Royal College of General Practitioners
WESSEX FACULTY

Wessex AiT Subcommittee Summary for AiTs – April 2022

1. Revision Resources

- There are still some **free AKT revision website subscriptions for ST2/3s** through funding from Wessex RCGP Faculty Board and the Deanery (not ongoing). If interested please contact wessexpassmedicine@gmail.com. Please note only **one** subscription is available per trainee. If your exam was cancelled please contact Passmedicine directly to arrange a free extension.
- 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. 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 45minute coaching call with the option of a further 3 x 30minute 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/

3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8. 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.

9. 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 was on hold due to the COVID-19 pandemic but has now restarted. 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/

10. Patch Reps
We are still looking to recruit a Patch Rep from Jersey. If you are interested, please contact wessexAiT@gmail.com

11. BMA Rep
Our current Wessex BMA Rep is completing their term in August 2022, and elections are being held for candidates to replace them. If you are a BMA member and are interested in standing as Wessex BMA Rep please go to https://www.bma.org.uk/what-we-do/committees/general-practitioners-committee/gp-trainees-committee for more information including eligibility requirements. Deadline for nominations is **Thursday 5th May 2022.**

The next Wessex AiT Subcommittee meeting will take place on 13th July 2022. 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 rep)	rpiper@doctors.org.uk sobkas@yahoo.com
	Salisbury	Simisola Esenekhomen (LTFT rep)	allensimisola@gmail.com
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Dorset	Poole	Janine Plaistow (LTFT rep) Abdel-Rahman Nafie	jplaistow@doctors.org.uk dr.a.nafie@gmail.com
	Bournemouth	*(vacant)*	
	Dorchester	Rebecca Lye (Chair) Kasey Redler	Rebecca.lye@hotmail.co.uk kasey.redler@hotmail.com
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