior to submission to Origin.

## Social activities

There is a very active programme organised by the Foundation Doctors through the Doctors Mess. There is also the Sport, Arts and Social Club which has various activities planned throughout the year. They arrange an exciting calendar of events each year including; bake off competitions, quiz nights, bingo nights, football tournaments, shopping excursions and much, much more.

Due to the Covid pandemic, social activities are in line with current government guidelines on social distancing.

## Library facilities

The Ferriman Information and Library service is part of the Learning Hub situated next to the Education Centre at the base of the Tower Block. The library is multi-disciplinary serving all hospital staff and students on placement. The library provides a light, spacious environment in which it is pleasant to study. There is seating for 72 people and a quiet study room which is available 24 hours a day, 7 days a week. Access outside library hours is by using a swipe card. The library is open Monday-Friday 9am – 5pm. Once you have registered with us, your trust ID card is your library card and you will be able to borrow up to 6 books. You can also request inter-library loans on books or articles that are not available from our stock. The Library provides you with access to 6 Trust PCs. Printing, scanning and photocopying are also available. You can sign up for any of the information training that we schedule as well as one to one training sessions. You are also entitled to request that a literature search is performed by a librarian on your behalf. There is pay-as-you-go self service photocopier available in the library as well as providing a ring binding and laminating service at a small cost.

## I.T facilities

Wi-Fi is enabled across the Trust and is accessible for staff, patients and visitors alike. Access to this is given during your shadow week.

## Other facilities (recreational or otherwise)

The North Mid running club meets every morning at 7:45am outside Trust HQ and runs around Pymmes Park. Whether you are just starting out or an experienced runner, you can come and join the club for a refreshing run and meet members of Team North Mid you may not usually meet.

Yoga sessions are held on site on Wednesday's between 5:30-6:30pm, in the education centre.

Whether you are new to Yoga or have been going for years, these sessions offer a complete experience.

These classes are subsidised by the Sports, Arts and Social Committee. North Mid has welcomed back its weekly Pilates classes with not one, but two sessions aimed at staff new to Pilates as well as regular attendees. These take place every Thursday.

Colleagues new to Pilates can sign up for the Pilates beginners' class. Classes are run every Monday and all classes will take place in the education centre.

Outside exercise equipment is accessible for all staff willing to brave the weather, as well as partnerships with gyms in the local area to bring discounted rates for membership: Fitness First and Aspire Sports & Fitness Centre.

## Transport links

The hospital has excellent connections with London. Silver Street on the Overground is only a short walk and connects directly with the Victoria line (via Severn Sisters) as well as terminating at Liverpool Street.

The hospital is also within an easy bus journey of the Piccadilly line. [www.Northmid.nhs.uk/contact-us/finding-us](http://www.Northmid.nhs.uk/contact-us/finding-us)

A406 half a mile east of the A10

Buses from the city: 149, 259 and 279 to junction of A406 and Hertford Road, Edmonton ("The Angel"), then a few minutes' walk.

From Golders Green, Palmers Green, Wood Green, Chingford, Walthamstow and Ilford to outside the hospital: 34, 102, 144.

## Local amenities/attractions

NMUH is located a short journey to central London giving easy access to restaurants, bars, theatres, cinemas, clubs, museums, shops and parks. On site, there are several cash machines, coffee shops, canteen and a well-stocked hospital shop.

## Parking arrangements

There are limited parking facilities available on site, but parking permits are possible through an application process. There is also parking around the hospital premises which is only restricted on event days when Tottenham Hotspur are playing.

## Accolades/achievements of the trust

North Middlesex University Hospital NHS Trust is investing £12 million over the next three years, to revolutionise clinical systems to enable improved patient care. Part of this investment comes from NHS digital, who has awarded £5 million to NMUH as part of the global Digital Exemplar programme, while the other £7 million will be funded by the trust. NMUH is working in partnership with the royal Free London NHS Foundation Trust as its 'fast follower' to share its experience of being a digitally advanced Trust. The investment will allow the Trust to:

- Improve staff access to clinical information so they can make the right decisions and deliver safer and more effective care
- Use technology to improve patient experience so that we can use it to improve quality, efficiency and patient outcomes
- Improve the way clinical systems across North Central London talk to each other so that clinicians can better manage patient care.

To help deliver this programme of work, NMUH will be working in collaboration with system C Healthcare and JAC Computer Services. In addition, hundreds of cancer patients in Enfield and Haringey are set to benefit from state-of-the-art cancer care due to new radiotherapy equipment now installed at NMUH. The Truebeam linear accelerator (LINAC) machine is an advanced radiotherapy treatment delivery system that targets tumours anywhere in the body with pinpoint accuracy with X-rays and is up to four times faster than conventional radiotherapy equipment. The £3 million investment in the technology and building work will allow the radiotherapy team to capture a tumour in motion, which has not been possible before. This allows the team to locate tumours better and improve the definitions of the treatment areas they want to target.

## Any additional information

North Middlesex University Hospital is one of London's busiest acute hospitals, serving more than 350,000 people living in Enfield and Haringey and the surrounding areas, including Barnet and Waltham Forest. Every day, on average, we see 500 patients in A&E; 15 babies are born in our maternity unit; about 450 inpatients are cared for on our wards; about 50 patients have major or minor surgery in one of our 10 operating theatres; and about 800 people attend our outpatients' clinics. Most of our patients live in Enfield and Haringey – about half in each borough. One in eight are children under the age of 16. Over 40% are aged 16 to 50 and a similar number are over 50. We provide a full range of adult, elderly and children's services across medical and surgical disciplines. Our specialist services include stroke, HIV/AIDS, cardiology (including heart failure

care) haematology, diabetes, sleep studies, fertility and orthopaedics. Our sickle cell and thalassaemia department is nationally recognised as a leading centre for these diseases. In addition to the full range of cancer diagnosis and treatment services, the Helen Rollason Cancer Support Centre is based on site and provides services to support cancer patients' wellbeing such as a massage. This is one of only two such centres in London. Our Macmillan Cancer Support service provides information, help and advice for cancer patients, their families and carers, for example, on medication, finances and local support services.

Follow us on Facebook:

[www.facebook.com/pg/NorthMidNHS/services](http://www.facebook.com/pg/NorthMidNHS/services)

Follow us on Twitter:

[www.twitter.com/northmidNHS](http://www.twitter.com/northmidNHS)

## Foundation specific - Induction/shadowing arrangements

All FY1s will be employed from the 26<sup>th</sup> July 2021. As part of the week long induction there will be 3 days of relevant Trust induction which will include talks from a variety of people relating to working as an FY1, use of computer systems, medical equipment, pathology laboratory, as well as a whole morning dedicated to Pharmacy. Interspersed with this are approx.. 3 days dedicated to shadowing the existing FY1s and meeting the clinical team.

## Foundation specific – tasters

A maximum of 5 days can be taken for a taster. All FY1s are required to take a taster in their FY1 year, FY2s can have a taster but it is not obligatory. These can be organised either by the individual or through the education centre.

## Foundation specific – simulation

There is a dedicated simulation suite and all foundation trainees are required to attend simulation training. This training is multiprofessional with the student nurses at the Trust and always a mix of FY1s and FY2s.

## Foundation Doctor forums

On starting at NMUH you will be asked to choose an FY1 and FY2 representative who will be your voice at various meetings held by the trust, as well as representatives for the Doctors Mess. There are monthly Junior Doctor Forums where issues pertaining to the Juniors are raised and discussed.

## Foundation specific - educational and clinical supervision

An educational supervisor will be allocated to you for the year; they are usually the consultant you are

working with in your first placement. Each 4-month rotation has a clinical supervisor and additionally there is an assigned Foundation Training Programme Director.

## Foundation specific - teaching programme

As well as the normal departmental teaching, all Foundation trainees will receive weekly bleep free teaching. This is held on Wednesday afternoons in separate sessions for FY1 and FY2.

## Foundation specific - any additional information

We have 42 FY1s and 43 FY2s. The placements include general surgery, medicine, psychiatry community as well as paediatrics and public health. The NMUH has a substantial number of academic posts and there is good opportunity for teaching in relation to both British and international medical students that attend the Trust. Teaching representatives are chosen at the beginning of the year and in that role, there is the opportunity to shape and participate in the on-going education of the next generation of doctors, through bedside and twilight teaching.

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# Royal Free London NHS Foundation Trust

## Trust contact details

Royal Free Foundation Trust runs three hospitals in London:

Barnet Hospital: Wellhouse Lane, Barnet, Hertfordshire, EN5 3DJ



Chase Farm hospital: The Ridgeway, Enfield, Middlesex, EN2 8JL



Royal Free Hospital: Pond Street, London, NW3 2QG



Main switchboard: 020 3758 2000

## Foundation training programme directors

Dr Fraser Ingham – Foundation Programme Training Director – Barnet

Dr Raj Vignaraja – Foundation Programme Training Director – Barnet

Dr Lauren Farber – Foundation Training Programme Director – Barnet

Dr Mel Romain – Foundation Training Programme Director – Barnet

Dr Philip Lodge – Foundation Training Programme Director – Hampstead

Dr Dean Noimark – Foundation Programme Training Director – Hampstead

Mr Raj Kucheria – Foundation Programme Training Director – Hampstead

## Facilities - Postgraduate Centre (Location and resources)

Barnet Education Centre, Barnet Hospital (Includes a library)

Sheila Sherlock Education Centre, Royal Free Hospital (Includes a library affiliated with UCL Medical school and common room)

## Facilities - Accommodation (Info about pricing, location etc)

Central residential accommodation (Royal Free site). We have various accommodation options available at the Royal Free site. For pricing and location please contact them directly. E0mail address:

[rf.accomodation@nhs.net](mailto:rf.accomodation@nhs.net)

## Social activities

Regular Doctors' Mess events including Summer Ball, nights out etc. The mess at Royal Free offers: Hot & cold food for sale at lunchtime Monday-Friday. Daily newspapers, Sky TV, Cereal/toast/hot drinks out of hours (8pm-11am). Lockers are available. Subsidised mess parties throughout the year.

## Library facilities

On site staff libraries at both Barnet Hospital & Royal Free Hospital. The following resources are available at Royal Free library: Clinical reference tools, Databases, Printed collections, Electronic journals, Electronic books, Key electronic resources, Research publications database, Library catalogue, Quiet spaces for study and access to computers.

## I.T facilities

On site staff libraries with IT facilities at both Barnet Hospital and Royal Free Hospital. Computers with internet access are available across most of the Trust, including several work stations in the library. We also have free Wi-Fi available at the Trust.

## Other facilities (recreational or otherwise)

- Cycle to work scheme
- We have a REC club at the Royal Free site which includes a subsidised gym membership and pool.
- Wellbeing days
- Pilates and Yoga
- Employee assistance programme (Care First)
- Choir
- Childcare facilities
- Season ticket loan
- Car loan scheme
- NHS discounts available

### Barnet Hospital

Barnet Hospital has a restaurant and a coffee shop, which actively promotes health and wellbeing for customers.

The lifestyle restaurant, located to the left of the main entrance on the ground floor, serves a selection of food and drink including homemade daily specials, cooked breakfasts, a healthy breakfast selection of oats, cereals and fresh fruit, a range of hot meals, soup, salads, sandwiches, jacket potatoes and pizzas. It also serves bean to cup coffee and a choice of desserts and healthy snacks. The lifestyle restaurant is open everyday 7:30am to 8pm.

Breakfast is served from 7:30am to 11am, lunch 12 noon to 3pm and dinner 6pm to 8pm. Snacks and 'lite bites' are available at all other times.



The Costa Coffee serves coffee and cold beverages, sandwiches, paninis, cakes and pastries. It is in the corridor that runs from the main entrance to the main lifts and is open Monday to Friday 8am to 7:30pm. There are vending machines located throughout the hospital, including in the A&E department, and we ensure they have healthy items. All products are available to takeaway via our retail outlets. There is also a snack trolley service which visits wards and departments between 11am and 2pm Monday to Friday.

### Chase Farm Hospital

At Chase farm Hospital we offer a wide range of food and drink for patients, visitors and the public.

