

West Midlands Foundation Newsletter March 2025



Publish your article in 'Humans of the Foundation Programme' project

Hello everyone!

My name is Jie Fei. I am a FY2 doctor and one of two UKFPO Fellows for 2024/2025. One of my passions since medical school is writing, and I am hoping to share that passion with you. With the help of the UKFPO, I am hoping to start a project called "Humans of the Foundation Programme" where we bring together doctors to submit written articles +/- photos/artwork/music compositions (the sky is the limit!) to be published on the [UKFPO website](#). This project is inspired by "Humans of New York", a photoblog that provides insight into communities around the world. It is my sincere hope that we too could share our stories and experiences as doctors.

The criteria for the written articles is as below:

1. must be between 500-1000 words
2. original work of the foundation doctor, not published before
3. the theme of the article should fall under 1 of 4 categories
 - Transitioning into foundation training: To provide final year UK medical students/international medical graduates a useful resource bank for transitioning into foundation training
 - Sharing best practice / training opportunities: "spotlighting" great learning opportunities and good practice in your local trust/department so that we can all learn from it
 - Remote and Rural: To encourage foundation doctors working in hard-to-recruit areas to share what their hospital/area has to offer with the hope of attracting more doctors to apply there
 - Medical Humanities: sharing creative prose in the form of poetry, art, anecdotes, music compositions etc alongside a written description of what message/story you would like to share with others
4. The content of the article must adhere to GMC Good Medical Practice guidance

Every month, 1 article from each category is selected and published. This would be announced through the monthly UKFPO bulletin. See the first post: [Humans of the Foundation Programme - The Story](#).

What is in it for you? Your work would get published on the UKFPO website and we would issue a certificate which looks great on your CV! More importantly, it is a great opportunity to showcase your talents and interests outside of work.

If you are interested, please submit your work using this form!

Link: <https://forms.office.com/e/U1W77yrrut>



Birmingham Orthopaedic Network (BON) programmes

Following up on the previous survey sent to junior residents, we have developed several programmes and courses designed to support them in pursuing successful orthopaedic careers.

Below, I have attached links to the signup sheets for these initiatives:

1. **BONIFY Mentoring Scheme:** <https://forms.gle/rSgyr2FhgbRA8NpM7>
2. **BONIFY Teaching Programme:** <https://forms.gle/5QpxtuUSVaadzwYQ8>

If you have any questions or require additional information, please do not hesitate to contact me directly or contact the BON education email at bonify.bondeucation@gmail.com

Ms Sarah Shammout
MBChB, MRCS, PGCERT MedEd, FHEA
ST4 - [Worcestershire Acute Hospitals NHS Trust](#)
Birmingham Orthopaedic Training Programme

British Society of Lifestyle Medicine – Recent Graduate Poll

I hope you are well. I am reaching out on behalf of the **British Society of Lifestyle Medicine (BSLM)**, [BSLM - Transforming Healthcare Through Lifestyle Medicine](#) the leading UK charity dedicated to promoting evidence-based lifestyle medicine through supporting healthcare professionals in addressing the root causes of chronic disease to improve patient outcomes and reduce the burden of lifestyle-related conditions.

As lifestyle-related illnesses, including type 2 diabetes, cardiovascular disease, and obesity, continue to rise, it is crucial that newly qualified doctors feel confident in applying lifestyle medicine principles in clinical practice. However, we know that coverage of lifestyle medicine in undergraduate medical education is often limited. To better understand how we can support universities to provide this education and to show that there is demand from medics to have this knowledge and gain these skills **BSLM is conducting a short survey**.

Survey link: <https://www.surveymonkey.com/r/W7PNBLD>

Some feedback we have received already *“There is very little to no high-quality teaching on the importance of nutrition. It is not emphasised at all and isn’t taught to a sufficient level to then be able to adequately inform patients. It’s a huge need that needs to be met, starting at the physiology level. Even learning about the basic vitamins and micronutrients that we need to keep us functioning is glossed over/not taught at all. It is a concerning gap in the curriculum and should be taught to medical students and current doctors.”*

Very many thanks,
Rachel Cox
Community Development Lead
British Society of Lifestyle Medicine
Haddington House, 28 Sidegate, Haddington, East Lothian, EH41 4BU. United Kingdom.
Registered Charity No SC046920

Release of NFDPD 2025 Abstract Book

The UKFPO are pleased to welcome you to view the [NFDPD 2025 Abstract Book](#).

