

## Relocation and moving expenses

On being accepted into a training program, we get allocated to different denearies based on our preferences after passing the MSRA. This might include having to move to a new area. Each trust has a different relocation policy but all are guided by the national framework and include costs of buying or selling a home, moving and buying certain things for a new home. It is useful to familiarize ourselves with what our trust policy is by speaking to the HR before moving, keeping receipts and logs of moving costs and submitting the documents in a timely manner on e-expenses or other portals.

### Links recommended by other trainees

#### BMA

<https://www.bma.org.uk/pay-and-contracts/pay/expenses/expenses-for-junior-doctors-relocating-for-work>

#### HEE

<https://www.hee.nhs.uk/sites/default/files/documents/HEE%20National%20Relocation%20Framework%20Final%201%20November%202020.pdf>

## DBS Check

It is required to get a Disclosure and Barring Service (DBS) check every time we enter a new post in training. It is required as we work with vulnerable groups or deal with sensitive information. We need the Enhanced DBS which has highest level of criminal record check, and will be requested by the HR every time we join a new post or sign a contract. Currently the cost of the is £44 for a DBS certificate and £13.00 per annum for the online update service. It is recommended to sign up for the online update service, otherwise you would continue to have to fund and retake further DBS checks.

### Links recommended by other trainees

#### DBS checks

<https://gp-training.hee.nhs.uk/northoxfordshire/trainee-information/organisations-requirements-and-money/disclosure-and-barring-service/>

## Certificate of Sponsorship (COS)

It is a digital reference number provided by the Home Office. They specify the Certified Sponsor which will allow you to complete your Tier 2 visa application and work in the UK, the sponsor is usually the hospital/ trust you work with. It also gives an approximate payscale. As per gov.uk, the certificates usually few days to approve but the timescales may vary depending on the application. Visa application needs to be done within three months of the issue of COS or it expires.

### Links recommended by other trainees

#### COS

<https://specialtytraining.hee.nhs.uk/Recruitment/Overseas-Sponsorship>

## Accommodation

Joining training may require you to relocate and look for accommodations. This is especially crucial if you are moving cities or flying from overseas. We also require an address to apply for various important documents like BRP and a bank account.

There are various things we can do to procure a place to stay. While some chose to stay with family and friends, this is not a viable long-term option for many.

For temporary accommodation, you can contact General office at Calderdale Royal Hospital which has rooms available at both CRH and HRI, which is convenient for those new to town. Another temporary option is Air B n B, which is more suitable for those moving with families.

For those looking for long term places to rent, there are many online trusted real estate agent through which you can rent rooms/ apartments/ homes depending on your preference. Be aware of things like accessibility to the hospital, parking space, security deposit and inclusion of bills before you do the same.

There are many real estate agents available for those who wish to purchase a home.

### **Links recommended by other trainees**

#### Temporary:

<https://www.airbnb.co.uk/>

#### Long term (few suggestions)

<https://www.spareroom.co.uk/>

<https://www.zoopla.co.uk/>

<https://www.rightmove.co.uk/property-to-rent.html>

### **Driving license**

One of the person specifications in desirable skills needed in GP training is having a valid UK license. This is extremely useful in both travelling for work and recreational purposes, as we might be required to do home visits as part of our training. IMGs can drive one year with their international license and can convert it into local license from specific countries. If you arrive in UK without a license, you can apply for a provisional license and take driving instructions from qualified instructors while doing the practical and theory exams to pass the driving test.

### **Links recommended by other trainees**

<https://www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency>

#### For International license

<https://www.gov.uk/driving-nongb-licence>

#### Halifax instructors

<http://hxdia.com/>

### **Registration to RCGP and AiT program, pay the annual retention fee**

It is pertinent we register to the RCGP website to access our portfolio and other training requirements. We are not required to become an Associates in training (AiT) member of the RCGP- however it is desirable and we need it to access to the Trainee ePortfolio and GMC certificate. It also gives us access to events, courses, BCGP journal and GP self test just to name a few.

Registration and annual retention to the RCGP comes with a cost of initial and retention fee, that is claimable through HMRC tax allowance.

#### **Links recommended by other trainees**

<https://www.rcgp.org.uk/>

<https://www.rcgp.org.uk/rcgp-near-you/faculties/north-england-region/yorkshire-faculty.aspx>

<https://www.rcgp.org.uk/about-us/membership/ait-trainee-gps.aspx>

#### **Auto register to 14 fish**

Fourteenfish is our e-portfolio website for GP trainees, which is used for recording learning logs, CPDs, training map, appraisal toolkit, education, assessments and feedback surveys. We are automatically enrolled into it when we join the AiT program, and the information provided is controlled by the GP coordinator. It is important we familiarize ourselves with the portfolio as we begin training and continue logging entries and requirements regularly in order to complete our training on time.

#### **Links recommended by other trainees**

<https://www.fourteenfish.com/account/logon?returnurl=%2Fdashboard>

<https://www.fourteenfish.com/audience/gptrainee>

#### **Type of posts**

As a GP trainee, the current map of training is 3 years: 1.5 in hospital and 1.5 in GP. However, each trainee gets assigned to different posts, which could be based on their preferences or requirements.

**Hospital Posts-** most trainees spend 18 months in a hospital rotation, which could be in any department including medicine, A&E, paediatrics etc.

**Community posts-** trainees spend 6 months as GP trainee in ST1/ST2, and another 12 months as an ST3. Please note we are paid a GP premium for community posts.

**Innovative Posts-** These are counted as hospital posts, but are useful in giving combined experience of working in both hospitals and community at the same time.

**Trailblazer scheme-** This gives GP trainees chance to work in areas of poverty with vulnerable groups

**Fellowship schemes-** These can be taken as time out of program, temporarily halted in our HEE.

**TOOT-** This is any time taken off from training apart from annual and study leave. Trainees can only be absent 14 working days in any ST year without it affecting the CCT. Needs to be declared on Form R and e portfolio.

#### **Useful information:**

If possible and if you have previously worked in the NHS, try to obtain both of your adult and child safeguarding certificates and P45 from previous jobs before leaving.