

## **Support and Wellbeing:**

### **Reminder of Resources available for Mid-Wessex GP Trainees**

#### MWGPE website

Please see the MWGPE Patch Office information sheet which explains what the Patch Office team can help you with during training – on our website <https://www.mwgpe.co.uk/gptrainee>

Please remember to check the Mid-Wessex website where you can find further support and links <https://www.mwgpe.co.uk/>

The website also has information on our teaching dates & events, Training Practices, Study Leave Funding and how to contact us – for general queries please email Mid Wessex GP Education (SE) [england.mwgpe.se@nhs.net](mailto:england.mwgpe.se@nhs.net)

#### Professional Support and Wellbeing Unit (PSW)

Health Education Wessex PSW offers wellbeing support to trainees including exam support, return to training and support <https://wessex.hee.nhs.uk/wellbeing-and-support/>

#### Fourteen Fish

ST1s or ST2s who don't have access to AKT/RCA 14Fish resources already, can pay for access to both of these resources via Fourteen Fish and claim it back from their study budget during their hospital posts. Access packages are for 12m so sign up when you are planning to sit exams. The RCGP also provide free access to GP Self-test via the RCGP website for MRCGP preparation.

To access the resources simply log into your account and click the "Education" tab at the top of the dashboard. You can then click into the AKT and RCA/CSA packages via their individual icons.

#### Mandatory Training

All Mid Wessex GP Trainees are employees of either HHFT or SDH Trusts for the entirety of their GP training. Both trusts have mandatory staff training modules (which they will tell you about at induction) which it is your responsibility, and a requirement of your employment, to keep up to date with. Additional resources can be found on e-learning for health <https://www.e-lfh.org.uk/>

Some of these modules, which are all accessed via your Hospital Trust, are also GP training requirements. You do not need to duplicate the training, but once completed for the trust please can you upload your certificates to your ePortfolio.

Specifically, these are Child and Adult Safeguarding (which must be completed at the start of your first post and renewed annually) and Basic Life Support. Please see more information about these GP training requirements at <https://www.rcgp.org.uk/training-exams/training/mrcgp-workplace-based-assessment-wpba/cpr-aed-and-child-safeguarding.aspx>

### Screening for Learning Differences

More information about the screening tool for dyslexia will be provided at Induction.

### AKT Support

Mid-Wessex Programme Directors will be in touch with any Mid-Wessex trainees who have failed AKT in order to provide additional support.

General queries – please look at the website first <https://www.mwgpe.co.uk/>

If you cannot find what you need, please contact MWGPE Team - [england.mwgpe.se@nhs.net](mailto:england.mwgpe.se@nhs.net)

ST1/2 Programme Directors – please note PDs only work on Wednesdays in this role

Basingstoke – Dr Pippa Gardiner [pippa.gardiner4@nhs.net](mailto:pippa.gardiner4@nhs.net)

Salisbury – Dr Ellen Neale [ellen.neale1@nhs.net](mailto:ellen.neale1@nhs.net)

Winchester – Dr Tessa Lambton [tessa.lambton1@nhs.net](mailto:tessa.lambton1@nhs.net)

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