

Supporting You At All Times

Wessex Appraisal Service is here for you in 2021

Because we know that doctors are doing a great job under exceptional pressure, we want to ensure that finding the help you need is as straightforward as possible. Over the course of the pandemic, we have grown the **support tab** on our website and pulled together many other useful resources.



Our Website

Since the very start of the Coronavirus pandemic, we've used our **website** more than ever before. As well as being full of information about Appraisal and Revalidation, it's also currently hosting lots of useful links and resources to assist anyone who may feel in need of extra support and guidance.



Thinking Pitstops™

Many of our appraisers are trained in this systemic 15-minute intervention for peer-to-peer support, designed for NHS staff during the COVID-19 crisis. It uses an effective support matrix to promote decompression and doing your best thinking while in high pressure environments. Recharge and refuel, at pace.



The Appraiser Professional Support Unit (APSU)

We have formed a new **Appraisal Professional Support Unit or APSU** (mirrored on the PSU for trainees) for all medical educators, including GP trainers and appraisers. Recognising that you are busy supporting others, it is open for you to access any support you might need for yourself at this time.

CONFIDENTIAL email access to local support

For all our doctors, as always, if you are feeling at all in need of help, the Appraisal Service can be a safe place to talk to someone in confidence. Please get in touch at appraisal.wx@hee.nhs.uk marking it **CONFIDENTIAL**, and we will get back to you.

Our Newsletters

As the pandemic evolved, we regularly delivered **newsletters and information sheets** filled with tips, guidance, ideas, links and much more. The aim was to keep busy frontline professionals up-to-date with information and offers they may not have had time to see, or had not spotted elsewhere. Re-reading some of them is fun so we hope you enjoy them too!

