GP SOCIETY & COMMUNITY GROUPS

SUMMITS

A guide to the inaugural summits

Experiences from our community group members

2019
Welcome to the inaugural GP Society and Community Groups Summits.

It has been my pleasure to witness the growth in our community groups in the last year, reaching out across all areas of our membership, both before and after CCT.

If you’re reading this, it is likely that you have willingly volunteered your time to represent the voices of your peers at a national level. Whether you are brand new to your role, or more experienced, I would like to offer you my sincere thanks on behalf of the College for your valuable contribution.

Tonight’s Inspire Awards will see formal recognition of some of your fantastic achievements to date. However, the last year’s successes are also testament to your day-to-day hard work which does not go unnoticed.

I am looking forward to celebrating all these achievements alongside you today and to meeting you, the brilliant people who will be in the driving seat going forward.

Here’s to a year of matching and surpassing the heights of 2018/19!

With upmost gratitude,

Professor Mike Holmes
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Staff Editor: Bryn Wilkes
Design: Aura Creative

@rcgp | #TeamGP
AGENDA

GP Society Summit

Time | Session | Room
--- | --- | ---
10:30 – 11:00 | Registration | Foyer
11:00 – 11:30 | Welcome and Introduction | Chemistry of LFC
11:30 – 12:15 | Inspiring the Future of General Practice with Professor Mike Holmes | Chemistry of LFC
12:15 – 13:00 | Lunch | Beautiful Game

Workshops

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| 13:00 – 13:45 | • Started from the Bottom  
• Events 101  
• How to Engage School Children | Legends Lounge  
1892 Lounge  
Chemistry of LFC |
| 13:45 – 14:30 | • Leading the Leaders  
• Celebrating GP  
• How to Market Your Society | Legends Lounge  
1892 Lounge  
Chemistry of LFC |

BREAK

14:45 – 15:30 | • Networking Your Way to Success  
• Events 101  
• How to Futureproof Your Society | Legends Lounge  
1892 Lounge  
Chemistry of LFC |

BREAK

15:50 – 16:20 | Leadership and Advocacy with Dr Carey Lunan | Chemistry of LFC
16:20 – 16:40 | Working Together with Professor Amanda Howe | Chemistry of LFC

BREAK

17:00 – 17:45 | Community Showcase | Beautiful Game

BREAK

17:45 – 18:15 | Making the Magic Happen with Dr Laura Nielson | Beautiful Game

18:15 onwards | Dinner and Inspire Awards | Chemistry of LFC
# Community Groups Summit

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<td>Lunch</td>
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<td>15:00 – 15:30</td>
<td>Getting Your Priorities Straight</td>
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“Today is an invaluable opportunity to learn from one another, network with peers and celebrate achievements across our societies, committees and community groups”
Your RCGP Membership Communities Team

The pre-CCT team are here to support GPs-to-be through their journey to general practice, from aspirational school pupils, to the final days of specialty training.

**Chris, Membership Communities Manager**
I’m responsible for supporting an engaged and fulfilled pre-CCT membership. From school pupils to AiTs, the team aims to aid and inspire tomorrow’s GPs!

**Rebecca, Senior Membership Communities Officer**
I’m responsible for overseeing the College’s activity aimed at engaging pre-CCT members. From events and conferences to membership benefits, I’m on hand to make sure medical student, foundation doctor and AiT members have a great experience.

**Bryn, Membership Communities Coordinator**
It’s my job to make sure pre-CCT members have their voices heard as community group representatives. Talk to me about how we can support and equip you and your peers as College reps, to deliver positive change local and national to you.

**Evie, Membership Communities Coordinator (Events)**
My work focuses on inspiring tomorrow’s GPs in medical and foundation schools across the UK. I’m responsible for delivering exciting events and initiatives that aim to promote general practice as a career, whilst empowering our fantastic student-led GP Societies as part of our Society Partnership Scheme.

**Michelle, Schools Liaison and Outreach Officer**
I’m responsible for looking after the College’s activity aimed at engaging school and sixth form pupils. Talk to me about anything from school assemblies and careers fairs to work experience. Why not get involved today?
The post-CCT team are here to support you through your career in general practice

**Antoinette**, Membership Communities Manager

It’s my job to ensure we are enhancing the membership experience of our post-CCT members. From First5s to Fellows, the team aims to support and equip members to further their career and reach their potential.

