



## Wessex AiT Subcommittee Summary for AiTs – July 2023

- **New Exam: Simulated Consultation Assessment**
  - Updated info at <https://www.rcgp.org.uk/mrcgp-exams/simulated-consultation-assessment>.
  - Exam fee £1180. 4 attempts allowed.
  - First sitting 9th November 2023, 9 sittings a year. Booking will be available end-August
  - Webinars in August and September for trainees, recommended for trainees sitting SCA in Nov.
- **Revision Resources**
  - Each Patch has been given money to help trainees with AKT and RCA/SCA preparation, please contact your local Patch office for more details.
  - The RCGP provides free access to **GP Self-test** via the RCGP website for MRCGP preparation. SCA specific resources will be created and advertised through the RCGP website.
  - The CelebrAiT page of the RCGP website offers top tips for the AKT (and will for SCA).
  - Trainees can use their AKT course study budget for any course provider of their choice.
- **Upcoming RCGP Events**
  - RCGP Wessex Faculty is putting on a series of educational events before Christmas, including a welcome event for ST1s, an event on sustainable healthcare, and the annual George Swift Lecture. See more details for upcoming events here <https://www.rcgp.org.uk/events?faculty=Wessex%20Faculty>
- **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>
- **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](mailto:danielle.fisher@rcgp.org.uk) or [kelly.sarsfield@rcgp.org.uk](mailto:kelly.sarsfield@rcgp.org.uk) with the subject: Tier 2 Visa Stories. Thank you very much.
- **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.
- **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](mailto: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.
  - Also currently first5 roles and positions available.

- **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](mailto:SuppoRTT.wx@hee.nhs.uk) with any questions or to express interest in using the service.

- **General Practice Fellowship Programme**

- As part of the NHS long term plan, a 2 year funded fellowship is available to every GP within the first 12 months after CCT. It offers up to one funded session a week aiming to support the transition into primary care, and provides peer support as well as individualised mentoring and development opportunities. The programme is strongly recommended. For more information on the different Patch offers, please visit <https://www.wessexlmcs.com/generalpracticefellowshipprogramme>

- **Patch Reps**

- We are still looking to recruit a Patch Rep from Jersey and another from Southampton. If you are interested, please contact [wessexAiT@gmail.com](mailto:wessexAiT@gmail.com)

**The next Wessex AiT Subcommittee meeting will take place on 25th October 2023. 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	Sobia Kashif (IMG rep)	<a href="mailto:sobkas@yahoo.com">sobkas@yahoo.com</a>
	Salisbury	Anicka Sufraz	<a href="mailto:anicka.sufraz@doctors.org.uk">anicka.sufraz@doctors.org.uk</a>
	Winchester	Tom Parrott (Chair) Chris Mcquitty	<a href="mailto:tpparrott@doctors.org.uk">tpparrott@doctors.org.uk</a> <a href="mailto:chrismcquitty@gmail.com">chrismcquitty@gmail.com</a>
Dorset	Poole/ Bournemouth	Abdel-Rahman Nafie (IMG rep) & Maryanna Tavener	<a href="mailto:dr.a.nafie@gmail.com">dr.a.nafie@gmail.com</a> <a href="mailto:tavener@doctors.org.uk">tavener@doctors.org.uk</a>
	Dorchester	Hasanurrahman Khan Kasey Redler (Vice-chair, on mat leave)	<a href="mailto:hasanurrahman.khan@nhs.net">hasanurrahman.khan@nhs.net</a> <a href="mailto:kasey.redler@hotmail.com">kasey.redler@hotmail.com</a>
Portsmouth & IOW	Portsmouth	Alina Zagorulko	<a href="mailto:alina.zg@hotmail.com">alina.zg@hotmail.com</a>
		Mostafa Abdallah	<a href="mailto:drmedo2009@yahoo.com">drmedo2009@yahoo.com</a>
	IOW	Chibuzo Ukwuoma	<a href="mailto:lilyjordaisy@gmail.com">lilyjordaisy@gmail.com</a>
		Ifey Okoye	<a href="mailto:dr.gelphie@gmail.com">dr.gelphie@gmail.com</a>
Southampton & Jersey	Southampton	(vacant)	
		Aqeel Bajwa	<a href="mailto:aqeel_bajwa414@hotmail.com">aqeel_bajwa414@hotmail.com</a>
	Jersey	(vacant)	
BMA rep	Wessex	Cheska Ball	<a href="mailto:cheska.ball.95@gmail.com">cheska.ball.95@gmail.com</a>