



Wessex AiT Subcommittee Summary for AiTs – January 2023

1. BMA Strike Ballot

- Reminder of current BMA strike ballot - you must be a member of the BMA to vote, and have until the end of January to become a member.
- There is a current offer of a £10 sign up voucher - please contact Cheska Ball (BMA rep, details below)
- There must be a response rate of 50% of BMA members for the ballot to count, so your vote matters.
- More information here
<https://www.bma.org.uk/our-campaigns/junior-doctor-campaigns/pay/junior-doctors-strike-doctors-guide-to-industrial-action-2023>

2. Revision Resources

- Each Patch has been given money to help trainees with AKT and RCA preparation, please contact your local Patch office for more details.
- FourteenFish offers revision resources for both the AKT and RCA.
- The RCGP provides free access to **GP Self-test** via the RCGP website for MRCGP preparation.
- The CelebrAiT page of the RCGP website offers top tips for the AKT & RCA.
- Trainees can use their AKT course study budget for any course provider of their choice.

3. 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/>
- **Financial support** - We acknowledge the 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>
 - Also remember exam fees and other expenses are tax deductible, more information can be found <https://www.gov.uk/tax-relief-for-employees/professional-fees-and-subscriptions>

4. Events

- Wellbeing event - Back by popular demand is our Art Workshop (virtual), scheduled to take place Monday 20th March. This is RCGP-funded, further info to be sent out shortly. Great reviews from last year's event!

5. Tier 2 sponsorship

- For 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 with a Tier 2 visa to read this and plan well in advance, due to the long timescales involved.
- To try to put more pressure on decision-makers, the National RCGP AiT Committee is collecting personal stories of trainees' visa issues during training and post-CCT. If you would be willing to share your experience or know someone who would be, please email danielle.fisher@rcgp.org.uk or kelly.sarsfield@rcgp.org.uk with the subject: Tier 2 Visa Stories. Thank you very much.

6. Issues regarding 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. This has been escalated and is being looked into. Currently we advise applying ASAP at 3 months prior to your CCT date to avoid delays.

7. 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.

8. 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.

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/gp/the-best-place-to-work/gp-fellowship-programme/>

10. Patch Reps

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

The next Wessex AiT Subcommittee meeting will take place on 19th April 2023. If there are any issues you would like raised please do not hesitate to contact your local rep, as detailed below.

We hope you have a Merry Christmas and Happy New Year in the meantime!

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
	Winchester	Tom Parrott (Chair)	tfparrott@doctors.org.uk
Dorset	Poole/ Bournemouth	Abdel-Rahman Nafie & Maryanna Tavener	dr.a.nafie@gmail.com tavener@doctors.org.uk
	Dorchester	Kasey Redler (Vice-Chair)	kasey.redler@hotmail.com
Portsmouth & IOW	Portsmouth		
		Mostafa Abdallah	drmedo2009@yahoo.com
	IOW	Chibuzo Ukwuoma	lilyjordaisy@gmail.com
		Ifey Okoye	dr.gelphie@gmail.com
Southampton & Jersey	Southampton	(vacant)	
		Aqeel Bajwa	aqeel_bajwa414@hotmail.com
	Jersey	(vacant)	
BMA rep	Wessex	Cheska Ball	cheska.ball.95@gmail.com