A costa Coffee outlet is available, serving hot and cold drinks, sandwiches and light snacks. Seating can be found on the ground floor in front of the café and on the first floor mezzanine level. Costa Coffee is open weekdays 7.30am to 7pm and at weekends 8am to 3pm. There is a Little Fresh shop on the ground floor selling a range of healthy snacks and fruit, hot and cold food, stationary, magazines and newspapers. The shop is open on weekdays 7.30am to 7pm and at weekends 8am to 3pm. Vending machines are dotted around the hospital, including in the urgent care centre waiting area.

### The Royal Free Hospital

The Royal Free Hospital has a restaurant and two cafes, promoting healthy eating in the NHS. The 'Just Dine' restaurant located on the lower ground floor of the royal free hospital, serves a selection of food and drink including freshly made soups, salads, sandwiches and stir-frys made to offer.

'Just Dine' serves breakfast and lunch, Monday to Friday, from 7am to 3pm. To find it, follow the corridor from reception to the main lifts, past the William Wells Atrium. 'Just Deli café' serves a selection of hot and cold beverages, sandwiches, paninis, wraps and salads. It's open Monday to Friday from 7.30am to 8pm and can also be found by following the corridor from reception to the main lifts. On Saturdays and Sundays, the café is open from 7.30am to 6pm. The 'Glass café' is a modern designer café located at the Royal Free Hospital's

Pond street entrance and provides delicious healthy food including sandwiches, salads, paninis and cakes and pastries to eat in or takeaway.

A range of specialty Costa coffees are available including cappuccino, latte, espresso and mocha. It is open from 7am to 6pm, Monday to Friday and is closed at weekends. There is a selection of vending machines located throughout the Royal Free Hospital, including in the A&E and theatre departments. These serves hot and cold beverages, soups and snacks including healthy food options. The Royal Free hospital also has 'Just Deli 2 go', situated at the Roland Hill entrance, this coffee cart serves a selection of hot and cold beverages and a small range of snacks and fresh fruit. Just Deli 2 go is open Monday to Friday from 7:30am to 10:30am and then 3.30pm to 5.30pm.

## Transport links

Royal Free Hospital: Tube (Northern Line), Train (London Overground) and bus (24, 46, 168, 268 and c11)

Barnet Hospital: Tube (Northern Line), Train (First Capital Connect line) and bus (263, 307, 107 and 384)

Chase Farm Hospital: The nearest tube station to Chase Farm Hospital is Oakwood Tube station on the Piccadilly line. There are a number of buses that stop at Chase Farm Hospital. Bus route 313 from Chingford to Potters bar stops at Chase Farm Hospital, as do the W9 and W8 bus routes. Following feedback, the W8, W9 and 313 buses are now stopping nearer the hospital. After the Hunters Way stop, they now stop near the Clock tower building.

## Local amenities/attractions

At Royal Free we benefit from a host of local shops, restaurants and cafes in the Hampstead area, many of which offer NHS discount. There is fast and easy access to Central London and famous Camden Town market is just a short walk away. There are shops and cafes within walking distance from Barnet Hospital. The spires shopping centre and Barnet High street are also close by.

## Parking arrangements

All staff are eligible to apply for a staff parking permit on site at Barnet Hospital and Chase Farm. There is very limited parking available at the Royal free site.

## Accolades/achievements of the trust

The Royal Free Hospital was founded in 1828, one of the first hospitals in the UK to provide free healthcare. The Royal Free London combines globally recognised clinical expertise with local and friendly hospital care to represent the best in NHS treatment. Our hospitals are renowned for specialist

services. The Royal Free London leads UK healthcare in a number of areas, including immunology, liver transplant, kidney and bone marrow transplant, cancer treatment, plastic surgery and ENT surgery. The Royal Free Hospital is a major neuroscience base with a network extending throughout North London and into the south East of England. We also run internationally recognised clinical research and training programmes and our hospitals conduct medical research, much of which is of international reputation. The Royal Free London is a leading Trust for the training of doctors, nurses, midwives and professions allied to medicine. Chase Farm Hospital has recently rebuilt as the UK's first paperless Hospital. In the New Chase Farm Hospital, we have brought together our wide range of services under one roof. Co-designed by our patients, staff, the Royal College Art and specialist architects, we hope to have created a space which is accessible to all.

## Any additional information

At each of our sites we ensure that we are **welcoming, respectful, reassuring and communicative**. These values were chosen by our patients and staff and should underpin all we do. Our staff have attended a series of world class care team sessions to explore exactly how they can ensure they are promoting these values everyday in a changing environment. To do so, we must respond to changes in healthcare technology, finances and, most importantly, patients' needs and expectations. The quarterly World class care awards were created to further promote our values, staff can nominate their world class colleagues who are actively promoting, championing and consistently delivering the values. The Trust hold an annual staff RFL Oscars awards ceremony, which are about recognising and celebrating the achievements of staff who go 'above and beyond' in making an overwhelmingly positive difference to the care and wellbeing of our thousands of patients.

## Foundation specific - Induction/shadowing arrangements

All FY1s attend a paid 7 day induction and shadowing period. We provide different training sessions including Induction and meeting with the existing Foundation Doctors and Supervisors on the first 4 days, and the last 3 days are normally allocated to shadow the relevant departments.

## Foundation specific – tasters

A maximum of 5 days may be taken for a taster either in the final 4 months of your F1 year or early within the Foundation Doctors F2 year. These should be arranged locally by you at a time convenient to the specialty you are working in and the proposed Taster

specialty. A taster Application form must be completed and submitted to the Medical Education team for approval in the first instance. Details of the contacts in each specialty are available from the Foundation Programme Coordinator.

## Foundation specific – simulation

We have a dedicated Simulation Suite which consists of a console room; debrief room and high-fidelity immersive simulation room. All Foundation trainees are required to attend a simulation training day.

## Foundation Doctor forums

Junior Doctors' Executive Form is available for all junior Doctors to share their feedback. We have Foundation Year 1 and 2 Reps to support the Local Faculty Group and represent your views at these meetings. They will canvas your opinions at monthly Foundation Catch up meetings.

## Foundation specific - educational and clinical supervision

The name of your educational and clinical supervisors for the entire programme will be sent to you before you start and update Horus accounts with their names as well. All Supervisors have been trained for the role.

## Foundation specific - teaching programme

Weekly protected teaching time for Foundation Doctors  
Simulation training day  
3 days of Generic Skills sessions for FY2s  
START Course  
Other teaching sessions such as Medical and Surgical grand rounds, Royal Free rounds, Medical Morning report and other departmental teaching

## Foundation specific - any additional information

The Trust offers a full range of acute and district hospital services. We run a Trust wide excellence in education poster and awards day which all junior Doctors are encouraged to take part in along with all education faculties in the Trust. The Trust also places great importance on staff wellbeing and there are variety programmes in place for staff to get involved.

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# University College London Hospitals NHS Foundation Trust

## Trust contact details

University College London Hospitals NHS  
Foundation Trust  
235 Euston Road  
London  
NW1 2BU

Switchboard: 020 3456 7890



## Foundation training programme directors

Dr Alice Carter, F1 TPD, Consultant in Critical Care  
and Anaesthesia  
Dr Shalini Chawla, F2 TPD, Consultant in Obstetrics  
and Gynaecology

Contact for queries: [uclh.enquiry.mdes@nhs.net](mailto:uclh.enquiry.mdes@nhs.net)

## Facilities - Postgraduate Centre (Location and resources)

Education Centre, 1st Floor West, 250 Euston Road  
Education Centre's facilities provide fantastic  
opportunities for healthcare professionals at every

level to learn, enhance and optimise their clinical  
skills and medical knowledge through experiential  
learning.

Clinical skills

- Accredited centre located in Education  
Centre
- Full immersion simulation suite
- Large portfolio of simulation-based courses
- Surgical and clinical skills training equipment  
available for small group teaching/practising  
skills.

## Facilities - Accommodation (Info about pricing, location, etc.)

UCLH Staff Residences Subject to availability,  
Genesis Housing Association is pleased to consider  
applications for single person accommodation at the  
above properties, which are all located within walking  
distance of UCLH. The rooms are let fully-furnished -  
each room has a wash hand basin with shared  
bathroom/shower and kitchen facilities. Please note:  
There is a minimum stay of six months. Short Term  
Accommodation Genesis have a small number of  
guest rooms for short term use or for an overnight  
stay for which there is a charge. There are also  
private accommodation agencies, which provide a  
high standard of accommodation at reasonable rates  
for medical and other professionals visiting London,  
attending conferences, courses, exams, research  
projects, business meetings, etc.

## Social activities

The Mess, refurbished in 2018, is furnished with  
comfortable sofas, TV, tables and chairs, computers,  
printer and kitchen including fridge, microwave, and  
kettle. Our Mess Presidents are elected each year  
from our incoming Foundation doctors who organise  
regular socials. No subscription is required for the  
Mess facilities or social activities.

## Library facilities

UCLH Library Services consist of a partnership of  
medical libraries supporting UCLH. Joining  
instructions and further details can be found on the  
libraries' websites.

The libraries are:

CAMLIS

[www.uclh.nhs.uk/OurServices/OurHospitals/RLHIM/Pages/camlis.aspx](http://www.uclh.nhs.uk/OurServices/OurHospitals/RLHIM/Pages/camlis.aspx)

CAMLIS is located at the Royal London Hospital for  
Integrated Medicine and it focuses on  
complementary therapy and alternative medicine.

Queen Square Library (UCL Institute of Neurology)

[www.ucl.ac.uk/library/sites/neurology](http://www.ucl.ac.uk/library/sites/neurology)

This library is located near the National Hospital for  
Neurology and Neurosurgery and focuses on  
Neurology, Neurosurgery.

### UCL Cruciform Hub

[www.ucl.ac.uk/library/sites/cruciform](http://www.ucl.ac.uk/library/sites/cruciform)

Located near University College Hospital and focuses on clinical medicine and medical sciences.

Joining one of the UCL libraries also provides staff with access to all other UCL libraries/hubs.

## I.T facilities

All junior doctors will have access to Trust computers within the clinical departments and wards where they will be based. Additionally, there are computer facilities within the doctor's Mess and libraries, including the UCL Cruciform Hub which has a number of UCLH networked computers. NHS net emails can also be accessed at home via web browsers. There is also Wi-Fi access available across the Trust.

EPIC, our new electronic health record system (EHRS), went live at UCLH in March 2019. It is a complete and integrated digital record that includes full patient records, clinical decision support, access and patient administration data, as well as tools for scheduling, reporting and communicating with patients, GPs and other healthcare professionals. As part of induction, all clinical and patient facing staff will undertake EPIC training before starting their roles.

## Other facilities (recreational or otherwise)

Our size and resources enable us to offer a range of attractive benefits as well as unparalleled education and development opportunities for staff at all levels. This includes an extensive portfolio of academic and clinical courses and programmes ranging from ongoing personal development through to clinical excellence and leadership skills. UCLH prides itself on its investment in staff both in terms of developing career skills but also its commitment to staff health and wellbeing.

- Get fit, relax and improve your health and wellbeing at the nearby gyms and parks
- We offer childcare provision at the UCLH Nursery, called the Mousehole Nursery, with places for babies and children aged from five months to five years. There is a salary sacrifice option available for nursery fees. Our nurseries are all registered and inspected by OFSTED. We also have links with some other nurseries, including partnership with the staff nursery at the nearby Great Ormond Street Hospital that offers UCLH staff access to available spaces
- We encourage our staff to live healthy lifestyles and as part of this UCLH has signed up to the 'Bikes for the NHS' cycle to work scheme. This scheme helps staff with

the purchase of a tax-free bike for journeys to and from the workplace and saves approximately 40% on the cost of a new bike. We buy the bike on your behalf and lease it back to you through a monthly salary sacrifice scheme, deducted from your gross pay. Once the hire period is complete, you have option to buy the bike for a fair market value or to extend the lease. Staff can hire a bike plus safety equipment up to the value of £1000 as long as you are employed by UCLH, over the age of 18 years and your employment contract exceeds the 12 month hire period so your wages do not fall below minimum wage after salary deductions.

## Transport links

UCLH is located in Central London and is easily accessible by mainline rail, tube and bus transport services. University College Hospital is located on Euston Road, close to Warren Street and Euston Square Tube stations and is within walking distance of Euston railway station.