**Claude**, Membership Project Support Coordinator

I’m responsible for supporting post-CCT community groups. My role is to ensure our post-CCT reps have their voices heard. You’ll see me at many meetings including the First5 and Wellbeing Committees. If you know of anyone wishing to become a rep and get involved, I’ll be able to help!

**Stephane**, Membership Communities Officer

I work to support newly-qualified GPs preparing and launching their careers post-MRCGP by developing initiatives to best support our First5 members. From dedicated membership benefits to advice and guidance when starting your career in general practice, I’m here to help!

**Laura**, Membership Communities Officer

I look after the College’s activity aimed at engaging later career and retired members. I too play an important role in supporting the fellowship process and ensuring we are celebrating the wonderful achievements of our members.

**Alice**, Membership Experience Coordinator

It’s my job to ensure the events our members attend are the best they can be. From wellbeing events to new members ceremonies, I’ll be on hand to ensure we are offering high-quality events for our members – providing opportunities to learn, network and look after their own wellbeing.

**Louise**, Membership Events Coordinator

I’m responsible for helping to deliver an engaging programme of events and activities for post-CCT members. From wellbeing events such as ‘be the best you’ to ‘welcome to your faculty’ events for newly-qualified members, come find me if you have any ideas about how we can better our events for you and your peers.
Some universities offer skydiving clubs, others curry appreciation groups, but more and more medical students are now joining GP Societies.

Fiona Macfarlane and Michael Johnson have been instrumental in running theirs at the University of Aberdeen – a group set up in 2010 and which has gone from strength to strength supporting medical students wanting to specialise in general practice. Last year, the group found out they had successfully bid to host Scotland’s Discover GP conference, attended by more than 100 students with three key speakers and 16 different workshops.

“We wanted to host the conference in Aberdeen as many conferences and meetings tend to be held in the central belt in Scotland, and we wanted to showcase what the north east coast had to offer,” they said.

“As a growing GP Society, we were incredibly enthusiastic about the conference. It was a huge success and really encapsulated the variety and diversity that a career in general practice offers – we hope everyone enjoyed it. The highlight for us was seeing all our hard work and determination to make the conference a success come to fruition. The large attendance really emphasised how rewarding organising it was for us.”

Members of the society also attend College Faculty Board meetings, meet with local AITs, and work closely with GP Specialty Trainees via NHS Education Scotland.

“It is fundamental and beneficial for us all to work together and combine forces to advertise and promote a career in general practice to a wider audience,” they said.

Fiona and Michael are both fourth year students and both knew they wanted to explore what the society had to offer when starting at university – Fiona had always had an interest in general practice, and Michael decided to join after a school placement at Turriff Medical Practice.

“We’re so proud of how far we’ve come as a society,” they added.

And to any students thinking of getting involved in their university’s GP Soc?

“Go for it! It is 100% rewarding. It requires hard work, but you get to meet new people, develop more skills, and the brilliant experience makes it all worthwhile.”

Credit: Abbie Weaving

“We’re so proud of how far we’ve come as a society”
The Road to Society Stardom

From the dreamers to the leaders, a look at two societies in very different stages in their development

Lancaster GP Soc – the new kids on the block

We have been up and running officially for only a few weeks, but a GP Society in Lancaster has been in the planning since last year. We are thrilled to set up a society here, since there is such a great interest in general practice but no society to support this and stimulate further interest.

We have some humble but formative aims for the upcoming year including a welcome to medical school event for freshers. We also have plans to get involved in the local park run, running and volunteering, to encourage exercise, build friendships between medical students over different years and be actively involved in the local community.

We also have a collaborative event lined up for the O&G National Student Conference, where we have recruited a local GP to speak. We have an enthusiastic and dedicated exec team and we are looking forward to learning from other more experienced societies at the summit.

Leeds GP Soc – the seasoned pros

Hello from Leeds GP Soc! We’ve been a society for many years now and are well known in the medical school. We run around six events a year ranging from GP talks, teaching sessions, to mock OSCEs. Our biggest event was probably hosting the DiscoverGP conference last year.

It took lots of work to organise, but was really fun and ended up being a fantastic day with great attendance!

Over the next year, we are planning lots of GP masterclasses to inform students about the breadth of GP and also teach them vital skills needed for life as a GP. We are also planning an exciting event involving GPs in the media!

Being part of the Society Partnership Scheme really benefits our society, as events like this help us to network with other GP Societies to get ideas about events and how to improve. It also provides funds and merch which help us to put on better events and entice Freshers with all the free goodies!

