**South-West SuppoRTT virtual Junior Doctor Forum for:**

**Trainees in non-patient-facing roles and other vulnerable groups impacted by the Covid-19 Pandemic**

The South West SuppoRTT team have set up a virtual junior doctor forum (vJDF) for trainees that are, have been or may need to shield during the ongoing Covid-19 Pandemic or if their clinical role has been significantly adapted to non-patient facing or limited patient contact due to personal vulnerability (e.g. medical condition or pregnancy).

Their goal is to build a peer support network across the south west for trainees with shared experience of significant challenges and impact on their training as a result of the pandemic. They host a virtual meeting fortnightly – providing a protected space to discuss experiences, reflect, share ideas and concerns and disseminate useful information. The group is also looking at ways to increase peer support and interaction *within* specific groups e.g. pregnancy, maternity leave/returners and those shielding for medical conditions.

There are currently over 73 members from all specialities and GP across the region (Severn and Peninsula); clearly not everyone is able to join each time and trainees can attend whenever they can make it. It is run by Wiz Armstrong, an O&G trainee, who is currently the SuppoRTT fellow in Gloucester and has proved very successful to date.

**Trainees need to register by this form to receive meeting details and zoom links:**

[**https://glos-nhs.onlinesurveys.ac.uk/registration-for-south-west-supportt-vjdf-for-npf-trainees**](https://glos-nhs.onlinesurveys.ac.uk/registration-for-south-west-supportt-vjdf-for-npf-trainees)

Once registered you will be sent a zoom link to the recurring forum

**Or for further information or help please contact:**

**Dr Elizabeth Armstrong,**[**Glos.supporttfellow@nhs.net**](mailto:Glos.supporttfellow@nhs.net)**or Dr Tim Davis,**[**Tim.Davis@hee.nhs.uk**](mailto:Tim.Davis@hee.nhs.uk)

The 2 upcoming sessions this month are detailed below:

**Thursday 14th January, 12-1pm**

**Topic:  Introduction to Technology-Enhanced Learning Pilot for Shielding and Non-patient Facing Trainees**

Dr Kirsty Brownlie (National SuppoRTT Fellow)

**Wednesday 20th January 1-2pm**

**Topic:  Reflective Round: Psychological support and wellbeing**

Emma Lishman, (Psychologist, NBT)