

MFT Foundation Buddy scheme

Dear F1 (soon to be F2) Doctor,

This year we plan to run a buddy scheme where our F2 doctors (i.e., yourselves in a few weeks) will act as a buddy to a new F1 doctor. We are asking all current F1s to contribute to this if they feel able, with the aim that all the new intake can have a buddy ideally on the same track.

Frequently asked questions

What would be my role as a buddy?

You would act as an informal source of support and advice to the new Foundation doctor, using the benefit of your previous experience to help them transition into their new role. Examples of this might include:

- General support and advice to help the new F1 settle into their job
- Specific advice about aspects of their post based on your previous experience
- Advising on how to cope with a busy workload and prioritise tasks effectively
- Tips on building a portfolio/smooth passage through ARCP
- Signposting to sources of help and support

What is the time commitment?

Ideally you would meet with your F1 within their first week in post and agree further plans for contact as suits you and your buddy. Thinking back to your first days as an F1, you might feel more contact is useful early in the programme and perhaps after rotating to a new post. You may choose to stay in contact via messaging, phone or over a coffee (ideal!).

What support will I get?

You will be invited to complete online training in medical mentoring skills which can be logged as 'non-core learning' for your portfolio.

You will be able to contact a member of the Foundation team at any time if you have any questions or concerns.

What do I do if I have concerns about how my F1 buddy is coping?

You can help your F1 buddy by offering advice, signposting them to useful resources and encouraging them to seek support from their CS, ES or the Foundation team. Simply show them the same care and consideration that you would extend to a current colleague or friend. You are not responsible for their wellbeing or training; if you are worried, talk to one of the FPDs in confidence.

How do I benefit from the buddy scheme?

You will have the satisfaction of having helped a new doctor transition from the student role. You can map to aspects of your curriculum, in particular FPC6. You will receive a letter of thanks from the Foundation team for your portfolio.

How many F1 doctors will I buddy?

One or two depending on demand and your preference.

What happens if my buddy and I don't get along?

This is a voluntary arrangement, and if either feels unable to have a productive relationship with the other, the arrangement will stop with no fault attributed to either party. It is hoped that this would be a rare occurrence.

Where can I find further information?

Please contact the Foundation team with any queries.