Can’t wait to meet you all today!
Hi, I’m Devina, until a few months ago a Foundation Year 2 doctor and the RCGP National Co-Chair of the Medical Student and Foundation Doctor Committee. My leadership skills initially stemmed from setting up and co-founding Liverpool’s first GP Society, which now has over 400 members and won two consecutive national awards for ‘Best GP Society’. As a result of my leadership work as a Junior Doctor Representative, I was invited to meet the Prime Minister and Health Secretary at 10 Downing Street, to celebrate NHS70 years for my work involved in leadership, policy and academic improvements.

The committee has been successful in increasing engagement between the College and foundation doctors. The first RCGP Foundation Doctor Projects Group was held this year and an RCGP foundation doctors Facebook page was created, enabling a virtual platform where GP-aspiring foundation doctors can share, communicate and engage in College activities.

The RCGP was represented at the Health Education England National Foundation Programme review and GP-related curriculum recommendations for the Academy of Medical Royal Colleges Foundation Programme survey was submitted after being signed by the honorary secretaries.

A ‘GP Ready’ handbook to prepare foundation doctors in General practice draft has been created. We have created a video of “what makes an ideal GP placement” and a set of recommendations. We liaised with Society of Academic Primary Care and the Academic Taskforce to try and incorporate a foundation doctor stream within the GP WISE Strategy and establish ways to promote GP academia to foundation doctors.

We also wrote to the Health Secretary and visited the Department of Health campaigning for a greater and equitable undergraduate primary care tariff to enable high quality teaching to inspire tomorrow’s GPs.

I have commenced GP training in London two months ago and have continued to engage with the RCGP. I have been appointed the AIT South London Representative and the RCGP National Clinical Champion for Deafness and Hearing Loss and will be working with Action on Hearing Loss charity, NHS England and NHS Improvement.

I have developed my leadership skills, worked on projects with various stakeholders and gained an RCGP family. Collaborating with the College has enabled me to see how generations are connected from the raw enthusiasm of medical students to the invaluable wisdom and experience of retired GPs, reminding us we are one big RCGP community, and I look forward to entering GP training.

#TeamGP: one career, endless opportunities. Enjoy and make the most of it! I had a fantastic year and always happy to mentor and give advice.
Lisa-Jayne Edwards

My name is Lisa-Jayne and I am a foundation doctor currently practising in Cardiff having trained in London.

I am currently a Foundation Doctor Representative for my local RCGP Faculty and have been a satellite member of the Medical Student & Foundation Doctors Committee over the past year. In both settings, I have really enjoyed sharing my enthusiasm with like-minded colleagues and gaining an insight into the issues affecting modern primary care.

I hope to get more involved with my Community Group over the coming year and build on the opportunities that have already presented themselves as a result of being a part of #TeamGP!

Bex Clegg

I’m a newly qualified F1 working at the Royal Derby Hospital on Respiratory. I’ve been passionate about GP since the start of medical school, being an ex-president of a GP soc, and am really looking forward to my GP rotation in F2. Outside of medicine I enjoy ice skating, ballroom dancing, and piano.

I am lucky enough to be part of a really vibrant faculty that holds lots of events. My highlights include our AGM where we had an inspiring speech from Professor Mayur Lakhani, the inter-generational talk we gave about working and elective abroad, and the input from the faculty in helping take a group of Nottingham 4th year medical students to the incredible RCGP headquarters.

My personal achievements with the RCGP lie with the Medical Student and Foundation years committee, where I have been working on increasing member benefits for medical students - looking forward to updating everyone on what we’re planning!

I look forward to representing my foundation doctor colleagues on my faculty board, continuing as an advocate for my peers and bringing their ideas and questions to the RCGP, and to continuing to develop as a doctor. My role has really helped me to understand how all the parts of the college work together, and the wider role of the college. It has also allowed me to express my thoughts and those of my colleagues.

Don’t be afraid to really get stuck in - voice your opinions, ask questions, and learn - there are people from all backgrounds with great experiences, and everyone is really friendly!

"#TeamGP: one career, endless opportunities"
Ebrahim Mulla

A lot has gone on in the world of general practice in 2019. A feast to digest: The NHS Long Term Plan, the RCGP future vision of general practice, the premises review and the partnership review. I want to look at how we can thrive during this period of upheaval, but first a committee update.

Your AiT Committee brings together fellow trainees from all four nations of the United Kingdom. Committee members represent your interests within the RCGP and with outside organisations. All committee members give their time on a voluntary basis and our core mission is to maintain the highest standards of training to prepare us for general practice.

