

# Agenda

1. ARCP (including CCT, exams, courses, study leave)
2. Dental update
3. Self care and wellbeing
4. Rotations
5. Recruitment
6. Redeployment (including contract issues, pay, rotas & OOP)
7. Visa issues
8. Personal issues
9. PPE

# Further information

HEE Yorkshire and Humber trainee FAQs

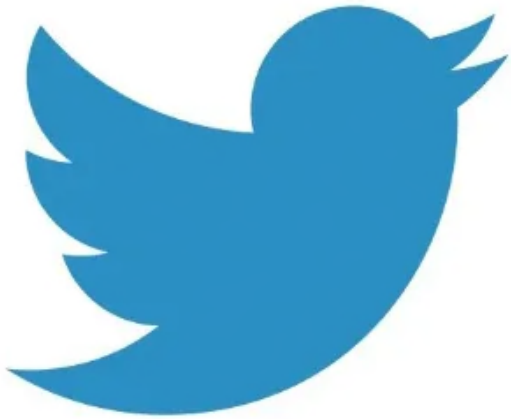
<https://yorksandhumberdeanery.nhs.uk/covid-19-hee-yh-information>

National HEE Trainee FAQs

<https://www.hee.nhs.uk/coronavirus-information-trainees>

Heeyh.faq@hee.nhs.uk

Twitter



@ChandraLizzie

@Jonny1Cooper

@NHSHEE\_NEY

postgraduatedeansoffice.yh  
@hee.nhs.uk

# QIP Ideas



<http://15s30m.co.uk/>

# CMT ARCP minimum requirements

<https://www.jrcptb.org.uk/sites/default/files/ARCP%20outcomes%20for%20CMT%20trainees%20who%20are%20expecting%20to%20finish%20in%20August%202020.pdf>

# Upcoming events

- **Overcoming Imposter Syndrome** - you may be feeling anxious about the role assigned to you during Covid-19 and feel you are not up to the job. These are normal feelings. This session shares evidence-based tools to manage anxious thoughts and cope with our Imposter selves. To access the webinar being held on 7th May at 10am please click [here](#).
- **Mindfulness** - Mindfulness is an evidence based intervention which has been shown to help in the management of stress. The mindfulness sessions are run by Dr Sanjay Suri Consultant Pediatrician or Dr Shub Suri (GP) Mindfulness practicing teachers. The session will take place on Tuesday 5th May at 10am, Wednesday 24th June at 10am and Tuesday 14th July at 9am. To register to attend any of these sessions please click [here](#)
- **My Menu of Self Care** - this one hour session (provided by Dr Jaimee Wylam, Public Health Registrar) and Martin Billington (GP) will allow you to explore what contributes to your wellbeing and think practically about how to keep well during challenging times. The session will take place on Tuesday 5<sup>th</sup> May at 8pm and Monday 11<sup>th</sup> May at 4pm. Should you wish to join one of these sessions, please email [educationevents.yh@hee.nhs.uk](mailto:educationevents.yh@hee.nhs.uk) including the date of the session you wish to receive the meeting link for.
- **Understanding myself and my team during Covid** - the session (provided by Edmund Cross, Facilitation Development Training) will take place on Wednesday 6th May at 7pm and Thursday 7th May at 7pm. The sessions will introduce a set of tools that can be used by individuals and teams to:
  - Recognise, validate and process feelings in the here and now
  - Anticipate and gather resources in an uncertain and escalating crisis
  - Sustain emotional energy during this extremely challenged situation
- Should you wish to join one of these sessions, please email [educationevents.yh@hee.nhs.uk](mailto:educationevents.yh@hee.nhs.uk) including the date of the session you wish to receive the meeting link for.



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# LTFT Categories

- **Category 1** – Those doctors in training with:
  - Disability
  - Ill health
  - Responsibility for caring for children (men and women)
  - Primary carer for ill/disabled partner, relative or other dependent
- **Category 2** - Those doctors in training with:
  - Unique opportunities for their own personal/professional development (example training for national/international sporting events)
  - Short term extraordinary responsibility (for example a national committee)
  - Religious commitment – involving training for a particular religious role which requires a specific amount of time commitment
  - Non-medical professional development such as management courses, law courses, fine arts courses or diploma in complementary therapies.

# #OurNHSPeople Wellbeing support

for all our NHS people, we are here for you  
whenever you need us



## Call 0300 131 7000

7am - 11pm seven days a week support, for mental health, financial help, bereavement care and coaching



## 24/7 text support

Text 'frontline' to 85258



Free access to mental health and wellbeing apps



# Peer Mentoring

[Peersupport.yh@hee.nhs.uk](mailto:Peersupport.yh@hee.nhs.uk)

**Please include your full name, Trust, Grade,  
Specialty**

# Coaching

**Coaching is available for all Yorkshire and Humber trainees - Should you wish to request a coaching session(s) please do get in touch.**

**[Coaching.yh@hee.nhs.uk](mailto:Coaching.yh@hee.nhs.uk)**

**Please include your full name, Trust, Grade, Specialty**

**All trusts have their own support and wellbeing packages in place, but it may be the case that you would prefer independence and to speak with someone outside your own trust.**

# Wellbeing

Support services available 24/7 to all doctors and their families

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing>

Practitioner Health Programme

<https://www.practitionerhealth.nhs.uk/>

Free Access to wellbeing Apps

<https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

# On line learning resources

<https://www.e-lfh.org.uk/>