The abstract book is available to view on our [website](#) where we will shortly be publishing a selection of photographs from the day.

BSACI - Medical Scholarship - attend BSACI Annual Allergy Conference 2025

BSACI Medical Scholarships Scheme 2025 for Doctors interested in Adult Allergy and Clinical Immunology

BSACI is offering financial support to junior doctors to facilitate their ability to attend BSACI Annual Conference 2025 being held at the ICC Wales from Thu 16th to Sat 18th October. With the increasing prevalence of allergy within the UK and the shortage of allergy expertise, BSACI aims to support trainees to find out more about this evolving and dynamic specialty.

The 2025 BSACI Medical Scholarships Scheme is open to FY2 doctors, Clinical Fellows and IMT trainees in the UK. This is a fantastic opportunity for junior doctors to experience what an exciting career in Allergy and Clinical Immunology looks like and how rewarding being a member of the UK allergy community can be.

How to apply:

1. The scheme is open to all FY2 doctors, Clinical Fellows and IMT trainees in the UK with an interest in or considering a career in Adult Allergy. We will pay out retrospectively for two nights' accommodation up to £150, cover your conference fees, plus reimburse travel costs up to £140.
2. Send us a cover letter (300-400 words main text) detailing how you would benefit from this scholarship and explaining the motivation for your interest in this field. Please also include how you can help increase awareness of the specialty of allergy either within your department or with other trainees after the conference, such as a grand round presentation, a trainee learning event or a department meeting.
3. Send us a supporting letter from your current supervisor.
4. Abstract submission for the conference is encouraged but is not a requirement.
5. Submissions open on **Monday 13th January 2025**.
6. Submissions must be emailed to tamara@bsaci.org no later than **Monday 28th April 2025**.
7. You will be notified of the outcome of your application no later than **the end of June 2025**.
8. You will be asked to demonstrate how you have helped to increase awareness of "allergy and immunology" amongst other trainees or colleagues, after the event.

Please note previous recipients may not apply.
No late applications will be accepted.

Feedback from some of our 2024 Scholars:

"Fantastic opportunity and fantastic programme. Really inspiring talks and conference"

"Great scheme, very helpful way to support trainees to further their knowledge and understanding of the specialty "

"Excellent opportunity to meet fellow scholars and experts in the field"

BSACI

Improving Allergy Care
through education, training and research

Allergy and Clinical Immunology

AN EVOLVING AND DYNAMIC SPECIALTY

The British Society for Allergy and Clinical Immunology (BSACI) is offering scholarships for Adult Trainees to attend the:

[BSACI Annual Conference 2025 - ICC Wales](#)

OPEN TO

FY2
DOCTORS

CLINICAL
FELLOWS

IMT
TRAINEES

Apply now email: tamara@bsaci.org

WE WILL OFFER ASSSITANCE WITH

HOTEL ACCOMMODATION
(2 nights up to £150)

TRAVEL EXPENSES
(up to £140)

YOUR CONFERENCE FEES

The application involves supplying a letter (maximum 300 words) detailing how you would benefit from this scholarship and a supporting letter from your current supervisor.

Priority will be given to applicants:

- a) who have submitted an abstract to the conference (not essential)
- b) that show a strong commitment to a career in the specialty detailed in the application

Deadline: MONDAY 28TH April 2025

(unfortunately, no late applications can be considered)

Please note previous recipients may not apply/open to adult trainees only.

www.bsaci.org

PSA – move of first sitting from September to October 2025

Dear UK FSD, FSM and FS admin colleagues,

As many of you will be aware, the UK FSD committee agreed to move the first sitting of the PSA from September to October. This change was proposed to support IMGs, who are the majority of the cohort who take PSA during F1, to be able to gather more experience of working as a doctor in the NHS before sitting the PSA, thereby increasing their chances of passing on their first attempt.

The new date selected is: **1pm Wednesday 22 October 2025**

We appreciate that many of you will already have booked venues to deliver the sitting originally scheduled for September, which may be challenging to change. Please contact us if you're experiencing issues and it would be great if you could share challenges and solutions with each other using your group channels (WhatsApp groups or the UKFPO Info Portal for FSMs/admins).

We will identify a new date for the FP2026 first sitting shortly and will publish both new dates on our website.

Thanks,
Kata Várnai
Education and Support Senior Manager
UK Foundation Programme Office (UKFPO)
National Workforce, Training and Education Directorate
NHS England