Welcome to the latest edition of the Wessex Professional Support Unit Newsletter. We will update you on events and developments made over the last few months.

**Highlight - Wessex Professional Support Reference Group**

The group was privileged to hear real life stories that were shared by three of our Wessex Trainees.

They spoke openly and frankly about their different experiences of their contact with the PSU, how their individual health conditions have impacted on their training, and the perception of others.

**Male Health**

Since April 2014 the Wessex Professional Support Unit received 180 referrals. 61% were female with 39% male. 48 (27%) of all the referrals were primarily health related. Only 19% of the health related referrals were for male trainees. This has led the PSU to think whether there are any reasons for such a difference in proportion between male and female health related referrals? Could it be because men are not as open as women to disclosing their health conditions? Could it be that Supervisors don’t feel they can bring up the subject with male colleagues if concerns are raised? Or could it just be that men are less prone to health related problems?

*British men are paying the price for neglecting their health: more than 100,000 men a year die prematurely.*

We are always interested in the thoughts and ideas of our readers and if you have any suggestions for the difference between the sexes we would love to hear from you. You can e-mail us on wessex.support@wessex.hee.nhs.uk

*On average, men go to their GP half as often as women.*
Website Update
Over the last few months, using a short survey, the PSU has been involving Trainees and Educators in collating feedback on the PSU pages of the HEE, Wessex Postgraduate Medical & Dental Education website.

Taking all the feedback and comments into account, we have started to make changes to the look and feel of the pages.

We have included photos and biographies of each of our Case Managers and Virtual Support Group members. The idea behind this was to give the service and support we provide a human face and to make it less intimidating for Trainees. Trainees who are referred to us can look up their Case Manager and VSG Provider before meeting them which will hopefully help reduce any anxiety they might feel.

One of the suggestions we received was to make the PSU leaflet more obvious, as it is a very useful document that is currently hidden away. We have therefore created a new button on the front page, so everyone viewing the pages won’t be able to miss it.

We were also told that the pages are quite “word heavy”. In order to make it feel less wordy we have included bright colourful buttons rather than text with links. This will hopefully help people to navigate the pages more easily and find the information that they need more quickly.

As with everything we do your feedback is always welcome. We are always looking to improve our services and support and if you have any ideas or comments, please do not hesitate to send them in to us at wessex.support@wessex.hee.nhs.uk.

The main themes that came out of the survey were:

- Majority found the PSU webpages easy to find
- 40% did not fully get a true understanding of the role of the PSU
- 45% found the service the PSU provides very easily; leaving 55% who found it okay or difficult
- 20% found the website actually changed their opinion of the PSU

Dates for the diary

**Peer Supervision Meetings**
Tuesday 23 February 2016
Wednesday 27 April 2016
Thursday 23 June 2016
Tuesday 23 August 2016
Wednesday 26 October 2016
Thursday 15 December 2016

**PSU Development Days**
Tuesday 31 May 2016
Thursday 22 September 2016

**PSU Reference Group**
Wednesday 7 December 2016
**Wessex PSU Dashboard**

As we approach the end of the financial year we would like to share with you the nature of work and level of activity that has taken place so far. *(Please note all information correct as of 29/2/16)*

**Open Cases - Referral reasons**

- Health: 38%
- Aspergers: 7%
- Conduct: 32%
- Exam Failure: 15%
- Capability: 2%
- Career: 1%
- Other: 1%

**Break down of referral type within this financial year (88 referrals)**

- New First Referrals: 69
- Self Referrals: 6
- Re-Referrals: 13

**Break down of total length of active Cases**

- 0-6 months: 4848
- 7-12 months: 3344
- 13-18 months: 1619
- 19-24 months: 813
- 25 months+: 25

**Contact Us**

You can contact the Professional Support Unit whenever you have a query relating to our work, or if you’re looking for advice on a referral or active case.

If you have a general query you may find the answer on our web pages: [http://www.wessexdeanery.nhs.uk/support/support/professional_support_unit.aspx](http://www.wessexdeanery.nhs.uk/support/support/professional_support_unit.aspx)

Alternatively you can contact us individually as below:

- Mrs Julie Worthington, PSU Administrator: julie.worthington@wessex.hee.nhs.uk or 01962 718428
- Mrs Anna Parsons, Revalidation & PSU Manager anna.parsons@wessex.hee.nhs.uk or 01962 718413
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