



INTEGRATED EDUCATION

MEDICAL EDUCATION



Website: www.esht.nhs.uk/medical-education

Striving to provide excellent educational opportunities and to improve the resident doctor experience via encouragement and facilitation within a supportive environment

About East Sussex Healthcare NHS Trust

We provide safe, compassionate and high quality hospital and community care to over half a million people living in East Sussex and those who visit our local area.

We are one of the largest organisations in East Sussex with an annual income of £650 million and we are the only integrated provider of acute and community care in Sussex. Our extensive health services are provided by over 8,000 dedicated members of staff working from two acute hospitals in Hastings and Eastbourne, three community hospitals in Bexhill, Rye and Uckfield, over 100 community sites across East Sussex, and in people's own homes.

In 2020 the Care Quality Commission (CQC) rated us as 'Good' overall, and 'Outstanding' for being Caring and Effective. Conquest Hospital and our Community Services were rated 'Outstanding' and Eastbourne DGH was rated 'Good'.

Our two acute hospitals have emergency departments and provide 24 hour a day care, offering a comprehensive range of surgical, medical, outpatient and maternity services,

supported by a full range of diagnostic and therapy services. Our centre for trauma services and obstetrics is at Conquest Hospital, while our centre for urology and stroke services is at Eastbourne DGH.

At Bexhill Hospital we offer a range of outpatient, day surgery, rehabilitation and intermediate care services. At Rye, Winchelsea and District Memorial Hospital we offer outpatients, rehabilitation and intermediate services. At Uckfield Community Hospital we provide day surgery and outpatient care.

In the community, we deliver services that focus on people with long-term conditions living well outside hospital, through our integrated locality teams working with district and community nursing teams. Community members of staff also provide care to patients in their homes and from a number of clinics, health centres and GP surgeries.

Vision for Integrated (Medical) Education

Committed to the delivery of a culture of continuous learning and development aligned to business priorities and the delivery of high quality patient care. Our focus will be on inclusion, innovation and collaborative working to ensure that we develop educational and training programmes that will deliver a knowledgeable, skilled and competent workforce.

In addition, we will embed a culture of continuous quality improvement that will encourage us as the Integrated Education team to continuously ask ourselves "what can we do better" to ensure high quality education and training programmes utilising developments in technology such as VR and AI remain central to workforce and organisational development.



Jayne Black
CEO

Our values

KINDNESS

Kindness means treating others how you want to be treated and caring enough to get it right. It's the small acts of kindness – both to patients and each other – that make everyone's experience better.

INCLUSIVITY

Inclusivity involves embracing differences and working together as a team. It's fundamental to providing the best care for our patients so we can make the trust a supportive workplace where everyone is welcomed and feels involved.

INTEGRITY

Integrity is saying and doing the right thing, in the right way, for the right reasons. We should all come to work each day with the intention of giving the best of ourselves and doing the best for our patients, colleagues and the trust.

In a Year

170,374 attendances at our Emergency Departments



2,737 babies were born in our hospitals

60,043 people had planned surgery, 91.7% of these were day cases



30,776 cancer referrals were made to us

510,397 outpatient appointments, of these over **350,000** were consultant-led



10.2 million pathology tests were undertaken



1,109,000 patient meals were prepared across our four main hospital sites



542,550 medicines were dispensed by our Pharmacy



140 tonnes of cardboard and **87 tonnes** of scrap metal were recycled



Our Values charter is in the process of being finalised and will be coming soon. Please see our website for details which will be updated as soon as it is ready, <http://nwww.esht.nhs.uk/> or scan this QR code:



Civility Saves Lives

We are committed to supporting a culture of civility and respect. This means encouraging positive employee relations and providing a working environment free from harassment and bullying, as well as ensuring all colleagues are treated and treated each other with civility and respect; in line with our values.

It is important to recognise incivility and act on it to prevent behaviours escalating. A timely resolution will be aided by addressing incivility in a respectful and caring manner, with open dialogue.

