

# TRAINEE NETWORK BIG 5

## WINTER SURGE RESOURCES



#1

These are unprecedented years. The surge and staff shortages are making work tough. Look after yourself. Look after your team. Know how best to do so...

- [HEE winter pressure guidance](#)
- [PIER network](#) - bronchiolitis resources
- [Dr Cathryn Chadwick Reports](#)
- [More work coming soon on reframing Exception Reports](#)

#2

## TRAINEE CHARTER UPDATES

SPA time has been approved to increase. Not just recommended but a true aim for all training centres. [See here](#)

8 hours/month ST1-3  
16hours/ month ST4-8

#3

## RECRUITMENT UPDATE

GRID: Applications open 27th Oct. Final applicant ranking for appointment now based solely on interview. Recorded Webinars [here](#).

SPIN: Applications open Nov & new spin = audio-vestibular medicine ( ideal for community and general paediatricians)

For NEW recruits - NO more MSRA!

#4

## EXAMINATIONS

Clinical back log cleared. COVID derogations remain BUT clinical exam now required by end of ST4.

#5

## START

Application for Spring, Summer and Autumn 2022 START diets now open until Friday 31st Dec.

Prioritisation will be given to those due to CCT first. Space on form to put in requests and reasons. This will be looked at.

PS...have you heard about [PROGRESS PLUS!!!?](#)