## Local amenities/attractions

UCLH is located in the heart of central London, which makes it perfect for those planning to commute. It also has easy access to the West End's world-famous theatres, bars and restaurants, shopping and parks. Arguably the biggest headache about living in London is the high cost of accommodation. We therefore have a dedicated accommodation bureau available to UCLH staff seeking advice on finding

somewhere to live. We can also provide single person accommodation located within walking distance of UCL hospitals. Rents are fully inclusive of bills and UCLH employees can have rent deducted directly from their monthly salary. For staff who plan to commute into work we offer interest free season ticket loans to allow them to gain maximum discounts on their travel.

## Parking arrangements

Staff parking spaces are allocated on a needs basis. Please note that it is highly unlikely that spaces will be available to Foundation doctors, as our location benefits from easy access to public transport.

## Accolades/achievements of the trust



We are one of the largest and most successful NHS trusts in the country. Almost all services at UCLH operate from new or newly refurbished facilities. Amongst these facilities are the National Hospital for Neurology and Neurosurgery, the UK's largest dedicated neurological and neurosurgical hospital and the Macmillan Cancer Centre, which provides facilities for the diagnosis and treatment of a wide range of cancer and non-cancer conditions alongside Macmillan support and information services for patients, their carers and families. We have a reputation as a centre of clinical excellence:

- Our hospitals are in central London locations
- We have new facilities and state-of-the-art medical technology.
- There is a wide range of career opportunities that we can offer.
- UCLH has been in the top 20% of all NHS Trusts for the overall staff engagement score in the NHS Staff Survey for the last three years
- We shall be opening the University College Grafton Way Building in 2021. This is a major new facility with 11 floors, including haematology wards, 8 theatres, surgical wards, a critical unit and an imaging centre. The new building will house one of only two NHS proton beam therapy centres in the UK;

the other centre being at The Christie in Manchester. This new building will also house Europe's largest blood disorder treatment centre and a short stay surgical service.



## Foundation specific - Induction/shadowing arrangements

All FY1s are invited to participate in shadowing prior to starting new roles. This will include a full shadowing programme. All new starters will receive a Trust induction as well as a local induction for each placement.

## Foundation specific – tasters

Support is provided for those trainees wishing to undertake a taster. We have a wide range of specialities and sub-specialities at UCLH to do taster sessions.

## Foundation specific – simulation

Foundation doctors take part in a one day immersion, inter-professional simulation training day each year. All trainees are required to attend this training which features a range of scenarios. There is also the opportunity to participate in other team simulation courses including trauma, ICU, theatre teams etc. Some departments also offer their own in-house training which uses the same simulation facilities. Foundation doctors may also have an opportunity to attend these sessions.

## Foundation Doctor Forums

Foundation doctors are asked to nominate Foundation representatives to represent their views at local faculty group meetings (LFGs). The representatives will canvas opinions before each

LFG. In addition, all doctors in training are invited to join the two monthly Junior Doctor Forum.

### Foundation specific - educational and clinical supervision

All Foundation doctors are assigned an accredited Educational Supervisor for the full year of their rotation. They will also be assigned a Named Clinical Supervisor for each clinical attachment. Training Programme Directors will meet with trainees at least once a year to track progress and provide careers advice.

### Foundation specific - teaching programme

All Foundation doctors receive regular teaching which is fully protected and has been curriculum mapped.

In addition, there is also departmental teaching, clinical skills and online teaching.

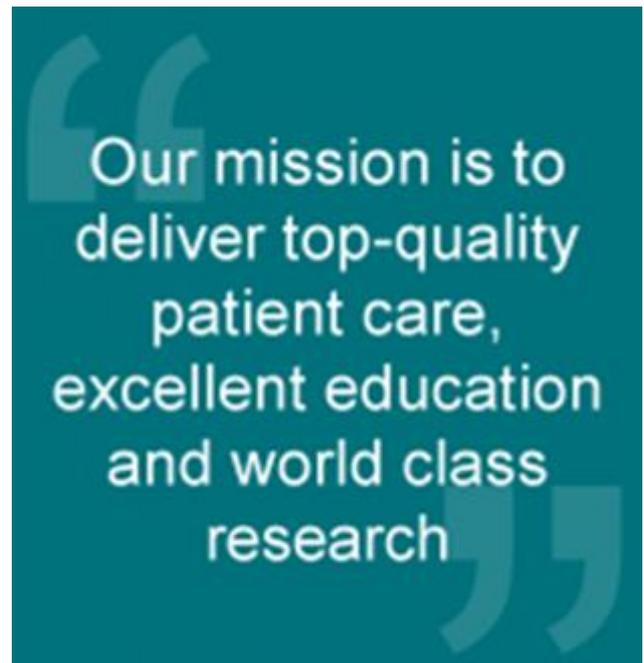
We are fortunate to have access to a wide range of speakers from various specialties who contribute to the teaching programme with some of these being experts in their fields.

ALS courses are provided for Foundation Trainees.

We also benefit from a close working relationship with UCL Medical School.

### Foundation specific - any additional information

Due to the Covid pandemic, there may be some restrictions to the activities above, such as limited access to libraries, social distancing measures, virtual teaching etc.



# Whittington Health NHS Trust

## Trust contact details

The Whittington Hospital  
Magdala Avenue,  
London  
N19 5NF  
Website: [www.whittington.nhs.uk](http://www.whittington.nhs.uk)  
Main Switchboard: 020 7272 3070  
PGME Office: 020 7288 3737/5802

## Foundation training programme directors

Dr Julie Andrews – FY1  
Dr Anna Gorringer – FY2

## Facilities - Postgraduate Centre (Location and resources)

The Foundation programme educational events are held at the UCL Undergraduate Centre in the Whittington's Highgate Wing, while the new Whittington Education Centre is being developed. The Whittington also has a SIM suite and provides ALS.

## Social activities

Social activities are currently postponed due to COVID. The junior Drs Mess is available still with social distancing measures in place.

Prior to the global pandemic, usual activities included

- Monthly Mess Social
- Christmas Mess Social
- Summer Ball
- Doctor's Mess
- End of year Excellence Awards for Foundation Trainees and Supervisors

## Library facilities

Whittington Health Library offers a comprehensive and modern library service to NHS staff from Whittington Health, Camden and Islington NHS Foundation Trust, Islington CCG and Primary Care. This includes journal clubs, training, use of computers and the wellbeing room. The library is based in the Highgate Wing of the hospital on Dartmouth Park Hill. Opening hours Monday – Thursday 8:30am – 7pm. (staffed), keycode access until 10pm. Friday 8:30am – 5pm, keycode access until 8pm. More information including online forms to request a literature search, a book or article on <https://www.whittington.nhs.uk/default.asp?c=37353>

## I.T facilities

Access to Trust computers on the wards and in departments. Computers are also available in Doctor's mess, social club, library and Whittington Education Centre. Use of staff Wi-Fi.

## Other facilities (recreational or otherwise)

There is the Staff Canteen, coffee shops and a hospital shop. There is a sensory garden with table-tennis.

## Transport links

Easy access to the hospital via public transport:  
By Tube: Archway station (Northern line)  
By bus: C11, 4, 17, 41, 43, 134, 143, 210, 263, 271, 390  
By train: Upper Holloway (London Overground line)

The Whittington also offers the Cycle to Work scheme.

## Local amenities/attractions

Waterlow Park – historic North London Park in Highgate Village which has a pond and nature area, tennis courts and a café.

Hampstead Heath – One of London's most popular open spaces, with rich wildlife and recreational opportunities, athletic track, three swimming ponds and a lido.

Kenwood House in Hampstead Heath – A neo-classical villa housing a rich collection of famous paintings.

Local restaurants, cafes and cinema.

Better leisure centre in Archway (pool, gym, fitness classes)

## Parking arrangements

Parking permits can be applied for, however the parking facilities are limited and applicants need to meet set criteria.

## Accolades/achievements of the trust

The Whittington is normally recognised in GMC surveys for Quality of clinical supervisors, team work and supportive environment. Core Medical Training, Core Surgical Training and Clinical Radiology were amongst the best scores in London in 2019, CMT and ACCS scored high in 2018.

Page Break

## Any additional information

The Whittington Hospital, part of Whittington Health, is a medium sized teaching hospital. The hospital is

proud of its tradition of providing high quality medical education. We seek to provide academic and clinical excellence without losing sight of our role as a community based hospital supporting our local GPs.

We are located in Archway, North London and provide hospital and community care to 500,000 people living in Islington and Haringey, as well as other London Boroughs including Barnet, Enfield, Camden and Hackney.

As one organisation providing both hospital and community services, we are known as an 'integrated care organisation'. Education and training are viewed as a very important element of the services provided by the hospital, especially as it is one of the largest providers of education to postgraduate healthcare workers in London. The hospital has a good reputation for the education opportunities it provides to staff.

## Foundation specific - Induction/shadowing arrangements

The induction programme is designed to introduce trainees to the Trust and our policies and procedures. Medical staffing also attend to ensure that all arrangements for Trainees' employment are in place before they start. Whittington Health operates an electronic prescribing system – trainees will be fully trained in the use of this system as part of their induction. Induction information is usually sent out by the postgraduate medical education department around 1 month in advance of doctors in training starting. Induction for F1 trainees is followed by Preparation for professional practice week, the last 4 days of which are dedicated to shadowing of the outgoing F1s. The following sessions are organised for F1 trainees:

- Safe prescribing training and assessment
- Basic life support training
- Foundation level practical procedures – teaching sessions on practical procedural skills are held throughout August.

## Foundation specific – tasters

Trainees are encouraged to undertake tasters in specialties of interest and are allowed to use up to 5 days of study leave in FY2 and 2-3days in FY1.

## Foundation specific – simulation

F1 and F2 trainees receive foundation level simulation training on site.

## Foundation Doctor forums

Junior Doctor Forum – takes place every 1-2 months, chaired by the Guardian of Safe Working. Trainee reps (2 FY1s and 2 FY2s) are responsible for collating feedback from their peers and presenting it at the foundation Faculty meetings (3 times per year), where trainee issues are discussed.

## Foundation specific - educational and clinical supervision

All trainees are assigned an educational supervisor for the year ahead – typically their consultant in their first placement. They are also assigned to a clinical supervisor for each of their placements. The training programme directors meet trainees at induction, but also offer 1 to 1 meetings for career planning and support.

## Foundation specific - teaching programme

Tuesday and Thursday lunchtime protected teaching 13:00-14:00 (joint FY1 and FY2). Departmental teaching, weekly grand rounds and Schwartz rounds to reflect on emotional and social aspects of working at the Whittington in the safe and supportive environment. Monthly patient safety forum, including 'rant and sort' session with the Associate medical director. Quality and improvement workshops, Leadership programme etc. Access to Whittington Moodle, an e-learning platform developed to support the learning and development of all staff. It is an educational multimedia software designed to present learning in an interactive and dynamic way. ALS – 2-day onsite training.

## Foundation specific - any additional information

We have 30 FY1s and 24 FY2s at the Whittington Hospital (medical and surgical) and community placements (GP, Psychiatry, palliative care). We have an excellent reputation as a provider of quality education and training to all of our doctors in training. We offer the benefit of being a busy general hospital delivering a broad clinical experience coupled with a strong commitment to teaching and an academic approach through our background as a university teaching hospital. We have a strong interest in staff well-being and quality improvement projects.

## **Appendix A2:**

### **Mental Health Trusts Affiliated to North Central and East London**

# Barnet, Enfield & Haringey Mental Health Trust

## Trust contact details

St Ann's Hospital  
Haringey  
02087023000

## Key Personnel

Foundation Year Tutor  
Dr Stefan Lorenz

## Facilities - Postgraduate Centre (Location and resources)

The HUB for Medical Education  
Block 27  
St Ann's Hospital  
02087023885

## Social activities

Outdoor gym at St Ann's

## Library facilities

The Library is based at St Ann's Hospital  
The Trust's e-resources are accessible 24/7 via the Trust's intranet or the Library's web page. For any queries, including returning or renewing books, contact us at [beh-tr.library@nhs.net](mailto:beh-tr.library@nhs.net) or call 0208 702 3785.

## I.T facilities

The IT contact number is 02087025555.

## Transport links

Our services are located across a number of sites in the London boroughs of Barnet, Enfield and Haringey. Below you will find information of our main sites.