Your committee is dedicated to improving your training experience. For example, we have worked closely with interested parties to improve GP trainee inductions, to hit the ground running and feel connected with the wider GP community; we are continuing to work with stakeholders to overhaul the trainee ePortfolio and make it work for us; we have been closely involved in the future vision of general practice campaign to conceptualise where we want the profession to be in 2030 and then formulate how to get there.

On behalf of the committee, I must thank all trainees who have engaged and generously given time to the focus groups and surveys linked to these projects. The fruits of these labours will become more visible over the next year.

Now, back to thriving during training. Our training should not be about just surviving until qualification. We should all be thriving, not just during training, but afterwards too. However, something is not right when five years after qualifying, around 40% of GPs no longer work substantively in the NHS.

Work is ongoing both within the college and the wider NHS to address this under the ‘wellbeing’ umbrella. Personally, I think we should care for ourselves better, so we can care better for others, and the systems we work in should help us achieve this. We will not last long in this profession if we limit our aspiration to just coping. That’s no way to live and leads to burn out. Limited aspirations impact on us, but also on those we care about most and our patients.

I strongly encourage all trainees to engage and be part of the conversation about this and other matters. If you want to get involved contact your local AiT representative and local faculty. There are lots of opportunities to make a worthwhile contribution.

The landscape of general practice is changing. Through all the uncertainty, there will be opportunity and the future will always be ours to make. To leave you with a final thought from Confucius – ‘Those who think they can and those who think they can’t, are both usually right’.

“Our training should not be about just surviving until qualification”
First5 GPs

Anish Kotecha

I am a GP partner in South Wales. I graduated as a GP in 2015 and very quickly joined my RCGP faculty (South East Wales) as a First5 member. I then successfully became the educational lead and now set up CPD sessions which has worked very well. I have a portfolio career which is highly centred around education but also involves many other jobs.

My work with the First5 committee spans a few different aspects. As mentioned above, the educational lead role has allowed me to put on a range of educational sessions for local GPs. One of my greatest privileges so far has been to develop an AKT course which was oversubscribed very quickly. The feedback was unanimously positive. GP trainees travelled from far to attend. As far as I’m aware it is the first that has been held locally and the delegates were very grateful for the opportunity. We have also set up a ‘life after VTS’ and post-CCT course aimed at AiT and First5 members.

Within my role as the First5 National CPD Executive Lead, I have been instrumental in setting up the current First5 educational library on the RCGP website which gives First5 members very specific online learning modules to their career stage. Another project I was involved with was developing the transition handbook which aims to give advice to Associates in training about their early career in general practice.

To continue to develop the RCGP First5 educational library adding useful resources to this. I would also like to further improve the AKT course and the life after VTS and post-CCT courses because I think people will greatly benefit from this.

My personal passion project is to help retain RCGP membership for all trainees. I plan to do this by capturing people in the transition between AiT and First5. My idea is to invite people to their local New Members Ceremony and then follow up on this with a black tie social event which then feeds into annual alumni events. This would allow people to meet with their partners and maybe even families and would be a great opportunity to socialise and build friendships.

Although a voluntary role, this has been a fantastic opportunity to meet like-minded people and offer my services back to the very organisation I belong to and graduated from. I have also built up a great contact list and met some very influential people.

Relish the opportunity to benefit from this privileged role - it is a wonderful opportunity to build up a network of great people who will likely become a second family.

“Relish the opportunity to benefit from this privileged role”
Being near or at the end of your career in general practice doesn’t need to mean your involvement in the College has to come to an end.

Mona Aquilina

I am proud of being a dual national – Maltese and British. I came to England in 1978 to study medicine because of political problems in Malta at the time. I worked as a GP partner in South London for over thirty years. I now teach Refugee Doctors as part of the Building Bridges Programme. I am the LCARM Faculty Lead for South London and also Chair of the LCARM National Committee.

The committee is a new one, just a year old. We held an inaugural session at RCGP Annual Conference 2018 on ‘Using the Skills and Wisdom of Later Career and Retired doctors’. We have begun to establish an identity within the College and beyond. LCARM Faculty leads are being appointed to support members at local level and we have begun to share ideas of good practice. We have established priorities to work on, at a national level, in the coming year. There has also been work on setting up an online presence on RCGP website.

We hope all Faculties will have appointed a LCARM Faculty Lead by the end of the year. Faculties will be organising local events to engage later career and retired members. We would like to organise a national event, outside conference, aimed at this community. We also want to be involved in the College’s new mentoring initiative.

