

Wessex Buddies: A near-peer support network

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The economical and political changes affecting the NHS over recent years have left many of us feeling fatigued and under-valued – this has led to many doctors sadly leaving the profession.

Our aim was to create a trainee-led, sustainable support scheme for Wessex trainees throughout their training.

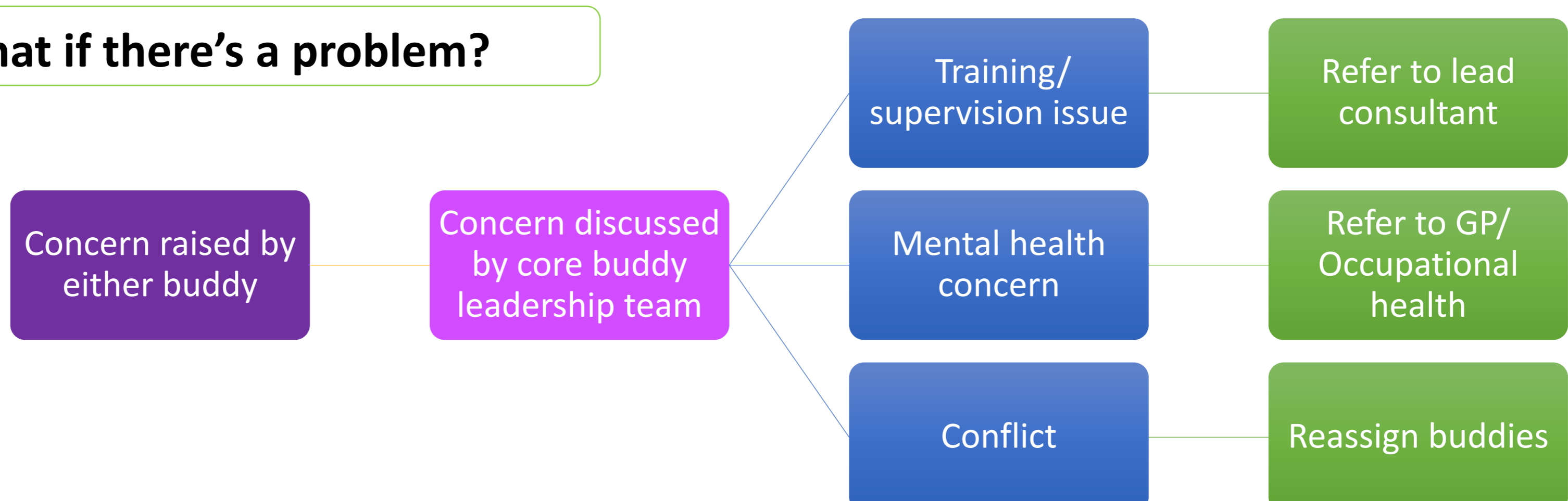


What are the rules of engagement?

- Admission is **voluntary** for both senior + junior buddies
- Senior buddies must undergo **formal training**
- Junior + senior buddies matched
- Buddy pair sign contract
- The buddy relationship is **not educational supervision** or assessment of performance.

Pilot scheme: 20 senior buddy volunteers, 7 junior buddies matched

What if there's a problem?



Sustainability:

- 6 monthly evaluation forms
- New junior buddies each year
- 6 monthly training for senior buddies delivered by Buddy Leadership group
- Dedicated website with written + video resources: www.wessexbuddies.com
- 6 monthly socials
- Access to RCPCH mentoring forum