Trust Headquarters, St Ann's Hospital  
Address: St Ann's Hospital, St Ann's Road, Haringey, London N15 3TH

Nearest Tube/Train Stations:

- Manor House (Piccadilly line, Zone 2/3)
- Seven Sisters (Victoria line, Zone 3)
- Turnpike Lane (Piccadilly line, Zone 3)

By Bus:

The hospital is served by the following bus routes:  
•67 (Aldgate – Wood Green)

- 341 (Glover Drive/Ikea – Waterloo Station)

Chase Farm Hospital

Address: Chase Farm Hospital, The Ridgeway, Enfield, London EN2 8JL

Nearest Rail Station/Tube Station:

- Gordon Hill (First Capital Connect, Zone 5)
- Oakwood (Piccadilly line, Zone 5)

By Bus:

The hospital is served by the following bus routes:

- W8 (Chase Farm Hospital – Picketts Lock Centre)
- W9 (Chase Farm Hospital – Southgate)
- 313 (Chingford Station – Dame Alice Owen's School)

Edgware Community Hospital

Address: Edgware Community Hospital, Burnt Oak Broadway, Edgware, London HA8 0AD

Nearest Tube/Train Station:

- Burnt Oak (Northern line, Zone 4)
- Edgware (Northern line, Zone 5)

Both stations are a short bus ride from the hospital and within walking distance (approximately 12-14 minutes).

By Bus:

The hospital is served by the following bus routes:

- 32 (Edgware Bus Station – Kilburn Park Station)
- 142 (Watford Junction – Brent Cross Shopping Centre)
- 204 (Sudbury Town Station – Edgware Station)
- 251 (Arnos Grove Station – Edgware Station)
- 288 (Queensbury Morrisons – Meadfield)
- 292 (Wetherby Road – Colindale Superstores)
- 303 (Edgware Bus Station – Kingsbury Circle)

Springwell Centre, Barnet Hospital

Address: Springwell Centre, Barnet Hospital, Wellhouse Lane, Barnet, London EN5 3DJ

## Local amenities/attractions

Please refer to the local authorities websites for further information.

## Parking arrangements

Onsite parking is available. This will need to be arranged via the Estates Department.

## Accolades/achievements of the trust

We are a large provider of integrated mental health services in Barnet, Enfield and Haringey and also provide community health services in Enfield. We serve a population of 1.2 million, employ more than 3,300 staff, and operate from over 20 main sites in the community.

We look after people's mental and physical health in

our hospitals or in the community.

We provide a range of mental health services for young people and adults. These include enabling our patients to overcome phobias and anxiety, or to come to terms with bereavement or teenage pregnancy. We also have expert staff helping people deal with bipolar, schizophrenia or the onset of dementia.

In Enfield we provide a full range of child and adult community health services, which we are busy integrating with our mental health services. This means, for example, that we can treat someone's diabetes and their mental health at the same time providing a better, more holistic level of care.

We have a renowned North London Forensic Service (NLFS), rated as 'Outstanding' by the Care Quality Commission. This service, based in Enfield, cares for and treats people in low and medium secure environments.

The NLFS is the provider of the National Stalking Clinic, and in partnership with the Metropolitan Police jointly deliver the Fixated Threat Assessment Centre (FTAC). This service provides risk assessment and management for the member of the Royal Family and Government who are receiving undue attention from people who have mental health issues. NLFS also started a service with the Metropolitan Police and the Suzy Lamplugh Trust called the Stalking Threat Assessment Centre (STAC). STAC, in contrast to FTAC, helps victims and perpetrators of stalking who are ordinary members of the public. In addition, NLFS delivers mental health care in HMP Brixton, HMP Pentonville and HMP Wormwood Scrubs in London and HMP Grendon and HMP Springhill in Buckinghamshire. NLFS also provides mental health services at HM Young Offenders Institutions at Aylesbury and Feltham.

As a Trust, we also provide one of the largest eating disorders services in England, featured in a highly-acclaimed Louis Theroux BBC2 documentary, as well as drug and alcohol services, and psychiatric liaison.

## Any additional information

Staff benefits:

- Blue Light Card
- Centralized Training Panel
- Health Service Discounts
- Hotel discounts
- Low carbon car scheme\* (Tusker)
- NHS Pension
- Red Guava Discounts
- Ride2Work\*
- Season Ticket Loan - help with your travel expenses
- Staff development (in-house courses through LD/ESR)

- Staffbenefits.co.uk
- Tax free Child Care Scheme
- VivUp\* (Home electronics/holidays/seasonal gym membership offers/monthly promotions)
- West End theatre discounted tickets

\* Salary sacrifice schemes - only available once your 6 months' probation period is over.

Staff wellbeing initiatives:

- Annual leave (including buying extra days)
- Employee Assistance Programme (Care First)
- Eye test/glasses (VDU)
- Fast track access to physiotherapy
- Flexible working – supporting your work-life balance
- Flu jab (winter)
- Outdoor gym at St Ann's
- Local gyms discount with your Staff ID card
- Neyber (budget/debt management counselling/loan if appropriate)
- Occupational Health
- SimplyHealth
- Supporting staff following a critical incident

Staff support:

- Advice and information for EU and overseas staff (regarding Brexit)
- CEO Hotline
- Dignity and Wellbeing Advisors (DAWAs)
- Employee Assistance Programme
- Freedom to Speak Up Guardians
- Guardian of Safe Working Hours for Junior Doctors
- Health and Safety Advisors
- Safeguarding adults/children leads
- Your line manager
- Your union representative

## Foundation specific - Induction/shadowing arrangements

All new FY doctors joining the Trust will be required to attend an Induction and Breakaway Training. This will be communicated to the FY trainees 4-6 weeks in advance of their rotations.

## Foundation specific – tasters

The FY doctors will be able to undertake taster days in various specialities such as Prison Psychiatry, Learning Disabilities etc.

## Foundation specific – simulation

FY doctors will have access to the simulation courses provided by the Trust.

## Foundation Doctor forums

The current FY Tutor is Dr Stefan Lorenz  
The Trust's Guardian of Safe Working is Dr Matt King. Dr King chairs the Junior Doctors Forum.

## Foundation specific – educational and clinical supervisors

You will be allocated a clinical supervisor on joining the Trust.

## Foundation specific – teaching programme

The weekly academic programme takes place on Wednesday afternoon.

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## **Appendix A3:**

### **Acute Trusts Affiliated to North West London**

# Chelsea and Westminster Hospital Foundation Trust

Chelsea and Westminster Hospital NHS Foundation Trust is one of the top ranked and top performing trusts in the UK. We employ more than 6,000 staff at our two main hospital sites—Chelsea and Westminster Hospital (CW) and West Middlesex University Hospital (WM)—and in community-based clinics in North West London. Both our sites offer high performing, award-winning and responsive services within an attractive, modern environment, underpinned by our PROUD values. Please see [www.chelwest.nhs.uk/foundationprogrammes](http://www.chelwest.nhs.uk/foundationprogrammes) for details of our foundation programmes.

## Trust contact details

### Chelsea and Westminster Hospital

369 Fulham Road  
London  
SW10 9NH  
T: 020 3315 8000

### West Middlesex University Hospital

Twickenham Road  
Isleworth, Middlesex  
TW7 6AF  
T: 020 8560 2121

W: [www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)

### Twitter

[@chelwestft](https://twitter.com/chelwestft)  
[@westmidhospital](https://twitter.com/westmidhospital)

### Facebook

[@chelwest](https://www.facebook.com/chelwest)  
[@westmidhospital](https://www.facebook.com/westmidhospital)

### Instagram

[@chelwestft](https://www.instagram.com/chelwestft)

## Foundation training programme directors

### Director of Medical Education

Dr Orhan Orhan (CW)  
Miss Christina Cotzias (WM)

### Foundation Training Programme Directors

Dr Julian Collinson (CW)  
Dr Ravneeta Singh (CW)  
Dr Hannah Skene (CW)  
Dr Jasmin Cheema (WM)

### Junior Doctors Coach

Dr Fiona MacAuslan (CW)  
Dr John Platt (WM)

## Facilities - Postgraduate Centre (Location and resources)

Each hospital site has a dedicated Postgraduate Education Centre where the majority of teaching courses take place. Two enthusiastic postgraduate education fellows are based at each site, and a serious incidents fellow works cross-site. All fellows and the postgraduate team are on hand to assist you and maintain an open-door policy. The teams provide an exciting and dynamic programme of education. Weekly teaching comprises grand rounds, Medical Mondays, foundation teaching, IMT teaching and departmental teaching. The Trust offers a plethora of courses including communication, interview skills, leadership and management, teaching skills courses, appraisal updates, educational supervisor updates and MRCP PACES training. We also offer a range of external courses, including live streams from the Royal College of Edinburgh. Both sites have simulation facilities and clinical skills labs with full-time teams to coordinate resuscitation training courses, simulation programmes and opportunities to develop your clinical skills.

## Facilities - Accommodation (Info about pricing, location etc)

Doughty House (CW) is in the heart of Chelsea, less than two minutes' walk from the hospital. It offers fully furnished flats at competitive rates, subject to availability. All-inclusive rent for a bedroom with shared kitchen, bathroom and lounge/dining facilities starts at £561 per month, including a weekly cleaning service for common areas and on-site laundry facilities. To find out more, email [accommodation@chelwest.nhs.uk](mailto:accommodation@chelwest.nhs.uk) or call 020 3315 6993.

Helix House and Galloway House (WM), located less than five minutes' walk from the hospital, offer comfortable accommodation with five fully furnished rooms per floor, shared kitchens and bathrooms and in-suite laundry, with a weekly cleaning service in communal areas. A deposit of £597 and a payment of one month's rent is required to secure a room. For further information, email [wmuaccommodation@chelwest.nhs.uk](mailto:wmuaccommodation@chelwest.nhs.uk) or call 020 3315 6993.

## Social activities

Chelsea and Westminster Hospital junior doctors enjoy an active social programme organised by the doctors' mess, including monthly payday gatherings and our famous Christmas and summer balls in

locations including the Natural History Museum and the Tower of London. The mess is located on the 2nd Floor in the main hospital and boasts a large seating area around a widescreen TV (including Sky channels) as well as a full-size pool table. There is a kitchen stocked with tea, coffee and snacks and a vending machine. Adjacent are four newly refurbished shower rooms and lockers.

West Middlesex University Hospital is a friendly hospital with a true sense of community. Join in and contribute to the running of our mess! We pride ourselves on being inclusive, with comfy sofas, television, a Nespresso machine, on-call rooms, showers and a kitchen to provide everyone with a place to unwind and relax. There is an ethos of camaraderie with social meals, payday parties and our famous summer ball.

## Library facilities

The medical library (CW) is open for reference with access to Trust computers 24 hours a day, and a highly skilled team is available for assistance Mon–Sat. Registration gives you access to Imperial College London libraries at various sites and includes:

- Access to journals/eJournals
- Inter-library loans
- Print and electronic document delivery
- Logins to Imperial College London computers
- Training on literature searches, critical appraisals and writing for publications

Learn more at [www.imperial.ac.uk/library/nhs](http://www.imperial.ac.uk/library/nhs) or call 020 3315 8107.

The Patricia Bowen Library and knowledge service (WM) supports the education and training needs of all staff. There are evidence-based literature searching services, training to search literature, clinical decision tools to keep you up-to-date and a document delivery service. The library is accessible 24/7 with ID card access. See [www.library.wmuh.nhs.uk/wp](http://www.library.wmuh.nhs.uk/wp) for more details.

## I.T facilities

Trust computers are available on all wards, in clinical departments, the doctors' mess and libraries. We offer free public Wi-Fi in our hospitals and have secure printing facilities. We are also piloting new projects such as virtual desktops for easier clinical access.

## Other facilities (recreational or otherwise)

The arts and music programme at Chelsea and Westminster Hospital hosts a revolving exhibition of

artworks from the Chelsea Arts Club in collaboration with Trust charity CW+. Weekly musical performances are normally enjoyed in the atriums at both CW and WM, however these are on hold during the pandemic.

Chelsea and Westminster Hospital is very lucky to have a MediCinema on the 3rd Floor with a 3D screen and 40 luxury cinema seats. Screenings are free for staff and a guest, subject to availability.

The Wellness Centre (CW) offers hairdressing, manicures, pedicures and massage. We offer free monthly wellbeing workshops to staff. Beautiful chaplaincy spaces exist in the chapel and the Tent (multi-faith prayer room) for prayer, reflection and worship.

