



Neges gan y Dirprwy Gyfarwyddwr yr Ysgol Sylfaen

Croeso

Mae hi wedi bod ychydig wythnosau ers i'ch cylchdroadau ddechrau. I'r rhai ohonoch sy'n parhau â'ch taith ôl-raddedig gyda ni yn yr Ysgol Sylfaen, rwy'n gobeithio bod y cyfnod ymsefydlu a newid wedi mynd yn iawn. I'r rhai ohonoch sydd newydd ymuno â ni, croeso i Gymru a'r Ysgol Sylfaen. Rwy'n credu bod y profiad a'r amlygiad y mae'r Rhaglen Sylfaen yn ei gynnig yn rhoi sylfaen gadarn i chi ar gyfer dilyn unrhyw yrfa mewn meddygaeth rydych chi'n ei ystyried.

Cymorth ar gael

Gall y cyfnod pontio sy'n digwydd rhwng yr ysgol feddygol a dechrau gweithio fel meddyg preswyl cofrestredig dros dro fod yn heriol mewn sawl ffordd, a byddwch i gyd yn teimlo'n wahanol o ran eich parodrwydd i ymarfer. Gall camu i fyny o feddyg preswyl blwyddyn sylfaen un i feddyg preswyl blwyddyn sylfaen dau, lle rydych chi'n cael mwy o ymarfer annibynnol, hefyd fod yn frawychus. Os ydych chi'n teimlo eich bod yn cael trafferth, cysylltwch â'ch Goruchwyliwr Addysgol (ES), Cyfarwyddwr Rhaglen Sylfaen a'r tîm Ôl-raddedig. Maen nhw i gyd yno i'ch helpu a'ch cefnogi. Yn ogystal, gellir cael cymorth gan yr Uned Cymorth Proffesiynol. Mae'r gwasanaethau a gynigir wedi'u rhestru ar y wefan: [Uned Cymorth Proffesiynol \(PSU\) - AaGIC](#), a gall eich FPD neu Oruchwyliwr wneud atgyfeiriadau neu, os yw'n well gennych, gallwch hunangyfeirio: [ffurflen atgyfeirio ar-lein](#).

Camau Gweithredu Cynnar

Dylech chi i gyd nawr fod wedi llofnodi eich datganiadau ar TURAS ac wedi cwrdd â'ch Goruchwyliwr Addysgol. Cynlluniwch eich dysgu trwy gydol y flwyddyn fel nad yw'n frys ar y diwedd, fel eich bod yn gallu dangos eich taith ddysgu.

A Message from the Deputy Foundation School Director

Welcome

It has been a few weeks now since your rotations commenced. For those of you continuing your postgraduate journey with us in the Foundation School, I hope that induction and changeover has gone smoothly. For those of you just joining us, welcome to Wales and the Welsh Foundation School. I truly believe that the experience and exposures that the Foundation Programme offers gives you a firm basis for pursuing whatever career in medicine you are considering.

Available Support

The transition points that occur between medical school and commencing work as a provisionally registered resident doctor can be challenging in many ways, and all of you will feel differently regarding your preparedness to practice. The step up from a foundation year one resident to a foundation year two doctor, where you are afforded more independent practice, can also be daunting. If you do feel that you are struggling, please reach out for support to your Educational Supervisor (ES), Foundation Programme Director and Postgraduate team. They are all there to help and support you. Additionally, support can be obtained from the Professional Support Unit. The services offered are listed on the website: [Professional Support Unit \(PSU\) - HEIW](#), and referrals can be made by your FPD or Supervisor or, if preferred, you can self-refer: [online referral form](#).

Early actions

You should all now have signed your declarations on TURAS and have met with your ES. Plan your learning throughout the year so it is not a rush at the end, and so you are able to demonstrate your learning trajectory.



Gwiriwch eich rota a gnewch yn siŵr bod gennych amser ar gyfer EDT wedi'i drefnu, a'ch bod wedi gwneud cais am absenoldeb astudio ar gyfer eich diwrnodau astudio sylfaen. Am ragor o wybodaeth ac arweiniad ar absenoldeb astudio a gwyliau ar gyfer diwrnodau blasu, gweler: [Diwrnodau Absenoldeb Astudio a Blasau - Fersiwn-4](#). Yn bwysicach oll, cynlluniwch eich gwyliau blynyddol fel y gellir ei archebu gyda'ch adrannau'n gynnar.

Cynrychiolwyr Sylfaen

Rydym yn dal i chwilio am gynrychiolwyr sylfaen i gwrdd lan gyda'r tîm sylfaen, rhoi adborth ar hyfforddiant, a rhannu arfer gorau. Mae'r cyfarfodydd hyn yn rhoi llais i chi wrth lunio eich hyfforddiant a'ch addysg ac maent yn rôl hanfodol o fewn y byrddau iechyd.

Neges derfynol

Am y tro, parhewch i fwynhau bod yn feddyg. Ydy, mae'r GIG mor brysur ag erioed ac yn wynebu heriau sylweddol, ond dyma'r proffesiwn y byddwn i'n ei ddewis pe bawn i'n dechrau o'r newydd.

Check your rota and make sure you have time for EDT scheduled, and that you have applied for study leave for your foundation study days. For more information and guidance on study leave and leave for taster days, please see: [Study Leave and Taster Days - Fersiwn-4](#). Very importantly, plan your annual leave so it can be booked in with your departments early.

Foundation representatives

We are still looking for foundation representatives to meet with the foundation team, feedback on training, and share best practice. These meetings give you a voice in shaping your training and education and are a crucial role within the health boards.

Final message

For now, continue enjoying being a doctor. Yes, the NHS is as busy as ever and faces significant challenges, but it is still the profession I would choose if I were starting over again.



Cofion cynnes

Izzy Watson

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