The NHS Long Term plan recognises that levels of bullying and harassment must come

down if the NHS is to become the best place of work and an employer of excellence. Information and training is available for all staff via My Learn and via the Respect at Work webpages on the extranet or scan this QR code:



What can we provide for you in Medical Education?

Your Medical Education Team work as part of the Integrated Education Department which include colleagues in Apprenticeships & Widening Participation, Simulation & Human Factors, Technology Enhanced Development & Governance Team and Library and Knowledge Information Services under the leadership of Dawn Urquhart, Assistant Director of HR Education. Your Medical Education Team are keen to ensure that the learning environment for you is fit for purpose and we continue to lead on the development of the Education Centre. We are actively reviewing technological advancement to best complement our residents needs. The Director of Medical Education is Dr Neel Sharma who is supported by two Associate Directors of Medical Education.

The Education Centres on both sites have lecture theatres, classrooms, clinical skills rooms and Simulation suites as well as IT facilities and 24 hour library access.

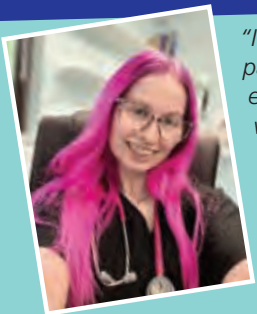


MyLearn is the Trust wide learning management system and enables staff to take control their learning, book their own training and keep track of mandatory and essential training compliance with ease and accuracy. But it's not just for Mandatory training! There is a whole range of eLearning/

Webinars/Courses to support your learning journey available on the site.

The TED Team also includes Learning Technologists who are here to help promote the Technology Enhanced Learning agenda and can support with research/development of eLearning modules and training videos. We're here to help, please contact us at esht.development@nhs.net with any queries or questions.

Foundation Doctors



"It has been a really lovely transition to F2 with the help of ESHT. The pastoral support team are just brilliant and are always there for a friendly ear or great practical advice. It's certainly clear that the admin team work very hard to distribute information to all the foundation trainees and are very quick to respond. They always give the impression that they care about our feedback and are very willing to help make adjustments where possible. I really value that we have the opportunity for weekly teaching by many experienced speakers, which always seem to be varied. I would love to remain in the trust next year!"

Annabella Agate
Foundation Year 2 Resident Doctor 2024-2025

Community placements can include an attachment per week in Emergency Medicine, AAU or ITU. This can be half a day for FY1s and a day or a block for FY2s which is optional for FY2.

The Foundation programme includes formal weekly teaching sessions, monthly afternoon workshops, directed and self-directed personal learning, structured appraisal and assessments. Our Foundation Doctors will benefit from rotations in the following specialities:

Foundation year 1

Posts in Surgery, Elderly Medicine, Diabetes, Urology, Respiratory, Gastro, Cardiology, Psychiatry and Palliative Medicine, Rheumatology, ITU, Acute Medicine and Paediatrics. Some posts also include time in the Acute Assessment Unit.

Foundation year 2

Posts in General Practice, Elderly Medicine, Respiratory, Cardiology, Orthopaedics, Emergency Department, ENT, Paediatrics, Diabetes, Urology, Public Health, Psychiatry and Palliative Care.

KSS Foundation School

The KSS Foundation School manage recruitment of all our Foundation Doctors. We work closely with KSS to deliver excellence in training as well as providing information and support as necessary. Please see the KSS website for further details <https://kss.hee.nhs.uk/kss-foundation> Or scan the QR code:



The East Sussex Medical Education team hosts an annual awards event. This gives the opportunity of recognising the achievements of the FY1 and FY2 Doctors and the contribution of their Supervisors and Colleagues, and to thank both groups for their hard work throughout the year. The event is also held to formally recognise the achievement of all the Foundation Doctors with merit awards from KSS Foundation School. These are awarded to residents who as well as having successfully completed their training year have done particularly well in the areas of Audit, Learning Portfolio, Teaching and Leadership.



Teaching

FY1 and FY2 core teaching is held weekly on both sites – usually for one hour but with extended workshops sometimes held monthly.

In addition, weekly Grand Rounds are held at Conquest and Eastbourne DGH as well as regular specialty specific teaching.