The Multi-faith Centre (WM) provides patients and staff with spiritual support. There are several outdoor spaces to choose from, including our staff area, a patient and staff garden outside the Multi-faith Centre and the Education Centre garden. We also have a lake which can be used for picnics.

Extensive staff benefits and discounts are available for a variety of shops locally and online. The hospital also participates in the cycle to work scheme.

## Transport links

Chelsea and Westminster Hospital is well-connected via London Underground (District, Circle and Piccadilly lines from Fulham Broadway, Earl's Court, South Kensington and Gloucester Road) and bus (14, 414, 211, 328 and C3).

At West Middlesex University Hospital, Syon Lane and Isleworth rail stations are only half a mile away with direct trains to London Waterloo in just 35 minutes. Hounslow East is our closest Underground station with services to Covent Garden and Knightsbridge in less than 40 minutes. There are a number of bus links on the hospital site (110, 117 and 481).

## Local amenities/attractions

### Chelsea and Westminster

Regular stalls sell books, accessories and fresh flowers. Food and drink are available at the hospital restaurant, Costa Coffee, the Friend's shop and a Toss salad vending machine. Just outside are Starbucks, Pret a Manger, Subway and many local restaurants. A small Boots pharmacy is on site. The hospital is in the heart of one of the most beautiful boroughs in London—restaurants, cafes, bars, cinemas, clubs and shops are within walking distance along Fulham Road and King's Road. The Thames is a 5-minute walk away and South Kensington 15 minutes, where you will find famous London museums.

### **West Middlesex Hospital**

West Middlesex hospital recently refurbished the main atrium with a brand-new welcome desk, M&S food, Costa Coffee and WHSmith. For something more substantial, head to Rumbles Restaurant or Subway. Nearby attractions include Kew Gardens, Syon Park, Osterley House and the Thames. There are lots of pubs and restaurants along the river and in nearby Twickenham, Teddington and Richmond.

## **Parking arrangements**

### **Chelsea and Westminster Hospital**

The hospital has an underground car park—spaces are limited for staff. There is also secure bicycle parking underground. Access is available on request via Facilities.

### **West Middlesex Hospital**

On-site parking is available—staff permits are offered but availability is limited. Motorbikes and scooters can park for free in designated areas. There are several bike sheds with keypad entry systems—codes are available from security or the education centre.

## **Accolades/achievements of the trust**

The Trust is one of the top ranked and top performing trusts in the UK. The Trust is one of the best performers against national access standards for A&E, referral to treatment (RTT) and cancer. We are committed to providing world-class service and excellent care now and in the future. We are a partner to the West London Genomic Medicine Centre—one of eleven Genomic Medicine Centres (GMCs) which have been designated by NHS England to contribute to delivering the 100,000 Genomes Project as a recruitment centre. The aim is to create a new genomic medicine service for the NHS, transforming the way we care for people.

## **Any additional information**

We pride ourselves in providing outstanding care to a community of more than a million people. Both our hospitals have major A&E departments, treating more than 300,000 patients each year. We run the second-largest maternity service in England, delivering more than 10,000 babies each year. Our specialist care includes our world-renowned burns service, the leading centre in London and the South East, Chelsea Children's Hospital with specialist inpatient and outpatient services, and several award-winning specialist HIV and sexual health services in the community.

## **Foundation specific - Induction/shadowing arrangements**

FY1s commence induction in the last week of July. During this time, they will meet the foundation programme leads and coordinator, the director of medical education, the doctor's coaches and the medical education fellows. FY1 induction runs over three days and is followed by two days of clinical shadowing with the team of your first clinical rotation. You will be introduced to the clinical team, computer and administrative systems, ready for your first days of work. FY2s do not have a shadowing period but have both Trust and departmental induction when they start.

## **Foundation specific – tasters**

Tasters are facilitated by the postgraduate education department and all foundation doctors are allowed to use five days of study leave for this. The Trust offers a wide variety of specialities, including specialist tertiary centre services in plastic surgery, paediatric and neonatal surgery, HIV and sexual health, gastroenterology and hepatology.

## **Foundation specific – simulation**

A comprehensive simulation programme is provided to FY1s and FY2s, using high-fidelity simulation with state-of-the-art manikins. Sessions develop clinical skills and an understanding of the impact of human factors on clinical situations in a safe environment. With a focus on authentic simulation, the programme has expanded to include nurses and doctors with different levels of experience, to mimic true-to-life situations. All FY1s have the opportunity to complete ALS training. FY2s may apply for ATLS if relevant to their training. All foundation doctors receive a clinical skills day as well.

## **Foundation Doctor forums**

Foundation trainees in FY1 and FY2 from both sites represent trainees in local faculty group and foundation group meetings where they bring feedback from their peers. Trustwide groups involved in research and developing services, such as the Medication Safety Group, are keen to have foundation trainees on their committees. The postgraduate education team and the guardian of safe working run regular junior doctor forums every other month. These are opportunities to meet with senior members of the education team and the guardian of safe working to discuss any issues they have faced.

## **Foundation specific - educational and clinical supervision**

All foundation doctors are allocated an educational supervisor for the year and a clinical supervisor per rotation.

## Foundation specific - teaching programme

Both postgraduate education departments run courses throughout the year, including leadership and management, teaching skills, interview skills and more. There are also active departmental teaching programmes, as well as weekly grand rounds, Medical Mondays, and fortnightly medical meetings. The postgraduate education department at Chelsea and Westminster Hospital provides one hour to FY1s and two hours to FY2s of weekly bleep-free teaching. The postgraduate education department at West Middlesex University Hospital delivers 90 minutes per week of bleep-free teaching for both FY1 and FY2 doctors. Both departments take advantage of the wealth of expertise in the hospitals to provide a programme designed to meet curriculum requirements. Doctors also have the opportunity to deliver teaching and complete teaching assessments. Additional organised training opportunities are available at the Centre for Clinical Practice.

## Foundation specific - any additional information

Placements include a variety of medical, surgical, psychiatry and community placements in line with Broadening the Foundation Programme initiative. The Trust is associated with Imperial College School of Medicine. Foundation trainees across both sites are encouraged to engage with medical students and develop their teaching skills. This can be in the form of bedside teaching, clinical skills teaching and larger group teaching of medical students under the care of the Undergraduate Department of Medical Education. Details of our foundation programmes are available at [www.chelwest.nhs.uk/foundationprogrammes](http://www.chelwest.nhs.uk/foundationprogrammes).

# The Hillingdon Hospitals NHS Foundation Trust

## Trust contact details

Hillingdon Hospital  
Pield Heath Road,  
Uxbridge,  
UB8 3NN  
Tel: 01895 238282

## Foundation training programme directors

Dr Neeraj Malhan  
Dr Saiqua Raouf

## Facilities - Postgraduate Centre (Location and resources)

The education centre is located on-site opposite the Trust main entrance. The Foundation team are based in the centre where trainees are welcome to come anytime for help and advice. The education centre has a number of training rooms, this is where Foundation weekly teaching, Grand Round teaching etc takes place.

## Facilities - Accommodation (Info about pricing, location etc)

Accommodation is available across the road from the Trust and costs £473.80 per month, with one month's deposit. This is via Thames Valley Housing association. There are two types of accommodation available, en suite and non- en suite. Non-en suite – you will share a kitchen, dining room and lounge, bathroom and shower with 3 other key workers. Ensuite – you will share a kitchen, dining room, lounge with 5 other key workers.

## Social activities

The hospital has a doctor's mess on-site and a mess committee who run social activities such as pay day pizza and an annual Christmas party, and summer ball. There is also a doctor's lunch club in the education centre which is subsidised for junior doctors.

## Library facilities

The library is located in the education centre and is open 9am – 5pm Monday – Friday. Entry codes are available to registered members for out-of-hours access. There is access to a range of educational

resources, books and journals to support your training.

## I.T facilities

Computers are available to trainees in most wards and departments. There are also computers available to use in the education centre library and the doctors mess. Wi-Fi is available throughout the Trust.

## Transport links

In addition to Heathrow airport, Hillingdon contains a number of transport links, including major UK motorways, the national rail network and the London Underground. West Drayton station near the hospital is a 30 minute journey to Paddington. Uxbridge and Hillingdon stations are served by the Metropolitan line and Piccadilly line are both a short bus ride away from the hospital.

## Local amenities/attractions

Hillingdon is the second largest London borough by area, located 14 miles from central London. It has 800 acres of woodland, country parks, fields and farms, several rivers and the Grand Union Canal. Ruislip Lido boasts one of London's few beaches. Uxbridge town centre has a shopping centre and many restaurants and bars. Hillingdon Sports and Leisure complex has a 50 metre indoor competition pool, leisure pool, outdoor lido, 100 station gym, athletics stadium and 400 metre running track, 3 floodlit pitches, sports hall and more.

## Parking arrangements

Parking is available for trainees and will be ready on your first day. We operate a scratch card system at £1.60 per day.

## Any additional information

The Hillingdon Hospitals NHS Foundation Trust provides health services at two hospitals in North West London; Hillingdon and Mount Vernon. Hillingdon Hospital is the only acute hospital in the London Borough of Hillingdon and offers a wide range of services including; A&E, inpatient care, day surgery, outpatient clinics and maternity services. Hillingdon hospital is the primary care site for Heathrow and is responsible as first port of call for any healthcare emergencies at the airport. The Trust provides clinical services to over half a million patients a year, including over 97,000 Emergency Department attendances. It employs over 3,500 staff making it one of Hillingdon's largest employers. In a recent friends and family report, 96.3% would recommend our services to their family and friends.

## Foundation specific - Induction/shadowing arrangements

F1 induction is 5 days long plus 2 days of shadowing. The 5 are comprised of key policies and procedures, statutory and mandatory training, an ALERT (Acute Life Threatening Events Recognition and Treatment) course, a pharmacy course and prescribing assessment, a peer led 'day in the life of an FY1' session and simulated bleep exercise.

## Foundation specific – tasters

Up to 5 days may be taken for a taster in your FY1 year or early in your FY2 year. These are arranged by the Foundation Doctor themselves directly with the chosen specialty/department. They must take place at a time convenient to your department you are working in and be agreed by your supervisor.

## Foundation specific – simulation

Hillingdon Hospital has a simulation suite and dedicated simulation team. All Foundation trainees attend a simulation training day. There are opportunities for Foundation doctors to get involved in various other courses and opportunities for ward based simulation within departments.

## Foundation Doctor forums

Foundation doctors are appointed to act as representatives for their cohort of Foundation trainees. Reps are invited to meetings to relay feedback and raise issues. There is also a Junior Doctors Representation Group which all junior doctors are encouraged to attend. Trainees are also encouraged to attend their individual departments local faculty group meetings.

## Foundation specific - educational and clinical supervision

All trainees are allocated educational supervisor for the whole year who maintains an overview of the doctors progress throughout the training year. A clinical supervisor is allocated for each placement. Your ES and CS may be the same person in your first rotation.

## Foundation specific - teaching programme

As well as the numerous teaching opportunities available in the Trust and in your individual departments, dedicated Foundation teaching takes place in the education centre weekly. There is also a trainee organised weekly lunch and learn session. As part of the teaching programme, an annual Education Excellence awards ceremony to honour trainees and

trainers is held every summer including a QI competition and presentations.

## Foundation specific - any additional information

There are numerous opportunities for trainees to get involved with Trust leadership programmes including the hospital negotiating committee, medical safety champion, Foundation rep, associate clinical tutor for the Royal College of Physicians, Drs Toolbox lead editor, radiology teaching champion, chair of the JDRG, lessons learnt coordinator, Imperial College School of Medicine mock OSCE coordinator, and mess committee.