Listening to the needs of members on the ground will be a priority. So far there have been requests for increased pre-retirement support, specific issues around appraisal and revalidation and job opportunities for members retired from clinical practice. We will be working on all these areas.

I have had the privilege of meeting so many gifted and knowledgeable later career and retired doctors who sit on the new committee. I come away from meetings feeling energised and excited. My role has also helped me establish links with GP retention initiatives outside the College. My skills at chairing meetings and speaking in public have improved.

My advice? Go for it! Do not underestimate your unique knowledge, skills and experience. Share your ideas with a wider team. It is never too late to engage, learn new skills and share your expertise. Follow the motto of the LCARM initiative: ‘Lifelong learning, lifelong connections.’

“I have had the privilege of meeting so many gifted and knowledgeable doctors”
Michael Smyth
I recently retired as a Rural GP principal after 30 years in a QPA-recognised training practice. During that time, I was and continue to be active in the Northern Ireland faculty. For a number of years, I acted as chair of the local Small Practice Association and represented them at national level. During that time, I helped produce a paper titled ‘Maintaining Independence through Collaboration’, a precursor to the development of the successful federation model of practice in NI championed by RCGP and others. I helped establish a Rural Representative position on RCGPNI council and sat on RCGP Rural Forum nationally for several years.

My recent contribution to faculty business has been on the national LCARM committee. I have been privileged to be appointed Lead for the RCGPNI faculty on this committee with duties to report back to the RCGPNI Council on LCARM. RCGPNI faculty have been promoting this extra service to its cohort of members and helped with providing meetings targeted at this group.

We are to have a meeting in Belfast for LCARM members in February of next year to update them on what is happening in Primary Care delivered by the new chair of RCGPNI faculty and I am to inform them of developments regarding the LCARM. In the meantime, the LCARM committee continues to develop structures to provide Information, signposting and education to this cohort of members. It is also promoting wellbeing, networking and community, representation, recognition, mentoring and innovation services.

My role has allowed me to develop as a leader and increased my knowledge gained from working in a supportive group of like-minded learned colleagues. It has allowed me to influence policy within the group for the benefit of all.

I encourage any individual to get actively involved with one’s faculty as it will benefit not only your colleagues and your shared interests but will develop you positively as an individual and support you in your future career allowing you to provide quality primary care to your patients.

Richard Ough
Before I retired from general practice I was an MAP examiner for the College and I also acted as a GP expert for the CQC. I have been the later career and retired members rep and retired members on the Beds and Herts Faculty Board for a year. Our annual lunch was attended by over 20 people and the talk by Dr Frank Arnold on ethical issues was well-received.

We are planning another lunch next year, with a talk possibly on ‘the retired GP and medical emergencies.’ I have enjoyed this role, including committee meetings at the college, and I have become aware of the various contributions retired and late career GPs can make in relation to colleagues and their own late careers. I would advise incoming reps and committee members to keep their eyes and ears open for contributions they may be able to make.
It is no secret that there are various strains and pressures on modern GPs – the Wellbeing Committee exists to ensure those issues are addressed and minimised.

Wellbeing Committee

Rachel Preston

Having personally felt the mental strains and stresses of being a GP, I have become very aware of the importance of looking after my own wellbeing. Last year I was very heartened to learn of the RCGP Wellbeing working group, which now functions as an RCGP committee. After showing my interest and attending a fantastic RCGPcare Wellbeing Conference in London, I was fortunate enough to attend several committee meetings as a GP observer and now have become a member of the committee.

The committee aims to support the physical and mental wellbeing of RCGP members and the wider GP community across the spectrum from trainees to retired GPs. Amongst its achievements so far, the Wellbeing Committee has held some fantastic events for GPs, produced a web page with wellbeing information and resources and has led the successful Park Run practice initiative. As a new member I hope to be able to make useful contributions to the work of the committee and also to champion wellbeing to my peers and in my own place of work.

My involvement with the committee has given me fresh enthusiasm for general practice, a renewed interest in the role of the college and has increased my confidence in discussing issues of workload, stress and burnout with colleagues, friends and employers. I feel more empowered that I can help to bring about positive change in the profession.

“My involvement with the committee has given me fresh enthusiasm for general practice”

Chris Manning

My contribution to RCGP and general practice has been a three-decade commitment to GP wellbeing and helping to get it on the College’s map.