Both sites have excellent medical student programmes and FY1s are encouraged to take part in supporting and teaching the medical students.

Applications

For information about Foundation Programme including applicant guide please see UK Foundation Programme: www.foundationprogramme.nhs.uk

Core Surgical Resident Doctors

General Surgery is split across our sites, with acute and high risk surgery being relocated to the Conquest site together with emergency admissions. Low risk and most day case general surgery remain at the Eastbourne DGH

The creation of the Surgical Admissions Unit at the Conquest has streamlined this process and together has created a fantastic environment for learning and surgical progression within the Trust of which Surgery are very proud. This is a proactive unit that feel that excellent patient care goes hand in hand with the provision of high quality education and training for our juniors

You will benefit from training programmes for General Surgery, Orthopaedics, Urology and Maxillofacial Surgery which are all supported by committed resident trainers.

Medical Education offers the following courses:

- Basic Surgical Skills (BSS) – a mandatory course which is strongly recommended for all residents (from Foundation Doctors to CT1 grade) who are about to embark on their first surgical position.
- Care for the Critically Ill Surgical Patient, which is also a mandatory course for surgical residents which provides practical skills and knowledge needed to look after surgical patients including those who are deteriorating or at risk of doing so. The course is open to CT1 grades and above.

Expenses incurred for the above courses can be claimed through the study leave allowance. Practical skills sessions on the following are also offered to core surgical residents, which are free of charge:

- Laparoscopy
- Suturing

Internal Medical Resident Doctors

Our Internal Medical Residents (IMT) are keen to develop a career in their chosen specialty or a related one, and are supported to do so, whereas higher level residents are encouraged to learn speciality specific focussed skills.

IMT courses delivered within the Trust include; Practical Procedures OSCE course, Registrar Ready Course which run three times per year and are also open to external doctors too.



GP

Our GP Speciality Training Programme (STP) details can be found at:

www.gptrainingeastsussex.co.uk

Our excellent doctors and hospitals have an established reputation for the first-class training of GP registrars going back more than 30 years. We have an excellent team of programme directors and GP trainers with the experience and enthusiasm to stimulate, inspire and fully prepare you for the challenges of general practice in the future.

Our mission is to provide you with the educational, practical and personal support, so you can fulfill your potential as a competent, confident and successful GP



SAS Doctors

Our SAS doctors benefit from a very committed and supportive framework. Those doctors who are not in training posts and not in a consultant post will have an "SAS Tutor" on each site, who can be contacted via either of our Education centres for 1:1 advice, support and information. We run courses and allocate some funds for individual development. The Medical Education department also realises that some of our senior doctors who are not in consultant grades do a great deal to help with the training of doctors in training posts.

LED – Locally Employed Doctors

We have a LED Doctor Lead to develop and enhance the education and support we currently provide these valued colleagues.

Our SAS Doctors provide mentoring support for our new LED Doctors (doctors recruited to the specialty and not via a dedicated training programme), so that these doctors will have a dedicated point of contact to discuss any queries or concerns.

Physician Associate Programme

Physician Associate students on placement here, rotate through various specialties on each hospital site including Geriatrics, Cardiology, Respiratory Medicine, O&G, Surgery, Emergency Medicine, Acute Medicine, GP and Mental Health. Dr Ajith Tissera – Physician Associate Tutor along with dedicated administration from medical education provide support. There are also named Educational Leads in each of the specialties who are responsible for their clinical training whilst on placement. We employ seven physician associates working in medical ward and A&E.

Basic Surgical Skills Course



Medical Students



We welcome medical students from Kings College London and Brighton and Sussex Medical School. Our dedicated Programme Administrators support their day to day requirements, while our Undergraduate leads oversee the running of placements.

Our medical students also benefit from the support of our educational fellows who assist in the delivery and development of our undergraduate programme which includes regular OSCE practice, virtual on-calls, simulation and clinical skills sessions.