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# Imperial College Healthcare NHS Foundation Trust

## Trust contact details

### Imperial College Healthcare NHS Trust

St Mary's Hospital  
Praed Street  
London  
W2 1NY

### Western Eye Hospital

Marylebone Road  
London  
NW1 5QH

### Charing Cross Hospital

Fulham Palace Road  
London  
W6 8RF

### Hammersmith Hospital

Du Cane Road  
London  
W12 0HS

### Queen Charlotte's & Chelsea Hospital

Du Cane Road  
London  
W12 0HS

### Main switchboard:

020 3311 3311

Website:

[www.imperial.nhs.uk](http://www.imperial.nhs.uk)

### Associate Medical Director (Education)

Dr Ruth Brown

### Directors of Medical Education

Dr Megan Griffith

Dr Rachel Bartlett

Dr Mehrengise Cooper

### Foundation Training Programme Directors

Heather Lewis (St. Mary's) – F1 Lead

Rosemary Belcher (St. Mary's) – F2 Lead

Lucy Bingham (Charing Cross and  
Hammersmith) - F1 Lead

David Pinato (Charing Cross and Hammersmith)  
– F2 Lead

### Head of Medical Education

Danielle Bennett

### Medical Education Manager

Tereze Bogdanova

### Deputy Medical Education Manager

Elizabeth Dailly

### Postgraduate Education Managers

Reena Jeyakumar (Hammersmith)

Aimee Steeds (St Mary's)

Naomi Woods (Charing Cross)



## Facilities - Postgraduate Centres

Across three sites (St. Mary's Hospital, Charing Cross Hospital and Hammersmith Hospital), we have designated postgraduate centres, each of which is managed by a dedicated site manager

and team. These provide training a base for training within the trust - admin support, training rooms, simulation skills facilities, pastoral care and more. The teams are happy to hear from you even if you are not currently working with us. Please do not hesitate to get in contact if you have any questions or require further information.

#### **St Mary's & Western Eye Hospitals**

2nd floor, Mint Wing, St Mary's Hospital

T: 020 3312 6038

E: [imperial.postgradededucation.smh@nhs.net](mailto:imperial.postgradededucation.smh@nhs.net)

#### **Charing Cross Hospital**

1st Floor, Education Building, Charing Cross Hospital

T: 020 3311 7703

E: [imperial.postgradededucation.cxh@nhs.net](mailto:imperial.postgradededucation.cxh@nhs.net)

#### **Hammersmith Hospital**

Ground floor, Hammersmith House, Hammersmith Hospital

T: 020 3313 7317

E: [imperial.postgradededucation.hh@nhs.net](mailto:imperial.postgradededucation.hh@nhs.net)

#### **Teaching facilities-**

- At our St Mary's site we have The Patterson Centre, one of the best clinical skills and simulation training facilities in the country. Simulation skills labs at Hammersmith and Charing Cross hospitals ensure simulation training is available across sites through our dedicated team of clinical skills tutors.
- Hammersmith Hospital has the largest renal centre in Europe & one of the UK's leading cardiology departments.- this is not teaching

- Specialist services include complex gynaecology surgery, haematology, hepatobiliary surgery, renal dialysis and transplant, neurosurgery, pulmonary hypertension, hyper acute stroke unit
- The Trust has exciting research centres and we are currently hosting the North West London Clinical Research Network.
- Trainees undertaking Foundation training at Imperial will have the opportunity to work with some of the leading specialists in the country and network with leaders in their chosen field.
- We have great links and relationships with various GPs in the west London area providing trainees with a chance to gain valuable experience and see how a practice works first hand.

### **Accommodation**

Accommodation is **subject to availability**.

**Hammersmith Hospital** has 204 Studios and 42 one bed flats in Holborn House and Clement Danes House situated on the site to the right of the main hospital. This accommodation is managed by Thames Valley Housing who have an office on the site.

The studio accommodation is for single people and the one bed accommodation is prioritised

for couples, although single people can also apply.

From April 2020, the monthly rent is £746 per month for a studio and £912 per month for the one bedroom flats (excluding council tax)

**Charing Cross Hospital** has 608 units of accommodation for staff which is a mixture of shared accommodation for single people; shared accommodation for couples; a very small number of family flats; student room and on-call rooms. The accommodation is managed by Dominion Housing Group (formerly Acton Housing).

The shared single accommodation is £570 (from Sep 2019) per month including bills and council tax. The shared couple accommodation is £740 - £750 approx. (from Sep 2019) per month including bills and council tax.

There is no on-site staff accommodation at **St Mary's** but there are some housing schemes within commutable distance. The Trust is able to nominate our staff to local social landlords (**Catalyst**) and you can become a tenant in one of their schemes (KHT - Lockbridge/Ashgrove Court, Milne House). These schemes usually have vacancies but this is not guaranteed. They are single rooms within shared flats. Minimum tenancy period is usually 6 months.

For more information, please contact [imperial.accommodation@nhs.net](mailto:imperial.accommodation@nhs.net)

## Doctors' Mess / Social Activities

The Mess is a physical space for doctors to take breaks and socialise away from clinical areas. Facilities available include computers, a television, sofas and a kitchen area with supplies of tea, coffee, milk and bread provided as a minimum. There are also quiet rest facilities with reclining chairs and fresh linen stores plus changing rooms and showers.

The mess committee is responsible for the management of the space alongside Medical Education. In addition, the mess committee organise events and parties such as Pay Day events and Balls, which will be subsidised for members. Both of these responsibilities form an important part of doctors' working lives at Imperial.

All doctors will automatically be registered as members of the Doctors' Mess when starting at

the trust and the £10 monthly membership fee will be deducted from their salary. This fee allows access to the space and facilities as well as the planned events.

## Charing Cross

**Dining Block, 3<sup>rd</sup> floor** (above the canteen), can be accessed from the Tower Block via Level

## Hammersmith

Block B, near the main hospital entrance, above the urgent care centre. Accessed via the external fire escape stairs.

## St Mary's

### Cambridge Wing, Ground floor mezzanine

Once in the main entrance, pass up the small steps, continue forward and you will see a staircase on the right hand side. The door visible at the top of those stairs is the Doctors' Mess.

## Library

Our affiliation with Imperial College London means that our trainees are able to access a host of educational resources free of charge. Membership to all Imperial College libraries, Open Athens, BMJ Learning, Up-to-date and many more tools are available to all our staff. On-site libraries are located at Charing Cross, Hammersmith and St Mary's sites and are part of Imperial College London. Once registered you have access to:

- World class book and journal collections
- Ordering services
- Silent and group study areas
- Support with literature searches
- Lunchtime workshops on a range of topics

Opening hours:

### St Mary's (St Mary's Fleming Library)

Mon - Fri 9:00am – 9:00pm

Sat 1:30pm – 5:00pm

Sun: Closed

**Charing Cross Hospital (The library is on the 2nd floor of the Reynolds Building)**

Mon – Fri 9:00am – 9:00pm

Sat (Jan – Jun): 10:00am – 9:00pm (self-service only 17.00 - 21.00)

Sun (Jan – Jun): 10:00am – 9:00pm (unstaffed)

Sat (Jul – Dec): 10:00am – 5:00pm

Sun (Jul – Dec): Closed

**Hammersmith Hospital**

Mon – Fri: 9:00am – 9:00pm (1<sup>st</sup> Floor); 7:00am – 00:00 (Ground Floor)

Sat – Sun: 1st Floor Closed; Ground floor open 7:00am – 00:00

**Learning resources: Up-to-date:**

In October 2015, the Trust introduced Up-to-date, an online clinical resource and training tool for trainees, doctors and other healthcare professionals.

Up-to-date is an evidence-based clinical decision support resource that can be accessed by all Imperial Trust staff. This means clinicians can use this resource to support them in making the right decisions at the point of care.

Features of the system include the following resources:

- over 10,500 evidence-based topics with more than 9,600 graded treatment recommendations
- 160 medical calculators
- graphic search and export to PowerPoint function
- a drug database and drug interaction tool.

The system is in use across the organisation, with an overwhelmingly positive response from trainee doctors, consultants and other healthcare professionals.

**IT Facilities**

Junior doctors have access to trust computers in most clinical departments and wards. There are also computers available for use in postgraduate centres and doctors' messes. Trust email can be accessed from home via webmail.



**Other Facilities**

Trust clinical lead for wellbeing: Sarah Finlay  
[sarah.finlay1@nhs.net](mailto:sarah.finlay1@nhs.net)

Working at the Trust enables our people to access a wide range of discounts and special offers from a variety of local businesses national retailers and a number of companies offering exclusive discounts to NHS workers by registering to their site for free. Further details are available on the Staff Intranet.

Trust also offers various activities for staff to maintain their physical and mental wellbeing.

**Contact**

CONTACT provides counselling and stress management to all staff who work for the Trust. The confidential sessions cover stress at work, trauma support and many other topics. CONTACT can design bespoke workshops dependent on individual needs.

To book a session :  
[imperial.account.contact@nhs.net](mailto:imperial.account.contact@nhs.net)

**Recreational facilities**

There are gyms and various training facilities across all three main sites.

Pinnacle Gym is situated in the Basement of the Cambridge Wing in St. Mary's Hospital. It has a

wide range of cardiovascular, resistance, free weight and rehabilitation equipment. NHS members get 24/7 access to the gym. Membership also includes access to Imperial College's 20 metre swimming pool, located in the basement of the Faculty of Medicine on the St Mary's Campus.

Charing Cross Sports Club located next to the hospital offers a wide range of facilities: 25 metre swimming pool, three gym areas, group exercise classes, four squash courts, two badminton courts, a multi-sports hall.

The Move Imperial Hammersmith Gym is located in the sub-basement of the Commonwealth Building at Hammersmith Campus. The gym was completely refurbished in September 2018 to include state of the art equipment from Matrix. The gym includes a range of cardiovascular and resistance equipment as well as free weights to achieve a full body workout.

## Yoga

At the Trust we offer yoga session, so you can take part in our vinyasa flow yoga sessions, based at three sites: Charing Cross, Hammersmith and St Mary's hospitals. All newcomers can access a FREE taster session. An unlimited monthly pass to be used across all sites.

## Meditation

The trust are trying to reach more staff and help to reduce stress, improve concentration and enhance mental wellbeing by offering a free staff meditation service for all.

The session will be running across each site every 4 months, they are morning session and each session will run for approximately 15 minutes at a time starting at 8am with the last session beginning at 9am and ending at 9.15am.

These sessions are facilitated by the Brahma Kumaris group, who already run several specialised meditation session with the Neonatal and palliative care department, proving very successful with the staff.

## Cycling

There are secure bike facilities at the three main sites. Trust runs a cycle-2-work initiative in partnership with Cyclescheme, offering staff the opportunity to save on the cost of a bike and associated equipment up to the value of £1000. The savings come through a 'salary sacrifice' where monthly payments are taken before income tax is deducted.

Cycle expenses for travel between sites can be claimed, following trust's expenses policy.

Mobimech Bike Mechanics offer a 10% discount to trust staff, email: [info@ukmobimech.co.uk](mailto:info@ukmobimech.co.uk)

Shower and changing facilities are available in the doctors' mess at each site.

Charing Cross and St Mary's sites also have Santander Bike stands nearby.

## Public transport Links

All hospitals have excellent transport links within London.

**St Mary's Hospital:** easy access to underground and over ground via Paddington station as well as bus routes.

**Charing Cross Hospital:** easy access to underground via Barons Court and Hammersmith stations as well as bus routes

**Hammersmith Hospital and Queen Charlotte's and Chelsea Hospital:** easy access to underground via East Acton, White City and Wood Lane stations as well as bus routes.

**Western Eye Hospital:** easy access to underground via Marylebone and Edgware Road stations as well as bus routes.

## Local Amenities

All of our main hospitals are short bus ride or walking distance away from busy High Streets, which offer good public transport links and easy access to restaurants, bars, theatres, cinemas, clubs, parks and much more.

### St Mary's Hospital

On site - several coffee shops, wending machines, well stocked hospital shop and

Doctors' Mess, which offers a selection of quick and easy meal options.

Nearby:

- Praed Street; Pret, Costa, Bon Bouche
- Paddington Station; M&S, Wasabi, Pret, Sainsbury's
- Sheldon Square (5 minute walk); Pret, Tossed, Itsu, Poncho 8, Sainsbury's

#### **Charing Cross Hospital**

On site – canteen, coffee shops, vending machines, ATM and Doctors' Mess, which offers a selection of quick and easy meal options.

Nearby:

- Fulham Palace Road; Tesco's, Sainsbury's and Waitrose, Pret a Manger and Ottoman
- Hammersmith Broadway (10 minute walk); Leon, Paul, Wasabi

#### **Hammersmith Hospital and Queen Charlotte's and Chelsea Hospital**

On site – canteen, coffee shops, vending machines, ATM and Doctors' Mess, which offers a selection of quick and easy meal options.

