# Yorkshire & Humber Trainee Wider Forum Minutes of Meeting

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| Date and time | 20/05/2025  0915 -1215 | |
| Venue details | Virtual: MS Teams | |
| In attendance | **TEF members:** | |
| Shrita Lakhani , Chair  Uchechika Iroegbu , Vice Chair  Katie Jarvis, Incoming Chair  Matthew Betts , Secretary  Sindhu Pavuluri , Wider Forum Lead  Sophina Mahmood , Employers Lead  Terrence Isaacs , Quality Lead  Theresa Ugalahi , EDI Co-Lead  Zehra Naqvi , EDI Co-Lead  Nkiruka Edward-Alali , East Locality Lead  Yamen Jabr , South Locality Lead  Matthew Rose , West Locality Lead  Janaky Nam , Communications & Engagement Lead  Juanita Oriaku , Wellbeing Lead  Michelle Horridge , LTFT Co-Lead  Katherine Miller , LTFT Co-Lead | |
| **Wider Forum members:** | |
| Alyssa Loo  Kayleigh Lawrence  George Watkinson  Alice Cockill  Michael Jones  Alex Abel  Erin Whyte  Sulia Celebi  Clodagh Devine  Thomas Mansell Regan  Courtney Johnson  Nihit Gupta  Laura Graystone  Osanmofe Gbenebichie  Ajimni Maryam  Rosie Fletcher  Hicham Daadaa  Sullayman Juwayriya  David Young | |
| **External Speakers/Invitees** | |
| **Name**  Debbie Blake  Raykal Sim | **Role**  Programme Support Manager and Senior Social Prescriber for NHSE and NHS Trust Trainees  Deloitte National Medical Director’s Clinical Fellowship 2024-2025, West Yorkshire GP Trainee, FLP Alumini 2022-2023 |
| Apologies | Yamen Jabr , South Locality Lead  Helen Buckley , Wider Forum Member  Katherine Miller , LTFT Co-Lead  Zehra Naqvi , EDI Co-Lead  Akinwale Aguda , Wider Forum Member  Sarah Peacock , Wider Forum Member  Shwetabh Singh, Wider Forum Member | |

