



## Wessex AiT Subcommittee Summary for AiTs – February 2024

- **Simulated Consultation Assessment, SCA**

- The new SCA has had a successful second run. There are 9 sittings a year reservable in advance, £1180 fee, 4 attempt allowed <https://www.rcgp.org.uk/mrcgp-exams/simulated-consultation-assessment>

- **Revision Resources**

- Each Patch has money to help trainees with **AKT and SCA preparation**. The patch office emails trainees when course available, then you apply for a code for one free RCGP AKT or SCA course. Consider booking asap, and claiming money back later, they book up fast.
- **GP Self-test** via website for AKT preparation. SCA specific resources are also on the RCGP website.
- The **CelebrAiT** page of the RCGP website offers top tips for the AKT and for SCA. The **InnovAiT** page has articles for AKT revision and test questions, found on RCGP homepage

- **General Practice Fellowship Programme after CCT**

- As part of the NHS long term plan, 2-year funded fellowships are available to every GP within the first 12 months after CCT: up to one funded session a week aiming to support the transition into primary care, individualised mentoring and development opportunities. Strongly recommended. System is changing, so for all applications to Sept 24, Email Jaime Tyler Ford: [hiowicb-his.gpfellows@nhs.net](mailto:hiowicb-his.gpfellows@nhs.net)

- **Travel expenses and tax deductible expenses**

- Wessex GP School has guidance for recouping travel expenses to practices and training days. 30p per mile (or equivalent). Last link on : <https://wessex.hee.nhs.uk/general-practice/gp-training/>
- Remember exam fees, memberships, courses and many other expenses are tax deductible, more information at <https://www.gov.uk/tax-relief-for-employees/professional-fees-and-subscriptions>

- **Tier 2 visa extension and sponsorship**

- The 3-year training visa can be extended by 4 months, you will need to apply
- For trainees on a Visa and nearing CCT, the Wessex LMC website has compiled a list of Practices with a licence for Sponsored Visas. Useful information can be accessed here: <https://wessexlmc.sharepoint.com/:x/g/EThRlnNIdi9Jk4yZg6r49WcBD5xhjiINb2eEwbaObFE5dw?rttime=XItAot0l3Eg> <https://www.wessexlmcs.com/guidance/uk-visa-sponsorship-licences-formerly-known-as-tier-2/>  
We strongly encourage all ST3 trainees with sponsored visas plan well in advance.

- **The Performers List**

- There have been delays for those nearing CCT being added to the Performers List, with RCGP advice to apply 6 months prior to CCT but trainees being advised by PCSE they cannot apply until 3 months before CCT date. We advise applying at 3 months prior to your CCT date.

- **Wessex First5**

- For those trainees planning to stay in Wessex post-CCT, please consider joining the Wessex First5 Community either through the Facebook group: email <mailto:wessex@rcgp.org.uk> or <https://www.facebook.com/groups/193825401968642> to join the mailing list.
- Also currently First5 rep roles and Faculty Reps and other positions available.

- **Upcoming RCGP Events**

- Faculty Board Meeting online 29/2/24 7:00pm (email [amy.cope@rcgp.org.uk](mailto:amy.cope@rcgp.org.uk) for a link)

- RCGP F2F and online events here: <https://www.rcgp.org.uk/events?faculty=Wessex%20Faculty>

- **BMA update**

- BMA Junior Doctors 2016 Contract for Clear Guidance: <https://www.bma.org.uk/media/4054/bma-junior-doctors-2016-handbook-april-21.pdf>
- Re-ballot for further strike mandate pending offer from Health Secretary, following wide consultation
- GP Trainee guide update underway, helpful guide to expectations of GP training and trainers: [https://heeo.ee.nhs.uk/sites/default/files/1395226128\\_jxmn\\_guide\\_to\\_a\\_session\\_for\\_gp\\_trainees\\_and\\_trainers\\_1\\_0.pdf](https://heeo.ee.nhs.uk/sites/default/files/1395226128_jxmn_guide_to_a_session_for_gp_trainees_and_trainers_1_0.pdf)

- **Wellbeing Support**

- **Looking After You Too** - All staff in Primary Care can access individual personal or professional coaching. 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 offers free wellbeing support to all healthcare workers <https://www.project5.org/>
- There is financial strain on all in the current climate and would like to share the following resources for anyone struggling <https://www.rcgp.org.uk/membership/gp-wellbeing>

- **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 at: <https://wessex.hee.nhs.uk/trainee-information/trainee-journey/supported-return-to-training/>  
Please contact <mailto:SuppoRTT.wx@hee.nhs.uk> with questions or if interested in the service.

**The next Wessex AiT Subcommittee meeting will take place on 1st May 2024 in Southampton. If there are any issues you would like raised please do not hesitate to contact your local rep:**

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