Nearby:

- Old Oak Common Lane (10 minute walk); independent cafes, newsagents
- White City / Broadcasting House (15 minute walk); numerous cafes / shops

#### **Western Eye Hospital**

On site – café and vending machines.

Nearby:

- Edgware Road (5 minute walk)
- Baker St (10 minute walk)

## **Parking Arrangements**

Limited car parking facilities are available on Charing Cross Hospital and Hammersmith Hospital sites. Prices are £56 - £75 per month. For queries relating to staff parking permits, please email:

[imperial.staff\\_car\\_parking\\_permits@nhs.net](mailto:imperial.staff_car_parking_permits@nhs.net)

## **Accolades/ Achievements of the Trust**



With our partners, Imperial College London, The Royal Marsden NHS Foundation Trust and The Royal Brompton & Harefield NHS Foundation Trust, we form Imperial College Academic Health Science Centre. This is one of six academic health science centres in the UK, working to ensure the rapid translation of research for better patient care and excellence in education. We are also part of Imperial College Health Partners – the academic health science network for North West London – spreading innovation and best practice in healthcare more widely across our region.

The Trust, with Imperial College London, hosts one of 20 National Institute for Health Research (NIHR) biomedical research centres (BRC). This designation is given to the most outstanding NHS and university research partnerships in the country, leaders in scientific translation, and early adopters of new insights in technologies, techniques and treatments for improving health.

The Trust is also part of the NIHR Health Informatics Collaborative (HIC) together with Oxford University Hospitals, Cambridge University Hospitals, University College London Hospitals and Guy's and St Thomas' NHS

foundation trusts. This collaboration enables NHS clinical data to be linked and shared to allow new insights into care and treatment through research.

In 2017, we were recognised as a leader in the adoption of digital technologies to improve patient care by being selected by NHS England as one of 16 global exemplars of acute care. With our partner, Chelsea and Westminster Hospital NHS Foundation Trust, we received funding and support to drive the use of digital technology to innovate for better patient care and to create products and approaches that can be used by other organisations.

## Any Additional Information

### Hopper Bus

Trust provides a staff hopper bus, which operates between three major hospital sites: Charing Cross, Hammersmith and St Mary's. Hopper buses are available from 8:00am until 5.20pm and runs nearly every hour from each site.

### Schwartz Rounds

The trust also runs Schwartz Rounds, which are reflective group discussions that focus on the personal, emotional and social aspects of our work in healthcare. They offer a safe space for staff from all disciplines across Imperial and our community partners, to reflect on the emotional aspects of the work.

### Staff Arts Club

Trust employees can also gain a membership of the Staff Arts Club which is co-ordinated and funded by Imperial Health Charity and offers members range of benefits, including free admission to some of London's major museums and galleries, as well as invitations to private tours and exhibition openings. Members can visit paid exhibitions at the following galleries for free:

- Royal Academy of Arts
- Victoria and Albert Museum
- Tate Modern
- Tate Britain
- 

### Royal Albert Hall tickets

The charity has been historically gifted a box at the Royal Albert Hall. Tickets for concerts are available to Trust staff through the charity's regular ballots.

Page Break

## Foundation specific - Induction/Shadowing Arrangements



Our Foundation Year 1 induction the trust takes place over a number of days during which we strive to ensure that our new doctors are set up and savvy with all of the systems, which they will be using throughout the year and feel confident about starting their clinical careers.

The induction is a blended programme of virtual and face to face meetings. The first day is the standard trust induction which is delivered virtually. The CEO and Medical Director welcome the new doctors and discuss our values. Our Director of Medical Education, Wellbeing Lead and Guardian for Safe Working Hours also deliver talks. In the early afternoon there is training for Cerner (the system through which clinical work is done at our trust). We then provide simulation training and ANTT (aseptic non-touch technique) assessments. This is a half day and the remainder of the day is left for new starters to complete their Core Skills statutory training online.

The second day is where the new doctors will

meet with the outgoing F1 representatives who provide a handover for each of the F1 jobs within the trust. These include relevant contacts and some further tips and tricks. Finally, we will introduce the new doctors to the F1 they will be shadowing.

The new doctors then shadow their outgoing F1. This is arranged - in the same job the new doctor will be taking on, ensuring that there is a smooth handover and that the new doctor feels comfortable and confident to take on the job.

## Foundation specific - Tasters

In your F2 year, you will have the opportunity to complete a taster, usually 2-5 days, in a speciality, which is not included in your rotation. The taster enables the development of insight into the work of the speciality and which promotes careers reflection. The one week taster will come out of your FY2 study-leave allowance and you can apply to complete a taster by filling in a taster application form. The forms can be obtained from The Postgraduate Centre. The application form must be completed and returned to the PGME office prior to any agreed start date.

## Foundation specific - Simulation

At Imperial College Healthcare NHS Trust we run 90 different simulation and skills programmes. The programmes are wide and varied involving almost all medical specialties as well as allied health care services. Many of our programmes are multi-disciplinary and look to training human factors skills in the group setting. As a large NHS trust with many specialist and tertiary services the emphasis is on good team-working to ensure patient safety and to reduce errors in the clinical environment. We hope to provide a safe area for learning for all our staff and to give every individual an opportunity to use our services and skills at any time.

Currently the simulation department has a trust postgraduate clinical simulation lead, a simulation officer, a simulation fellow, 3 clinical skills tutors (with undergraduate remit) and administration staff. However, there are many dedicated specialty leads for simulation who run excellent local as well as national courses, and who are contactable through the specialty Unit Training Leads as well as us.

Simulation and skills occur across all five sites of the trust. The main simulation based activity occurs at the St. Mary's site, though there are designated simulation ward areas at Charing Cross and Hammersmith Hospitals. The Queen Charlotte's hospital has the 1st national obstetric only simulation centre. We are especially keen when it comes to running in-situ simulation programmes which have in many cases been running successfully for over a decade.

## Foundation Years 1 & 2

During the first wave of the COVID-19 pandemic in Spring/Summer 2020 we hosted interim Foundation 1 doctors. The new pre-foundation assistantships programme will give Foundation 1 year doctors the opportunity to mentor and develop supervision skills.

This programme covers both skills and simulation. The trainees are required to attend 1 day of each modality per year.

## Foundation specific - Doctors' Forum

The Trust runs monthly forums aimed at all doctors below consultant level, both in and out of training. The forums are chaired by the Guardian of Safe Working and are designed to ensure that the working conditions are acceptable. They also provide a platform for doctors to discuss ideas, express opinions and raise concerns as well as a way for senior medical management to engage with junior doctors.

Conference calling facilities are available if doctors are unable to attend in person, dial 14444 from within the trust or 020 3311 4444 from external phones, follow the prompts and enter access code 0184812.

Minutes from the forums are anonymised so doctors can share their opinions openly.

## Foundation specific - Educational and clinical supervision

All foundation doctors are assigned an educational supervisor for a full year. This is usually a consultant who you will be working with in your first placement and will fulfil clinical supervisor duties during the first four months. For second and third placement, you will be

assigned a clinical supervisor from the specialty. In addition, you will also be assigned a Foundation Training programme Director who you will meet at least twice a year to check you are on track to successfully complete the foundation programme.

## Foundation specific - Weekly teaching

Our three main training sites hold weekly teaching for FY1 & FY2 doctors. Clinical case-based teaching such as 'morning report' and 'Friday medical meetings' where trainees have an opportunity to present alongside leading consultants and other senior clinicians, take place weekly on each of our sites. Due to the COVID-19 pandemic all teaching is currently being done remotely. Going forward we hope for this to be a blended approach of online and face to face teaching. We are also the host for the internationally acclaimed Imperial College Grand Round at Hammersmith, Charing Cross and St Mary's hospitals and trainees are very much encouraged to present at these.

St Mary's Hospital, Charing Cross Hospital and Hammersmith Hospital have bespoke teaching programmes tailored to the foundation curriculum for F1 and F2 trainees. We are continually working with our trainees in exploring ways to improve teaching and ensure it is the best it can be.

The programme is delivered by a diverse combination of consultants, registrars and senior multi-professional team members, each bringing a wealth of knowledge from their area of expertise. In recent years these teaching programmes have been brought into alignment to ensure trainees moving between sites cover the same curriculum content. In addition, all F1 trainees are expected to attend a clinical skills training session, a simulation session and communications skills sessions.

Foundation doctors are encouraged to partake in career guidance events. The sessions offer foundation doctors an opportunity to meet with core medical trainees and senior trainees to discuss career opportunities, interview techniques, application process workshops and general career guidance.

Foundation doctors are encouraged to take part in quality improvement (QI) projects and to participate in the Lessons Learnt programme – reviewing serious incidents as a team and discussing actions. This creates awareness of patient safety issues whilst driving quality improvement and enhancing team learning.

'Working as an FY2 in A&E at SMH is being part of a big family, through which you learn and develop several skills in a supportive environment, and gain exposure to a variety of clinical environments including paediatric A&E to resus!'

F2 doctor – St Mary's Hospital 2020

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- **London North West University Healthcare NHS Trust**



- **Trust contact details**

- **Northwick Park & St Mark's Hospital**

- Watford Road,
- Harrow,
- Middlesex,
- HA1 3UJ
- Tel: 020 8864 3232

- **Central Middlesex Hospital**

- Acton Lane,
- Park Royal,
- London,
- NW10 7NS
- Tel: 020 8965 5733

- **Ealing Hospital**

- Uxbridge Road,
- Southall,
- UB1 3HW
- Tel: 020 8967 5000

- **Trust Staff**

- **Northwick Park, St Mark's & Central Middlesex Hospitals**

- **Foundation Training Programme Directors**

- Dr Gillian Park (Emergency Medicine Consultant)
- Dr Richard Nicholl (Consultant Neonatologist)

- **Director of Medical Education**

- Dr Bhanu Williams

- **Deputy Director of Medical Education**

- Dr Thungo Kuwani

- **Clinical Tutor**

- Dr Daniel McCrea (Central Middlesex)

- **Associate Directors of Medical Education**

- Dr Ashiya Ali, Mr Arvind Singh, Dr Naila Kamal

- **Medical Education Manager**

- Mrs Sandy Thompson

- **Postgraduate Centre Manager**

- Mr Sachin Trivedi

- **Postgraduate, Foundation and Simulation Administrators**

- Mrs Rekha Kerai, Mrs Dipti Khatri, Ms Marta Rysinska

- **Ealing Hospital**

- **Foundation Training Programme Directors**

- Mr Tushar Agarwhal, Dr Charlotte Bearcroft, Dr Pooja Dassan (F1)
- Mr Paul Baghla, Dr Arabinda Pal, Dr Nina Stafford (F2)

- **Director of Medical Education**

- Dr Jayantha Arnold

- **Postgraduate Tutor**

- Dr Mary Cummins

- **Medical Education Manager**

- Mrs Barbara O'Doherty

- **Assistant Education Services Manager**

- Ms Brenda Charles

- **Postgraduate and Foundation Administrators**

- Mrs Aarthi Paulton, Mrs Aradhana Kant

- **Facilities - Postgraduate Centre (Location and resources)**

- The Postgraduate Centre for Northwick Park and / St Mark's Hospitals is near the St Mark's side of the Northwick Park site, closest to Northwick Park tube station. PGME facilities include two large lecture theatres and nine seminar /meeting / skills training rooms as well as a newly equipped simulation training suite. The main library and the Dental Education Centre are nearby. Postgraduate offices on the main PGME corridor have an open door policy and friendly supportive staff to provide advice, guidance and Foundation programme expertise. The Director of Medical Education, Foundation Training Programme Directors and other educational leads can be contacted directly or via PGME department staff. PGME facilities at Central Middlesex Hospital include a lecture theatre and two seminar rooms, managed centrally by

Northwick Park's PGME department. The Central Middlesex Library and a clinical staff training facility are located in an area adjacent to the PGME office, which accommodates research, clinical training and cross-site PGME staff.

- 
- **Ealing Hospital**
- The Postgraduate Centre is centrally located in Ealing Hospital's main building. It offers seminar room and lecture theatre facilities and also houses the library. Postgraduate and Undergraduate staff offices in the Centre have an open door policy and friendly supportive staff to provide advice, guidance and Foundation programme expertise. The Director of Medical Education, Foundation Training Programme Directors and other educational leads can be contacted via PGME department staff. The Centre's comfortable seating and kitchen facilities provides a welcoming meeting place for Foundation trainees.

