

To: All BAOMS members (Message from Junior Trainees Committee JTG)

In these unprecedented times, it can often seem impossible to discover clarity amidst the multiple daily emails, frequent changes in policy and the associated media frenzy. But amongst all of this we want you to know that we are dedicated to ensuring the wellbeing of all of you.

[Please do contact us if you want advice, are feeling overwhelmed or burnt out, we are here to listen and to help.](#)

Many of you may now be facing re-deployment, about to work outside of your comfort zones, and joining the many of us already working on the frontline to deal with the COVID-19 pandemic. We want you to know how immensely proud we are of each and every one of you.

Please remember to take care of yourselves and each other during these unfamiliar times.

Please pass this message on to your junior staff (DCTs, FYs, CTs, clinical fellows, locums and volunteers)

We wish good health to yourselves and all of your loved ones.

Ross Leader and Aimee Rowe

On behalf of the JTG Committee 2020

[https://www.baoms.org.uk/professionals/junior\\_trainees\\_group.aspx](https://www.baoms.org.uk/professionals/junior_trainees_group.aspx)

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