Transition to Foundation Programme and F0 programmes

We provide TTF1 (KCL students) and F0 (BSMS) placements for medical students who have undertaken the final exams. The aim of these placements is to prepare them for their roles as FY1 doctors and to make the transition from medical student to FY1 doctor as smooth as possible.

Medical Student Electives

We offer a limited number of places to international and UK medical students wishing to undertake electives from May to September each year.

Eastbourne District General Hospital and Conquest Hospital are associate university teaching hospitals for Guys, Kings and St Thomas' School of Medicine (GKT) and Brighton and Sussex Medical School (BSMS) and final year medical students from both these medical schools do attachments at both hospitals from September to April each year. We are therefore able to offer overseas medical student electives from May until September, when we have no GKT or BSMS on site. Electives are offered for a minimum of 2 weeks and a maximum of 4 weeks and are subject to availability.

Clinical Attachments

We are pleased to offer clinical attachment placements at Eastbourne District General Hospital and Conquest Hospital Hastings. A clinical attachment is a short term unpaid placement for a qualified doctor. It is an observational placement with no direct patient contact or responsibility.

We give priority to high calibre doctors who have an intention to apply for a vacant position, although please note that doing a clinical attachment does not automatically secure a position at the trust. In line with home office recommendations attachments are strictly limited to a maximum of four weeks.

The process for clinical attachments is currently being reviewed, so please see this website or scan the QR code for the latest information and application process:

<https://www.esht.nhs.uk/medical-education/clinical-attachments/>



Doctors who have qualified abroad and would like to gain some experience of UK culture and the NHS.

Doctors returning to practice following a break (eg maternity leave or ill health)

Doctors requesting experience of a particular speciality to aid career choice.

Simulation

Don't be fooled by the size of the team! It may be small, but we host a vast repertoire of Simulation sessions and courses. There is something for everyone. The Simulation Team consists of Claire Cree, the Simulation & Human Factors Manager, Dylan Owen the Simulation Technician, (Apprentice) and are supported in Administration by Emir Goksel.



They work closely with all disciplines to provide the highest standards in Simulation and take a multi-disciplinary team approach to learning and patient safety. We have two simulation suites, both of which have been redeveloped over the last few years. They utilise high fidelity Laerdal manikins on both sites and have a considerable library of part task resident trainers that are ideal for point-of-care simulation scenarios. More information can be found on the Trust website or you can contact esht.simulation.team@nhs.net. They are also keen to hear from staff who want to develop their educational skills in simulation or who have ideas for courses or training they would like to introduce so, please do get in touch. We are located on the 3rd Floor at Eastbourne District General Hospital in the Post Graduate Centre or in the Education Centre at the Conquest Hospital.



Resident Support and Feedback – Get Involved, Take Action and Make a Difference

Resident Doctor Support

We provide robust support for our resident doctors. This includes a dedicated medical education team based on each site, two Pastoral Fellows, Jolie Wilkinson and Paul Gosling whose sole remit are to ensure we are timely and responsive in continuing to develop and enhance the pastoral support we provide in these ever changing times.

Resident Doctor Educators Support

In addition to ensuring our Resident Doctors receive the best possible support in their specific teaching programmes, we also continue to look at new ways to develop and support those who are dedicated to delivering their educational and clinical needs. All trainers have attended the GMC accredited CS course and many have additional formal qualifications in medical education.



For any information about our Resident Doctor and Educators Support or feedback please see our website or scan the QR code:
<https://www.esht.nhs.uk/medical-education/support/>



As an FY2 at ESH T I have so far received comprehensive training and education support. There is a structured core curriculum that provides sessions weekly, simulation exercises and the occasional practical session, all of which contribute positively to my professional development. The Education Team are approachable and helpful, and I have

also had the opportunity to set up my own teaching program aimed for FY1 Doctors, which has allowed me to develop my own teaching skills as well as contribute to the training of my peers. Finally, as FY2 representative, I have worked closely with the faculty to improve the overall experience of training here at ESH T, who all work hard to ensure that it is a collaborative and supportive environment for everyone"

Tania Varnshey

Foundation Year 2 Resident Doctor 2024-2025

NHS England KSS Deanery

Health Education England - Kent, Surrey and Sussex (HEE KSS) manage our recruitment process on behalf of Health Education England <https://kss.hee.nhs.uk/training/>

Any resident may consider part-time training for part of their training. This is arranged through HEE KSS, with the option of:

- working part time in a full time post;
- supernumerary (additional support post);
- slot sharing.

