

# SuppoRTT Champion

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Whilst completing my training I took an OOP to care for my terminally ill mother, I then came back pregnant and took unpaid maternity leave. My experiences during this time shaped my outlook and let me see first hand the hurdles that those returning to work after a period of absence face and how to overcome them.

I am passionate about trying to positively improve trainees experiences of returning to work and provide support from a multitude of different areas. I worked with a trainee led committee to build a return to work / less than full time trainee conference in the Southwest Deanery and put together a SuppoRTT website and app before completing a leadership and management fellowship and qualification during my last year of training.

Although I am a newly qualified consultant in a trust which is new to me I am enthusiastic about supporting trainees to feel ready and keen to return to work after a period of absence for whatever reason that is.