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| Item No. | Item |
|  | **Introductions & moment of joy from attendees**  Icebreaker wellbeing check using emoji’s (what emoji best describes how you are feeling now?) |
|  | **Trainee Representative Forum**  ‘Blue Sky Thinking Element’   * Plea to those involved in writing/managing hospital rotas to remember that GP registrars in hospital are entitled to time for self-directed learning (4hr per week). This is based on RCGP guidance (also supported by BMA and COGPED – click [here](https://www.bma.org.uk/media/sy2lwt5f/bma-cogped-guide-to-the-training-week.pdf)) * Query from West Yorkshire Trainee Engagement Forum – could topic ideas for projects (aimed at developing trainees) be brought to wider forum for guidance and thoughts? - Yes! * SL and AL request been rejected at Scunthorpe (NLAG). PGDiT enquiring what they can do. Advised to follow up with SL but essentially need to determine if protocol has been followed. * Is there a summary/record of ongoing work that the Trainee Forum is doing? Yes- section is on the website but needs updating (SL and JN to address). * Anaesthetics trainees in Barnsley: being asked to provide on-call cover of ICU beyond 3/12 training blocks. Again advised to contact SL directly to follow up. * Oncology trainees required to have placements at satellite clinics throughout the region. At Weston Park, Sheffield, satellite clinic is in Hull. If oncology PGDiTs take up accommodation in Hull, it is not classed as travel expenses and instead considered to relocation expenses, which should not be taxed. This is per HEE (now NHSE) and governmental guidance. Incidence of PGDiT being taxed for relocation expenses and as result worse off. HEE and governmental guidance circulated with advice to show to employer and HMRC.   **Action:**   1. **Update Trainee Forum webpage with the projects/work that the forum is currently doing.** |
| 3. | **Feedback from Trainees Representative Forum**  Apologies noted. Minutes from last meeting accepted.  Closed actions (number in brackets relates to number from last meeting’s action log):   * (1) TU investigated who new coordinator of psychiatric ICU is and reported back to relevant PGDiT * (2) The reason for the change in eligibility criteria for Future Leaders Programme. SL was informed that change is to ensure PGDiTs have some experience of healthcare leadership before entering the programme, enabling them to contextualise the programme’s learnings but also return to training in position to help deliver change. Guidance has not changed for GPSTs.   Ongoing action (number in brackets relates to number from last meeting’s action log):   * + (3) Still awaiting response as to what Deanery resources military trainees can access if they join Wider Forum |
| 4. | **Wider Forum Focus**   * If members wish to join WF WhatsApp group to contact Wider Forum Lead (Sindhu Pavuluri) * Reminder that call for evidence for Medical Training Review ends today (<https://www.engage.england.nhs.uk/survey/medical-education-programme-review/>). This is part of extensive programme of engagement and listening to ensure trainees, educators, patients and NHS leaders have opportunity to shape future medical training in England. Report for phase 1 of the review expected late June/early July 2025 * Opportunity: ‘Doctors for the NHS’ joined with ‘Journal of Royal Society of Medicine for a 2000 essay competition. Question: ‘How can medical education be improved for the benefit of the patient?’ Deadline 31/07/2025 and email with further details to be sent to all WF members. * Members encouraged to disseminate information about the WF and executive forum to wider speciality cohorts! Particularly:   + Medical Specialities: Genetics, Neurophysiology, Gastro, Genito-urinary, Haematology, Metabolic, Sports and Stroke Medicine, Immunology Respiratory Medicine   + Surgical Specialities: Core Surgical, Cardiothoracic, Neurosurgery, Paediatric, Plastic Surgery, Urology, Vascular Surgery * Future Wider Forum Meetings: Wed 20th Aug 2025 9.15-12.30 , Virtual followed by locality lead drop-in sessions. Please get in touch with any ideas for agenda items as beginning to plan for autumn and Spring WF meetings! |
| 5. | **Social Prescribing- What is it?**  Guest Speaker: Debbie Blake. Discussed that is support aimed at helping IMG transition into in the UK and working in the NHS. Information on how to access service (including self-referral option) and testimonials from those who had used the service. Group wide discussion on how word about the service can be further spread.  <https://www.yorksandhumberdeanery.nhs.uk/learner_support/support-international-medical-graduates/social-prescribing-imgs> |
| 6. | **IMG handbook**   * Another tool to help support IMG transition into UK and working in NHS. Freely available on website, under professional support * Handbook annually updated by EDI CO-leads on executive committee. Presented today and copy to be sent to WF membership. See p51 for information on social prescribing! * Requesting feedback/comments. Deadline: 03/06/2025 --> reply to trainee forum shared email address. NB. All edits to IMG handbook have to go through the deputy dean, prior to publication |
| 7. | **Insights from Future Leaders Alumina and Clinical Fellow on the Faculty of Medicine and Leadership Management Programme**  Question and answer format with discussion. Topics included:   * + With restrictions in funding, resources and personnel. How can we as PGDiT obtain leadership opportunities? Answer included being clear on what your goals and and then making time in training to deliver on them. I.e. prioritise them.   + What are the key differences and/or reflections from working in the private and public sectors? In private sector tend to work longer hours and the perceived higher pressure to achieve due to lessened job security. In both sectors, delivering change takes time. |
| 9. | **Updates from Chair**   * TEF recruitment.   + Thank you to all those who applied in the TEF Spring Recruitment round. It was extremely competitive round with over 30 applications.   + Further round of recruitment in August 2025 with at least 2 positions (Wider Forum Lead; Communication and Engagament lead) * Update on projects Training Forum has been working on:   + Ongoing:     - Working with Deanery and employers to address the issues arisen from the survey on LTFT training experiences.     - Developing principles to help support employers deliver SDT. Presented to Dean and currently ongoing revisions prior to discussing with employers.   + Closed:     - Webpage guiding PGDiT on how to escalate concerns. <https://yorksandhumberdeanery.nhs.uk/escalating-concerns> |

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| Action Log | | |
| **Item** | **Action** | **Allocated person(s)** |
|  | Update Trainee Forum webpage with the projects/work that the forum is currently doing. | SL /JN |
|  | Awaiting response from PG Dean on what Deanery resources military trainees can access if they join Wider Forum | SL |

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| Date of next meeting | 20.08.2025 |
| Completed by | Matt Betts |
| Confirmed by | S Lakhani |