* Advanced planning is key as the process can take some time



Feedback

We actively encourage our residents to provide feedback in a number of ways and have developed a clear reporting hierarchy of various dedicated responsible staff happy to listen and act - to ensure issues and concerns raised, are followed up and addressed in a timely fashion via:

1. Individual 1:1s
2. Group feedback sessions during each rotation
3. Resident Representatives appointed to Local speciality faculty groups – where on behalf of their peers, they are able to present and discuss any concerns with their leads and will be encouraged to get involved in Quality Improvement Projects within the trust
4. Our residents are encouraged to 'Exception Report' to the 'Guardian of Safe Working Hour's: <https://www.esht.nhs.uk/clinical/gswh/>
5. We close the feedback loop using a variety of mechanisms including formal feedback via LFG's which occur three times a year and regular 'You said, We did' feedback publications.

We actively encourage feedback from our residents to ensure we continue to develop and support our residents wellbeing and educational needs:

www.esht.nhs.uk/medical-education/trainee-support/



junior doctor group feedback session'

Clinical Research

Clinical research is a key priority for the trust. Research participation is imperative in improving the health outcomes and benefits to our patients. We have delivered and supported research over the last 30 years within our hospitals and have received awards and recognition of the work undertaken.

The trust participates in a combination of NIHR multi-centre commercial and academic studies worldwide with leading pharmaceutical companies and academic institutions which enables our residents to take part in groundbreaking trials involving medicines

and other interventions which supports their career development. Participation in research is supported by the NIHR API Scheme which supports training to become a Principal Investigator www.nihr.ac.uk/health-and-care-professionals/training/associate-principal-investigator-scheme.htm

Currently we are supporting around 45 studies within 19 specialities including haematology, cancer, rheumatology, anaesthetics, surgery, paediatrics, obstetrics, urology, and gastroenterology.

To find out more please contact
esh-tr.researchanddevelopment@nhs.net



The Enhance Programme

We are supporting the Enhance Programme at ESHT from August 2025 we are pleased to offer 6 Enhance Foundation Priority Programmes Posts at ESHT.

The Enhance programme is a professional development offer for Foundation doctors in the UK, aimed at enhancing generalist skills and preparing them for a dynamic healthcare landscape. It focuses on developing skills that are beneficial for both clinical work and future specialty applications, as well as addressing the broader societal and environmental factors impacting healthcare. There are two strands to the Enhance programme, Enhance Enable which is open to all foundation doctors and Enhance Explore, which is accessed via the Foundation Priority Programme Posts and can be applied for via Oriol.

Enhance Enable, is delivered via self-directed learning, using module workbooks and online resources. There is support from your clinical or educational supervisors and an Enhance Lead. Its structure is six modules completed across the two years, three in FY1 and three in FY2. Completing Enhance Enable allows doctors to demonstrate

competencies in a structured way, with flexibility in learning and to explore areas beyond the traditional foundation programme.

The Foundation resident doctors in the Enhance Foundation Priority Programmes posts will start Enhance Enable in F1 and then do Enhance Explore in their F2 year. These posts have dedicated study days and training funded throughout the duration of F1 and F2 training, alongside specialist placements throughout the second year.

The Enhance Enable programme is available to all foundation resident doctors at ESHT. Enhance Explore has been aligned to the Foundation Priority Programmes in KSS and ESHT have 6 of Enhance FFP posts from August 2025. Further information about the Enhance Programme can be found: <https://www.hee.nhs.uk/our-work/enhancing-generalist-skills> Or scan QR code:

KSS Foundation enquiries address is: england.kssfoundationenquiries.se@nhs.net



Freedom to Speak Up Guardians

Guardians are appointed in every NHS Trust and act independently and impartially to provide advice and support staff at any stage of raising a concern.