Together with Dr Chris Hewitt, and involving Clare Gerada, Chris and I persuaded PULSE to run an online Burnout Survey of their GP readers. The survey was repeated the following year. The results and the magazine’s Battling Burnout Campaign enabled PULSE, Clare and others to persuade DH to cough up for a national GP OH service, soon to be spreading to Scotland.

As long ago as 1990 I founded GP Stress Factory, then Swap-a-Doc (with Doctor magazine) and then in 1999, the charity Primary Care Mental Health and Education, which trained GPs in mental health and self/mutual care.

I am still beavering away and over the last 5-10yrs have been lobbying about NHS care professional wellbeing at national level and, as you know, at RCGP.

“...helping to get it on the College’s map.”
LGBT+ Steering Group

Kamilla Kamaruddin

I am a full-time GP partner in Tower Hamlets, an inner-city London practice which is one of the most deprived areas in London and has a multi-ethnic background population. My other role is a Clinical Director in one of the Primary Care Network in Tower Hamlets. I am also an immigrant, people of colour and a trans GP.

As a trans GP I am very passionate in promoting trans health, advocating for a better health access to trans people and ensuring there is inclusivity in general practice. I have spoken about trans awareness in events all over the UK including non-NHS events, for example LGBT Students Conference, NHS Expo 2019 and HSBC Trans Awareness Day in their Canary Wharf HQ. I have written articles about my experience as a transgender GP and a patient, sexual health screening, cancer screening for trans people and Trans Health Matters. Recently, I did three podcasts for RCGP regarding trans health for adults and children and how to make your surgery more inclusive to LGBT patients.

I will continue championing for a better health care for trans people. My biggest project is trying to get SNOMED to provide more appropriate read codes for trans health and gender identity. Removing some inappropriate read codes will help to reduce stigma about trans people. I plan to promote trans status monitoring through my involvement in Pride in Practice and as one of the members of the RCGP LGBT+ steering group committee.

I have certainly benefitted from my role. I could see some positive changes in trans awareness and more people would be prepared to become trans ally. More trans patients have had sexual health and cancer screening, especially cervical screening among trans men. On a personal note, I have become more confident in myself and more resilient. I feel humbled to be part of a change for a better outcome for patients.

Perhaps your biggest personal achievement is being true to yourself. When you become a doctor you are a leader. And it’s a test of your leadership to do the right thing, not what the easiest option is.

“I feel humbled to be part of a change for a better outcome for patients”
Faculties truly are the lifeblood of the College; UK-wide initiatives would mean nothing without local engagement

RCGP Faculties

Lily Lamb

I am a practicing GP in Northumberland and NIHR In Practice Fellow, meaning I spend 50% of my time on educational research and teaching. I am also RCGP North East Communications Lead and Honorary Secretary, and mum to three children. I trained in the North East and love it here; I am passionate about general practice, teaching and encouraging medical students towards careers in GP. If I ever get any free time, I love running and exploring the Northumberland countryside.

As a faculty, we have had a very successful year. We held our fourth GP Reimagined conference, which was attended by over 100 GPs and members of the Primary Care team. Speakers included Helen Stokes-Lampard, Nishma Manek and Ishiani Patel. We are increasing our number of educational events each year, including our innovative gastroenterology symposium, our pre-retirement session aimed at Last5 GPs and many relevant clinical topics, all designed to meet the learning needs of our busy GPs. I have had several media appearances including on BBC News and local radio, talking about health topics like MMR vaccine, tonsillitis, meningitis and issues facing general practice.

As a faculty we have more courses lined up than ever before – at least 33 in the next year. We hope to improve engagement with our local members with improved use of technology and social media. We are already planning GP Reimagined 2020 and plan to make it even more inspiring and energising than previous years.

My role in the RCGP provides fantastic networking opportunities and the ability to support other local GPs. I find the people I meet through this role very inspiring and supportive and I really value the opportunity to contribute to the work of the college. Being a faculty board member opened doors for me early on in my career, I started out as a member, then became AiT lead, and have continued my involvement with the board throughout my almost-five years as a qualified GP. I have developed leadership and organisational skills through my involvement with the faculty.

Don’t be scared to go to the meeting. I felt like an imposter at my first faculty board meeting, but everyone was very welcoming and encouraging. Don’t be scared to speak up; this is our opportunity to have a voice contributing to national RCGP strategy. Talk to people, go and introduce yourself. You never know who you might meet; I’ve met some really inspiring national figures through my College work who I would have been very unlikely to encounter otherwise.
Jamie Hynes

I’m a GP and trainer in the Black Country, active on social media as @ArtfulDoctor and regularly make videos, poems and other promotional activities for general practice, such as #GP150w, #12daysofGP and #GPKipling.