- 
- **Facilities - Accommodation (Info about pricing, location etc)**

- On-site staff housing at Northwick Park and St Mark's Hospital is in:
  - Northwick Park Village,
  - London,
  - HA1 3GX.
- Accommodation is provided by Network Homes. Virtual tours on their website [www.networkhomes.org.uk](http://www.networkhomes.org.uk)
- Tel: 020 8782 4880.

- 
- **Ealing Hospital**
- Ealing Hospital's on-site staff housing for long and short term rent is in high demand. For enquiries regarding facilities, availability, rates and further information, please contact:
  - Alli Ladha - Facilities Office
  - Tel: 020 8967 5161
  - [LNWH-tr.ealingaccommodation@nhs.net](mailto:LNWH-tr.ealingaccommodation@nhs.net)

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- **Social activities**

- The Doctors mess arranges a very active social programme.

- 
- **Library facilities**

- Both the Northwick Park and Central Middlesex Libraries are located near their hospital's Postgraduate Centre. The knowledgeable cross-site library team is friendly and helpful; one-to-one search training on electronic resource databases can be arranged on request. The Northwick

Park Library has an extensive collection of sixteen thousand books to support staff's education, training and research needs. The service is a first resort library for books and journals in the London area. Library services include:

- Access to the Trust's wide range of educational resources
- Borrowing books and print journals
- Access to electronic books, journals and resources using an NHS Open Athens login
- Printing, photocopying and scanning
- Inter-library loans
- Computer workstations
- Opening hours:
  - Northwick Park: Monday – Friday 9am to 6pm
  - Central Middlesex: Monday – Friday 9am – 5pm

- 
- **Ealing Hospital**

- Located within the Postgraduate Centre, the library aims to support staff's education, training and research needs. The knowledgeable library team is friendly and helpful; one-to-one search training on electronic resource databases can be arranged on request. Services include:
  - Access to the Trust's wide range of educational resources
  - Borrowing books and print journals
  - Access to electronic books, journals and resources using an NHS Open Athens login
  - Printing, photocopying and scanning
  - Inter-library loans
  - Computer workstations
  - Opening hours:
    - Staffed Monday – Friday 9am to 5pm
    - 24/7 out of hours access via swipe card can be arranged by library staff on request.

- 
- **I.T facilities**

- Junior Doctors have access to Trust computers with internet connections on wards and there are workstation hubs in the libraries. Wi-Fi access is available in the hospital. At Ealing's hospital, the Postgraduate Centre is wireless enabled and laptops are available for use within this area.

- 
- **Other facilities (recreational or otherwise)**

- Shopping/refreshments on Northwick Park site:
- Marks and Spencer Simply Food, WH Smith, hairdressers, dry cleaning and laundry service, mobile phone accessories, repairs & top-ups, friends shop (cards, soft toys, small gifts), Adam's Apple Greengrocers, Costa

Coffee, Subway sandwiches and salads, Wellspring restaurant, St Mark's tea bar (hot and cold food & drinks), Premier Coffee (Hot and cold food and drinks, located outside A&E entrance). Market traders' (stall changes daily. ).

- 
- Amenities on other sites: Central Middlesex has a WH Smith, a restaurant and a café serving hot and cold snacks and drinks. Ealing Hospital has: a WH Smith, Market Traders (local traders' market stall), Costa Coffee, Wellspring restaurant, Friends café.
- Staff benefits:
- Northwick Park's Ofsted rated day nursery offers staff rates. Savings of 25% are available on new bikes ordered through the Trust's Cycle to Work scheme. Local gym membership discounts for NHS staff are available. The Trust also offers an interest-free annual season ticket loan scheme and a salary deduction car lease scheme. Discounts on food, goods and services are available through NHS discounts and related schemes.
- 
- The Trust's free employee assistance programme provides access to independent confidential advice, information and specialist support for staff and immediate family. Examples of areas covered by the programme include relationships, childcare support, debt, stress/anxiety, bereavement and financial, legal or tax information. The service operates a free 24 hour confidential support helpline with access to experienced therapists and advisors. There is also an online health portal.
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## • **Transport links**

- Northwick Park and St Mark's nearest stations are: Northwick Park on the Metropolitan line (short walk from the hospital)
- Kenton station on the Bakerloo and London Overground (fifteen minute walk from the hospital)
- Bus routes: 186, 223, 483, H9, H10 and H14 enter the hospital grounds. 182 stops a short distance away on Watford road. Bus routes H18 and H19 serve Northwick Park station and routes 114 and 183 stop on Kenton road, about a 10 minute walk from the hospital.
- There are good connections to central London. The average journey time between Northwick Park and Baker Street is 20 minutes.
- Central Middlesex Hospital's nearest tube stations are: Harlesden on the Bakerloo and

London Overground lines, North Acton on the central line, Park Royal on the Piccadilly line.

- Buses which serve Central Middlesex Hospital include the 187, 224, 226, 228, 260, 440 and the 487.
- 
- Ealing Hospital's nearest stations are: Ealing Broadway on the Central and District lines. Boston Manor, Northfields and South Ealing stations on the Piccadilly line. Southall station on Great Western Railway and Transport for London Rail.
- Ealing Hospital is served by a number of buses, including the 92, 195, 207, 282, 427, 483 and the 607.
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## • **Local amenities/attractions**

- **Northwick Park and St Mark's Hospital**
- Local attractions include Wembley stadium and the London Designer Outlet in Wembley Park with up to 70% off RRP, a nine screen Cineworld (3D and motion technology) and twenty restaurants. Restaurants in Harrow and Kenton offer a variety of cuisines such as Indo-Chinese fusion, Indian, Vegetarian, European, British, Chinese, Middle Eastern, Afghani, Turkish and Italian. The Harrow and Kenton area has a wide range of parks and recreation grounds with sports facilities including cricket and football pitches, tennis and basketball courts. Two golf courses are within ten minutes of Northwick Park hospital. Harrow's local history museum is set in historic grounds with a 14<sup>th</sup> century moated manor house. Grim's Dyke, W.S Gilbert's blue plaque home and estate, is now the Harrow Weald hotel, a venue for Gilbert and Sullivan performances. The hotel offers affordable menus and the chance to enjoy its English Heritage house's common rooms and extensive gardens. London's only motorcycle museum is nearby in Greenford with 170 machines on display. The biker's classic Ace Café near the North Circular exit for Central Middlesex Hospital, is a colourful local landmark which hosts regular bike and car meets and music gigs.
- 
- Ealing's thriving multicultural community offers a diverse choice of restaurants and cafes together with busy high streets and shopping centres. The borough has a range of sports and leisure centres as well as outdoor sports grounds. A Parkrun in Northala Fields is held every Saturday morning. Ealing parks' programmes include carnivals and fairs, music, comedy and beer festivals, wildlife discovery and bird watch days. Pitshanger Manor and Gallery are located in Ealing's Walpole Park, with the National Trust's Osterley Park and House further afield.

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- **Parking arrangements**
- Parking permit applications are included in starter packs from HR Recruitment Services; payment can be deducted from monthly salary. There is also a low frequency permit option. Permit applications are assessed on an individual basis. The Trust email address for parking queries is Facilities Team:
- [lnwh-tr.parkingpermit@nhs.co.uk](mailto:lnwh-tr.parkingpermit@nhs.co.uk)
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- **Accolades/achievements of the trust**
- St Mark's is a national specialist hospital for colorectal diseases and intestinal failure and an internationally recognised Centre of Excellence for digestive endoscopy. The Trust is a regional centre of specialist expertise for Oral and Maxillofacial Surgery. As a regional major vascular and interventional radiology centre, the Trust provides 24/7 emergency services. Northwick Park's Hyper Acute Stroke Unit is one of the few double-A rated stroke services in England. The Trust's regional Hyperacute Rehabilitation Unit is one of only three in the UK, providing specialist tertiary service for medically unstable patients with severe complex physical disabilities, often following brain or spinal cord injury. Northwick Park's children's ward cares for 3,500 children and young people each year and our maternity services deliver more than 4,500 babies every year.
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- **Any additional information**
- London North West University Healthcare Trust (LNWH) is one of the largest integrated healthcare trusts in the country, providing hospital and community services to Brent, Ealing, Harrow and beyond. Our team of more than 8,000 clinical and support staff serve a diverse population of more than a million people. The Trust runs two busy emergency departments and three urgent care centres. Research and Development department supports studies across a wide range of clinical specialties with more than 5,000 patients taking part in clinical trials each year. Central Middlesex Hospital is our planned care site, which also offers a range of outpatient services and an urgent care centre.
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- The Trust was at the epicentre of the COVID-19 pandemic which placed unprecedented demand on its intensive care unit (ICU). The

ICU became the first in the world to use an innovative dialysis method, including utilising mobile home dialysis machines. Our infectious diseases unit, one of the UK's largest, was at the forefront of the London pandemic response.

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- The Trust was the first in the country to perform community testing for coronavirus and pioneered drive-through testing on our hospital sites. This work was widely shared and implemented across the country.
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- **Foundation specific - Induction/shadowing arrangements**
- Incoming Northwick F1 trainees undertake two days' induction and two days' shadowing whilst F2 trainees attend a half-day induction programme. All new starters undertake mandatory online Core Skills training. Local department induction is arranged for those trainees who rotate to Central Middlesex for a section of their programme.
- Ealing's Foundation induction and shadowing arrangements include two days' shadowing and an induction programme across a day and a half for incoming F1s trainees. Ealing F2 trainees attend a half-day induction programme. All new starters undertake mandatory Clinical Skills Training.
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- **Foundation specific – tasters**
- Foundation doctors are encouraged to arrange taster sessions in a specialty of interest to them, up to a maximum of five days. Tasters may be done on any of the Trust's hospital sites. If the specialty is not available at the Trust, a taster in another hospital will be considered. Tasters should be arranged locally by the trainee at a time agreed with both the department where their post is based and the proposed Taster specialty. Details of contacts in each specialty are available from the Foundation Administrators and Medical Education Manager.
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- **Foundation specific – simulation**
- All Foundation trainees undertake Simulation Training at Northwick Park in line with Foundation curriculum requirements.
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- **Foundation Doctor forums**

- The Guardians of Safe Working Hours and Directors of Medical Education organise regular Junior Doctors Forums to:
- Receive feedback on rota or training issues and exception reporting.
- Support and advise trainees when there are issues around hours and safe working practices or other concerns
- Advise trainees on responsibilities and recent or upcoming national changes relating to junior doctor' contracts.

- **Foundation specific - educational and clinical supervision**

- Each Foundation doctor is allocated an Educational Supervisor who will oversee their development and progress across their year in the Trust as they rotate through placements. The Educational Supervisor is usually a consultant the trainee works with in their first post. Trainees are also assigned a consultant Clinical Supervisor for each four month placement.

- **Foundation specific - teaching programme**

- Foundation weekly protected teaching takes place on Tuesday and Friday afternoons for Northwick F1s and F2s together. MSTeams remote teaching sessions are archived for later access. Trainees on a Central Middlesex block can access Northwick teaching sessions via video-link or MSTeams. Ealing Foundation teaching runs on Tuesday (F1) and Friday (F2). Departmental teaching is scheduled locally by the specialty; a multidisciplinary Northwick and Ealing teaching Grand Rounds are scheduled on Thursday afternoons. Schwartz Rounds are scheduled on Northwick and Ealing sites. Foundation doctors undertake ALS training and prescribing training and assessment in their F1 year.

- **Foundation specific - any additional information**

- Northwick Park / St Mark's / Central Middlesex programmes comprise 40 F1 and 42 F2 trainees. Posts are mainly based on the Northwick Park/St Mark's site with the exception of community posts. Ealing has 36 F1 and 39 F2 Placements include a variety of Medicine, Surgery, Paediatrics, A&E, Psychiatry and GP posts, each lasting four months. In August, Foundation Doctors elect trainee representatives for their F1 and F2 years. Reps are responsible for:

- Gathering feedback from Foundation doctors in their hospital
- Acting as a contact point for Foundation trainees
- Flagging concerns to Foundation Training Programme Directors, local faculty groups and specialty education leads
- Working with specialties to address issues raised
- Attending faculty, Foundation school and trainee forum meetings.

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**Published: Thursday, 24 March 2022**