The easiest way to get your concern resolved will be to raise it with your line manager. If you feel unable to raise your concerns through your reporting lines, you can raise concerns with your Freedom to Speak up Guardians. The Trust has two Freedom to Speak Up Guardians, Ruth Agg and Dominique Holliman, who you can contact at esh-tr.speakupatESHT@nhs.net.

When things go wrong, we need to make sure that lessons are learnt and things are improved. If we think something might go wrong, it is important that we all feel able to speak up to stop potential harm. Even when things are good, but could be even better, we should feel able to say something and be confident that our suggestion will be used as an opportunity for improvement and learning. We are committed to listening to staff and want to make speaking up 'business as usual' for everyone. Fostering a culture of openness and psychological safety where everyone can feel confident and safe to speak up is critical. We know that the main barriers to speaking up are fear and futility. Fear of what might happen if you speak up; or a belief that nothing will be done if you do. We want to reassure all our colleagues that you will be listened to if you raise a concern.



Learning opportunities are made available, specifically tailored to your respective department, to support the resident to meet their educational objectives

Pastoral Fellows

We have two pastoral fellows who support the doctors of all grades and medical students. Paul Gosling is based at Eastbourne DGH and Jolie Wilkinson is based at Conquest hospital. Jolie and Paul are mental health first aiders. They offer a variety of confidential support, wellbeing advice, provide a safe space with a listening ear and can signpost you appropriately to relevant mental health organisations where specialist support is required. Paul and Jolie are visible around the hospitals, they also host events including the FY1 "Freshers Week" and have offices in the Education centres.

Equality, Diversity and Inclusion

East Sussex Healthcare NHS Trust is committed to and promotes the Equality, Diversity and Inclusion agenda. This means that all staff no matter what their race, nationality, gender, sexual orientation, disability, religious affiliation, etc. will have the same equality of opportunity and be able to work in an environment that does not tolerate any form of discrimination based upon these characteristics. There is a 'zero tolerance' policy in place towards any type of discriminatory behaviour from members of staff, the public or patients.

If you are interested in getting involved in any of the Staff Networks (BAME, LGBTQ, Dis(ability) and Women's) please e-mail the Workforce Inclusion team at esht.workforceinclusion@nhs.net or you can do a search for 'Equality' on the Trust's intranet site.



Jolie Wilkinson
(Conquest)
Mobile 07971 984285
jolie.wilkinson@nhs.net



Paul Gosling (EDGH)
#07971798192
(phone, text, whatsapp)
paul.gosling@nhs.net

Simulation and Human Factors

We have simulation suites at both sites' Education Centres, fully equipped with high fidelity simulators, low fidelity simulators, and a range of part task resident trainers to support residents. Our team of three are able to support the running of training scenarios for Medical Students, Junior Doctors, Educational Fellows, Consultants, and other Trust staff.



Thank you card scheme

This is an easy online system for recognising and reporting good practice and behaviour by any member of staff who have gone that extra mile. It takes just a minute to complete, your positive comments and feedback will be transformed into a personalised thank you card for the recipient.

<http://www.esht.nhs.uk/people-engagement-team/recognition-and-thank-you-postcards/>



Careers Advice and Tasters

We aim to provide high quality careers support for all our resident doctors working at East Sussex Healthcare NHS Trust. Dr Umesh Dashora and Miss Sarah Tang are the consultants who lead on careers support alongside the medical education team.

Please see our website <https://www.esht.nhs.uk/medical-education/medical-careers/> or scan the QR code for more information and events.



Annual Careers Evening

We hold an annual careers evening for all medical students, FY1s, FY2s and other junior doctors to attend. Each specialty is represented by residents and senior doctors. Attendees can gain advice and guidance regarding applying to and working in the specialty of their choice.

HEE Careers and wellbeing support can be found at Careers & Wellbeing Support - Working across Kent, Surrey and Sussex (hee.nhs.uk) <https://kss.hee.nhs.uk/kss-foundation/current-doctors-in-training/careers-and-wellbeing-support/>



Professor. Nik Patel providing an overview on a typical working day in Medicine.

