



Wessex AiT Subcommittee Summary for AiTs – July 2021

1. Revision Resources

- Thanks to Wessex RCGP Faculty Board and the Deanery, we continue to offer **free AKT revision website subscriptions for ST2/3s**. If interested please contact wessexpassmedicine@gmail.com. Please note only **one** subscription is available per trainee.
- FourteenFish also offers revision resources for both the AKT and CSA. These are available via the new FourteenFish training portfolio.
- The RCGP also provides free access to GP Self-test via the RCGP website for MRCGP preparation.
- Celebr'AIT' page of the RCGP website offers top tips for the AKT & RCA.

2. Upcoming Webinars:

We have been able to arrange two webinars in August on 'Life after GP Training' and 'What sessional GPs need to know about their NHS Benefits'. These are likely to be useful to all trainees, particularly for those nearing their CCT. Further details will be sent out shortly on a separate email.

3. RCGP Ball and MRCGP Excellence Awards

The RCGP Wessex Faculty are planning to host and give out five MRCGP Excellence awards - one award for the best trainee within each of the four patches and one for the whole of Wessex. The faculty board strongly encourages you to attend the RCGP Ball which is free for all trainees. Dr. Nikki Kanani, the Medical Director for Primary Care for NHS England & NHS Improvement is expected to attend the ball and give out the awards along with the famous George Swift Lecture.

4. RCGP Inspire Awards 2021

Do you know someone who deserves recognition for their commitment to GP? The RCGP are hosting their annual Inspire Awards for you to nominate someone you know who volunteers their time for the benefit of fellow members. In particular, they are seeking to reward those who have significant contributions to mitigating the impact of the pandemic. The nominations are open from the 5th of July to the 31st of August and the award will be presented at the annual RCGP Conference in Liverpool. Please follow this link to look at the categories and make your nomination.

<https://www.rcgp.org.uk/about-us/the-college/who-we-are/get-involved/volunteers-week.aspx>

5. Wellbeing Support

- **Looking After You Too** - All staff working in the delivery of Primary Care services can access individual personal or professional coaching support. The team provides a free 45 minute coaching call with the option of a further 3 x 30 minute calls to provide you with support. For more information see <https://people.nhs.uk/lookingafteryoutoo/>
- **Project5** - Project5.org is another service that offers free wellbeing support to all health care workers. <https://www.project5.org/>

6. International trainees

- There is now a Facebook page for all Wessex International Medical Graduates. Please feel free to join this in order to access support and information that may be relevant to anyone who trained overseas and is new to Wessex or the NHS.
- There is also a 'Wessex GP trainees forum for international graduates' on the fourteenfish platform that you are encouraged to join for peer support.

7. Tier 2 sponsorship

For those trainees currently on a Tier 2 Visa and nearing CCT, the Wessex LMC website has compiled a list of practices with a licence to sponsor Tier 2 Visas. If your desired practice is not on this list but would like to apply for a licence to employ you, the LMC has put together some useful information which can be accessed here - <https://www.wessexlmcs.com/tier2visasforpractices>. We strongly encourage all ST3 trainees under a Tier 2 visa to read this and plan well in advance due to the long timescales involved.

8. Wessex First5

For those trainees planning to stay in Wessex post-CCT, please consider joining the Wessex First5 Community either through the Facebook group: <https://www.facebook.com/groups/193825401968642> OR email wessex@rcgp.org.uk to join the mailing list. It is a fantastic way to stay connected with your peers and hear about CPD and social events throughout the year. There are some upcoming well-being events planned to be hosted in September. Please check the RCGP website for further details.

9. Supported Return to Training

Wessex provides a return to training mentorship scheme for trainees who have been out of training for more than 3 months, for any reason. There are numerous valuable resources available which are detailed at <https://wessex.hee.nhs.uk/trainee-information/trainee-journey/supported-return-to-training/>. Please contact SuppoRTT.wx@hee.nhs.uk with any questions or to express interest in using the service.

10. Study Budget & Study Leave:

Trainees have the option to utilise their AKT budget for any course provider of their choice. Study leave can also be used for opportunities to shadow in outpatient clinics in hospital placements.

11. Travel Mileage Claims

All trainees in a GP placement can claim mileage from home to the practice and back, if there is an expectation that they may do a home visit. Please contact the HR team of your lead employer for further details.

12. GP Fellowship Scheme

As part of the NHS long term plan, 2 year funded fellowships are now available within the first 12 months of CCT. It offers up to one funded session a week aiming to support the transition into primary care and provide individualised mentoring and development opportunities. The programme is currently on hold due to the COVID-19 pandemic but hopeful to restart from August 2021. For more information please visit <https://www.england.nhs.uk/publication/general-practice-fellowships-for-gps-and-nurses-new-to-practice-programme-operational-guidance-2020-21/>

13. Patch Reps

We are still looking to recruit Patch Reps from Southampton, Portsmouth, Jersey and Isle of Wight. If you are interested, please contact wessexAiT@gmail.com

The next Wessex AiT Subcommittee meeting will take place on the 13th of October 2021. If there are any issues you would like raised, please do not hesitate to contact your local rep as detailed below.

PATCH	LOCATION	NAME	CONTACT
Mid-Wessex	Basingstoke	Rebecca Piper Sobia Kashif (IMG representative)	midwessexaitreps@gmail.com
	Salisbury	Simisola Esenekhomen (LTFT rep)	
	Winchester	Tom Parrott (Vice-Chair)	
Dorset	Poole	Johannes Nussmann Janine Plaistow (LTFT representative)	jnussmann@gmail.com jplaistow@doctors.org.uk
	Bournemouth	Emma John	emmacjohn@outlook.com
	Dorchester	Rebecca Lye (Chair)	rebecca.lye@hotmail.co.uk
Portsmouth & IOW	Portsmouth	Priya Arunachalam (LTFT representative) (vacant)	drsugapriya@gmail.com (vacant)

	IOW	<i>(vacant)</i>	<i>(vacant)</i>
Southampton & Jersey	Southampton	Maira Tariq (IMG representative) <i>(vacant)</i>	mairatariq@rocketmail.com <i>(vacant)</i>
	Jersey	<i>(vacant)</i>	<i>(vacant)</i>
BMA Rep	Wessex	Andrew Pike	Andrew.Pike7@nhs.net

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