We were the first Faculty to hit 1,000 followers on Twitter and produced videos summarising Faculty Away Day, the AGM and Awards evening and the ‘What The Faculty...’ introduction for our local AiT Starters Conference. We’ve been especially involved in GP Regional Intensive Support Site activities in the Black Country with our Chair, Educational Convener And Honorary Secretary attending and speaking at the events held for our AiTs and First5s.

Further creative activities and ensuring we get a breadth of engagement across our area (Birmingham, Black Country, Staffordshire, Shropshire, Coventry & Warwickshire and Hereford & Worcestershire) via the appointment of three College tutors, representing the North, Central and Southern sub-sections of the Faculty with 4000+ members, more than any other in the UK.

It’s opened up a wider network of talented, enthusiastic and effective professionals who are thriving in their respective roles, with perspectives to challenge my existing opinions and develop a growth mindset. Brilliant for a creative soul!

Believe in how approachable the so-called high flyers are; each of these famous GPs who’ve done what you feel is so much are down-to-earth, compassionate, intelligent and encouraging, and welcome the new thinking a fresh pair of eyes brings to the faculty. That’s because the faculty IS its members and fellows, so get in touch, come and observe, get involved.

Fiona Leckie

I’m a GP senior partner in Cambridge, a GP trainer, an RCGP CSA examiner and the RCGP East Anglia Faculty Education Lead. I was the TPD for the Cambridge GP Training Scheme, but I am now the Associate GP Dean for Exam Support, launching the CSA SOX programme in the East.

We have provided all the regional RCGP-accredited CSA courses, using local CSA examiners as facilitators. We have run all the regional HEE courses for ST1 and 2 Clinical Skills, Palliative Care, Ophthalmology, ENT and Dermatology. We have had a hugely successful Annual Symposium in Ipswich with 150 delegates. We have supported the GP Society events and helped develop First5 and Wise5 groups. We have also had a very successful ‘Cooking for Health’ wellbeing event.

One of the highlights has been developing the highly-successful, parent-friendly, localised ‘BringBaby’ educational events, where GPs can bring their baby to free CPD updates. Every delegate even gets a free RCGP East Anglia Faculty baby bib! We plan to continue our collaborative work with HEE in providing regional courses. Our BringBaby events have been a huge success and are now being held in our neighbouring Faculty area too. We are planning more well-being events and an annual Symposium next year in Norwich.

It has been a fantastic opportunity to work with local CCGs, NHSE and HEE to collaboratively develop a programme of educational events to support our regional workforce. It is great to feel part of a faculty team and work with talented and passionate GPs from across the region.

My advice is to get involved! It is so much fun and you have a lot of opportunity to be innovative in a supportive environment and to network with your peers.
Volunteering for the RCGP

Rashpal Saini

For over half a century, College members have volunteered to support our activities. You are part of a long tradition of dedicated people providing crucial support to our vision and purpose.

Today, we are fortunate to have a UK and international movement of committed volunteers across nearly 300 different types of roles. Whether you’re a member of our Board of Trustees, a Faculty Board or a Discover GP Champion, to name a few, each and every one of you contributes to achieving the College’s strategic plan – ‘Great doctors, great care’. Be that by helping shape the future of general practice, promoting professional development and education outcomes for GPs or providing a vital voice for the profession through your member-led leadership of the College.

To help realise our College vision and purpose it is essential we do more to help maximise the potential and impact of your valuable time, skills and voice and everyone who supports your College involvement. Our three-year membership volunteering strategic plan is therefore our commitment to offer you the best of community organising and membership experience through higher quality volunteer support resulting in a meaningful, rewarding and easy to engage offer for your involvement with your College.

With our vision for volunteering achieved we will be better reaching and connecting you from all and any part of the College, better understanding, recognise and support your motivations, activities and impact, whilst always ensuring you are treated fairly and equally as important supporters and people of the College.

We hope that you enjoy the GP Soc and Community Groups Summits and use this as an opportunity to celebrate each other’s incredible achievements. Thank you for all your commitment.

If you’re reading this, you’re probably an RCGP volunteer. And you’re in great company.
Inspire Awards 2019

We truly believe our community of volunteers and active supporters is something to marvel at, and what better way to show our appreciation for such a commitment of time and enthusiasm than with dedicated special recognition awards? Step forward the RCGP Inspire Awards!