For further information please go to www.esht.nhs.uk/medical-education/careers/

Careers Workshops

Regular careers workshops are incorporated into teaching programmes. Individual support for all doctors in training is also available via the Careers Unit at <https://london.hee.nhs.uk/careers-unit> and visit the resources via the following website or scanning the QR code: <https://kss.hee.nhs.uk/kss-foundation/current-doctors-in-training/>



Taster Sessions

You might like to have a taster session in the specialty you are exploring. FY2 Doctors can take taster time as part of their study leave. This is usually a maximum of 5 consecutive days taken in the early part of the FY2 year. FY1s can also "borrow" study leave from FY2 in order to take taster time at the end of their FY1 year.

Careers resources can be found at: <https://www.esht.nhs.uk/medical-education/medical-careers/>

Frequently Asked Questions



Do FY1s work nights?

FY1s are required to work nights in surgery. ALL general surgical FY1 placements are now on the Conquest site due to changes in the clinical service strategy.

How many Foundation posts are there?

There are 53 FY1 and 55 FY2 rotations across the Trust. Specialties included are Surgery, General Medicine, Elderly Medicine, ITU, Psychiatry, Cardiology, Paediatrics, Acute Medicine and Palliative Medicine.

It is essential you have a car for FY2 placements as Public Health (Lewes), Palliative Care, Psychiatry and some General Practice Surgeries may be out of town.

How often are Foundation Doctors on call?

This is dependent on each rota and is subject to change for each new intake. Urology and ENT FY2 Doctors work a shift pattern of four weeks day shifts and one week of night shifts. A standard day shift is 0800-1700. At weekends they will be rostered into the emergency department or the wards. FY1 Doctors do not work night shifts in urology or ENT.

What is the cost for on site accommodation?

Accommodation

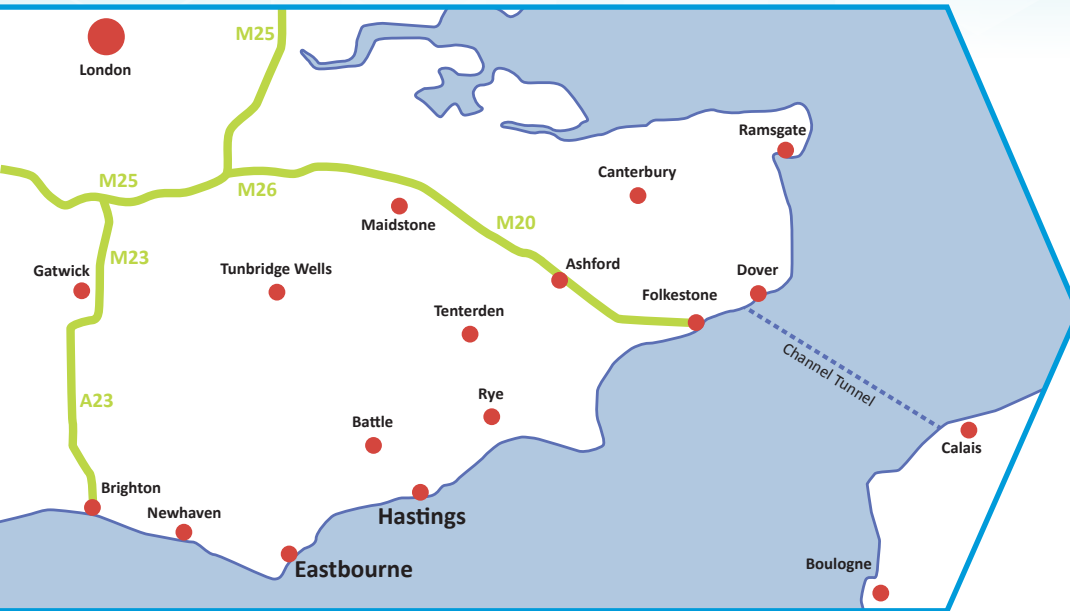
Accommodation costs vary depending on the site or accommodation choice that suits you. Please follow this link or scan the QR code to find out more information about the various options available for our Doctors: <http://nwww.esht.nhs.uk/task/accommodation/>



Eastbourne and Hastings based on 2-5 occupancy average

- **Eastbourne** Doctors (shared lounge) **£402** per calendar month
Doctors (private lounge) **£428** per calendar month
- **Hastings** Doctors (shared lounge) **£391** per calendar month
Doctors (private lounge) **£428** per calendar month

Where are Eastbourne and Hastings?



