



## Wessex GP Registrar Subcommittee Summary – February 2025

### ● Upcoming RCGP Events

- **Learn and Connect Wessex** Conference Wednesday 12<sup>th</sup> March 9-5, Chilworth Manor Hotel, Southampton: Educative sessions, Clinical learning, GP Research team, BLS and Safeguarding Book here: <https://rcgp.my.site.com/s/lt-event?id=a1USg000001E1OfMAK&site=a0d1i00000aKQbhAAG>
- **Family Fun** day out! Saturday 15<sup>th</sup> March 2025, cost free, book here: <https://rcgp.my.site.com/s/lt-event?id=a1USg000001VGvxMAG&site=a0d1i00000aKQbhAAG>
- Wessex GP Registrar and First5 social event in planning – anticipated in May/June
- **RCGP Annual Conference** 9-10 October 2025, Newport, Wales <https://www.rcgpac.org.uk>
- Faculty Board Meetings, four a year at 7pm, next 6<sup>th</sup> March 25 (email [amy.cope@rcgp.org.uk](mailto:amy.cope@rcgp.org.uk))
- Wessex GP Registrar committee 21<sup>st</sup> May 2025 7:30-9:15pm, (email [WessexAiT@gmail.com](mailto:WessexAiT@gmail.com))
- Highlight our upcoming events: [Art for GPs Course](#) - 18/02, 18/03. [Creative Writing](#) - 3 March
- **100+ RCGP F2F/online events** here: <https://www.rcgp.org.uk/events?faculty=Wessex%20Faculty>

### ● Applied Knowledge Test, AKT

- The AKT is the cornerstone of the MRCGP tripos exam to qualify as a GP, and sits alongside the SCA and the WBPA (workplace-based assessments). From October 2025 the AKT will reduce in length to become 160 questions, whilst maintaining the same standard of excellence as an exam.
- Registrars in Wessex are encouraged to investigate any potential learning difference <https://www.rcgp.org.uk/mrcgp-exams/simulated-consultation-assessment>. If you need to access reasonable adjustments quickly, it may be more timely to get private educational assessment.
- The MRCGP Curriculum is also updating as of 1 August 2025, to include the impact of COVID-19 on consultation, to reflect climate and environmental factors, inclusion of personalised care and valuing wider knowledge and learning.

### ● Simulated Consultation Assessment, SCA

- The SCA has had a successful year of runs. There are 9 sittings a year, reservable in advance, £1180 fee, 6 attempts allowed as of those starting in Aug 2023, with consideration for reasonable adjustments. Technical completion rate of the exam remains excellent, with provision of re-runs of stations if required as a back-up.

### ● Revision Resources

- Each Patch has funds to help registrars with **AKT and SCA preparation**. Courses are on the RCGP website, ask your patch office for repayment of one course per exam. Consider booking asap, and claiming money back later, they book up fast.
- Included in membership: **GP Self Test** via RCGP website for AKT preparation. SCA specific resources are also on the website. There are sufficient SCA preparation courses giving excellent advice on how to approach the SCA exam and how to structure SCA cases.
- 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, accessed through RCGP homepage.

### ● 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. You will also need to apply for any further visa extensions if training is further extended.
  - 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/ETbRIInldi9Jk4yZg6r49WcBD5xhjiINb2eEwbaObFE5dw?time=XltAot0l3Eg>  
<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.
- **General Practice Fellowship Programme after CCT**
  - Some funded fellowships are available after CCT, although provision across Wessex is varied. ICBs hold the funding for these new-to-practice fellowships, you are advised to contact them directly for information, [hiowicb-hsi.gpfellows@nhs.net](mailto:hiowicb-hsi.gpfellows@nhs.net) is the contact for HIOW. GP School fellowships are also available, the contact is Katie Collins, who has also been IMG Lead for Wessex.
- **The National Performers List and GMC Specialist Register**
  - RCGP and PCSE advise applying to be on the performer's list for GP 3-6 months prior to CCT.
  - The final ARCP is gateway to CCT, Registration with the RCGP and the GMC Specialist Register
- **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 [wessex@rcgp.org.uk](mailto:wessex@rcgp.org.uk) or <https://www.facebook.com/groups/193825401968642> to join. Our First5 Rep is Mostafa.
- **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>
  - ST1-ST3 GP registrars are entitled to 4hrs FTE of self-directed learning time in hospital and in GP
- **Driving Licences**
  - A valid driving licence is expected of GP Registrars, rural areas placements may require commuting by car. International driving licences are valid for a year, so plan for a UK driving test if needed.
- **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 GP Registrar Subcommittee meeting will take place on 21st May 2025.**

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If there are any issues you would like raised for discussion, please do not hesitate to contact your local rep as below. If you are interested in becoming a rep, please reach out to any of the contacts in your area:

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The contact details for the offices of our four Wessex patches are found on the Wessex GP School website, along with other helpful guidance. <https://wessex.hee.nhs.uk/general-practice/>