The RCGP Inspire Awards are our way of saying a big ‘thank you’ to all those involved in voluntary activities across the country. They’re a special collaboration, bringing together the ‘Inspiring the Future’ awards for our early career and student groups and three new awards categories that celebrate the invaluable voluntary contribution of our members and the difference they make to better general practice and the RCGP. Not only do the Inspire Awards celebrate and congratulate members for their invaluable work and tireless support, but they’re also a fantastic opportunity for the community to come together and get to know one another and, who knows, spread a little inspiration along the way.

We’re all about spreading the love at RCGP and to honour the diversity of our volunteer community we’re awarding special recognitions in the following streams:

Inspiring Member of the Year Awards
Celebrating individuals who truly go above and beyond in their efforts to ensure general practice, and the people within it, is the best that it can be. Each career stage will be recognised with their own award: Student, Foundation Doctor, AiT, First5, Member, Fellow, Retired Member of The Year.

Special Recognition Awards
Recognising dedicated individuals and groups who have shown commitment to a GP community or special interest group and those longstanding contributors who have given so much of their career to bettering the profession and the College. These awards are: Outstanding Contribution to a GP Community or Special Interest Group and Lifetime Achievement Award.

Inspiring the Future Awards
Celebrating exemplary pupil, student and FY engagement work undertaken by GP Societies, students, foundation doctors and members of the RCGP. These special categories include: GP Society of the Year, Most Improved GP Society, Discover General Practice Champion, Outstanding Teaching in General Practice.

Nominations are made by members, for members, and also by RCGP staff who work closely with many individuals and community groups and have nurtured relationships which deliver great things not just for the College, but for general practice as a whole.

The RCGP Inspire Awards are new for 2019; if you haven’t nominated your most inspiring member this year, keep a look out for next year’s awards and help us show our appreciation in 2020. ●
Inspire Awards

Recognising exceptional contributions from across our membership

Awards

Shortlisted Candidates

Member of the Year Awards

Medical Student of the Year
- Chloe Gamlin, University of Cambridge
- Shamarah Mathurin-Charles, King's College London
- Aaron Shaughnessy, University of Bristol
- Emma Tonner, University of Leeds
- Nuha Wani, University of Aberdeen

Medical Student of the Year
- Professor Rodger Charlton
- Dr Kamilla Kamaruddin
- Dr Elizabeth Walton

Retired Member of the Year
- Dr Frances Cole
- Dr Chris Manning
- Dr Chris Taggart

Fellow of the Year
- Dr Susan Bowie
- Dr Laurence Dormian
- Dr Lucy Henshall
- Dr Martyn Hewett
- Dr Rob Lambourn
- Dr Diarmuid Quinlan
- Dr Carter Singh

Associate in Training of the Year
- Dr Anthony James
- Dr Alexander Lai
- Dr Ebrahim Mulla
- Dr Charlotte Ratcliffe

Associate in Training of the Year
- Dr Manpreet Bains
- Dr Samuel Finnikin
- Dr Douglas Naismith
- Dr Helen Parretti
- Dr Thomas Patel-Campbell
- Dr Kavita Verma

"The Inspire Awards celebrate individuals who tirelessly give their time and energy to ensuring general practice is the best community it can be"
**Special Recognition Awards**

**Outstanding Contribution to a GP Community**
- Dr Katie Amiel
- Professor Carolyn Chew-Graham
- Dr Lucy Henshall
- Dr Carly Hughes
- Dr Sandip Pramanik and the Attenborough Surgery
- Dr Jean Sutton
- Dr Sonny Tin Tun Aung
- The LGBT+ Steering Group

**Inspiring the Future Awards**

**GP Society of the Year**
- King’s College London GP Society
- University of Bristol GP Society
- University of Manchester GP Society

**Discover GP**
- Dr Kerry Boardman
- Dr Richard Harrington
- Dr Russell Hearn
- Dr Lily Lamb
- Dr Dylan Parry

**Most Improved GP Society**
- Imperial College London GP Society
- Newcastle University GP Society
- University of Leicester GP Society

**Outstanding Teaching in General Practice**
- Dr Sara Morgenstern
- Dr Susanna Petche
- UG Primary Care Education Team, Imperial College London

**Lifetime Achievement Award**

To be announced on the night!
- Dr David Paynton
- Dr Henry Jack
- Dr Julie Hippisley-Cox
- Dr Shikha Pitalia