The Conquest (Hastings) is around 60 miles south of London. Regular trains run to London, with an average journey time of 1½ hours. Hastings main rail station is approximately 3 miles from the Hospital.

- **Bus travel**
www.stagecoachbus.com
and www.traveline.info
- **Train travel**
www.nationalrail.co.uk
and www.southernrailway.com

Eastbourne Rail Station is approximately 1.5 miles from the Hospital. Main line trains from London Victoria run regularly to Eastbourne.

Trains from London Victoria are fast and frequent, taking just 80 minutes.

Brighton is just along the coast from Eastbourne and easily accessible by car, bus or train.



Conquest Hospital Hastings



Eastbourne District General Hospital

Social Life

Hastings

Hastings is a famous, historical town and seaside resort situated on the south east coast of Britain. Hastings has a castle built by William the Conqueror in the 11th Century, an attractive old town, made popular by the TV show 'Foyle's War'. It has a selection of quaint shops, pubs namely, The Crown and Ye Old Pump House, restaurants, a fishing harbour, museums/galleries and seafront. The Centre of Hastings is modern and lively with a theatre, cinema, bars, clubs and restaurants. There is also Priory Meadow shopping centre, which benefits from many of the more common high street shops. There is always somewhere to go, or something to see in Hastings, such as the annual food and wine festival and the Jack in the Green festival in May.

There are many places of interest to visit in the town and more information can be found at www.hastings.gov.uk/



Eastbourne

Eastbourne has many restaurants, pubs and clubs and is famous for its tennis, stunning beach (Beachy Head and the local picturesque countryside, which has been the backdrop to many a film! The Sovereign harbour has numerous boutique shops and a variety of restaurants to suit most tastes. You will have the benefit of one cinema, 10 pin bowling, yachting and surfing clubs, sports centres and a number of local theatres. More information can be found at:

www.eastbourne.gov.uk/
www.visiteastbourne.com/tourism/Travel-Maps.aspx



East Sussex is so much more than a great place to work — it's a stunning place to live and visit. The seaside towns are lively with easy access to the nearby beautiful countryside.

Resident Doctor Events

Your dedicated mess presidents, working alongside our pastoral fellows coordinate a number of events such as summer and winter celebrations, curry and pizza evenings, Christmas wreath making, Easter egg hunt, paddle boarding and crazy golf just to name a few.

Freshers Week, Christmas Wreath making, and CQ Easter Egg Hunt



Welcome Events

The Medical Education Team host a number of welcome events for new residents, including our Foundation BBQ for new and departing residents during the 'Shadow Week' period. This is a great networking opportunity to meet new colleagues; including educational and clinical supervisors and your local speciality leads as well as other supporting staff, such as our HR team.



Welcome Event BBQ at the Cooden Beach Hotel

Integrated Education

Your Medical Education Team

Main Switchboard:

Conquest Hospital and Eastbourne DGH: 0300 131 4500

Medical Education Management - Strategic



Director of Medical Education

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Assistant Director HR- Education

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Associate Directors of Medical Education



Consultant General and Colorectal Surgery
MBBS MS FRCS(Ed) FRCS (Gen)

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Dr Osei Kankam

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Medical Education Operational Administration



Programme Administrator – FY2, Core & Specialty
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Programme Administrator – FY2, Core & Specialty
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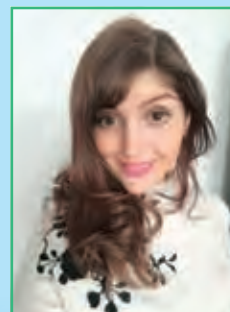
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