

GP SupportTT Newsletter

Winter Edition 2024



INTRODUCTION

Here at the NW SupportTT team, we understand the challenges that arise from having time out of training and are always here to assist you with your queries. You can find a wealth of information on our website including details about the SupportTT process, application forms, activities and contacts.

OUR GP FELLOW

Caroline Charlesworth
GPST/NHSE NW GP
SupportTT Fellow.



OUR GP CHAMPIONS

Yvette Brindle
GP Partner and Trainer
in Chester & Champion
for Cheshire, Merseyside,
South Cumbria Lancashire.



Raj Khuroya
TPD for Pennine &
Champion for Greater
Manchester



SupportTT Champions are in place in each hospital Trust. [Click here for more info.](#)

RTT-A FUNDING

Among other things trainees can access funding from SupportTT for:

- FourteenFish AKT/SCA package
- RCGP approved AKT/CSA courses
- Red Whale Unlimited/NB Plus

NW SUPPORTTT COURSE

A 3-day course: the first 2 days focus on concerns after time out, communication skills and simulation. Day 3 is specific to GP with a session on exams. [Click here for more information about the course including how to book your place and upcoming dates.](#)

IMPOSTER FEELINGS

Many trainees experience self-doubt and worry about their abilities after time out. SupportTT arrange free webinars on how to overcome it. **UPCOMING DATES:**

- Thurs 13th March 2025

RESOURCES

[Click here to visit the GPST specific resources page on our website where you can find FAQs, videos, etc.](#)

BREASTFEEDING

In July 2024 the BMA released new guidance on reasonable adjustments in the workplace for breast feeding. These include:

- Night shift exemption
- Max 10-hour shift
- Pay protection
- Appropriate space to pump/feed

Please notify the Lead Employer and your rota coordinator 1 month prior to your start date of your intention to breastfeed/express at work.

CONTACT INFO



WEBSITE

www.nwpgmd.nhs.uk/supported-return-to-training

EMAIL

england.supporttt.nw@nhs.net

SOCIAL



COFFEE CATCH UP

Held every 2 weeks by our Fellows. No topic is off limits! [Click here for dates and how to join.](#)

WHATSAPP



FACEBOOK



www.facebook.com/groups/2507516232702562/