

Trainee Testimonial
Less Than Full Time Training (LTFT)

Name:	Amy Reynolds		
Name of Trust:	James Paget		
Specialty Training Programme:	Foundation year one	Grade:	FY1
What did you find most challenging about training prior to working LTFT? <i>Word limit: 80 (max)</i>			
I have not worked FT, started as an LTFT			
How has working LTFT impacted on your training? <i>Word limit: 80 (max)</i>			
It is hard to tell because I have no way of comparison. I expect it has impacted on my training because it will take me longer to train than my counter parts			
How has working LTFT impacted on your work/life balance? <i>Word limit: 80 (max)</i>			
It has made a positive contribution to my work / life balance. I could not do this job without the option to do it LTFT because it would be impossible with two small children I.e. I would never be able to see them or catch up with things at home and I would be miserable! I can enjoy my job and feel supported to do it to the best of my abilities.			
Are there any other benefits you've enjoyed as a result of training LTFT? <i>Word limit: 80 (max)</i>			
Yes, because being free on a week day allows me to catch up on small jobs like taking children for appointments and appointments of my own			
How easy was the process for applying for LTFT in the east of England and how did you find the support you received during the application process? <i>Word limit: 80 (max)</i>			
Very easy, I was really encouraged and felt extremely well supported by the positive response and help I had from both the foundation school and the James Paget trust (foundation programme director and med staffing) when I asked to be a LTFT trainee and throughout the application everyone was excellent. Thank you It may be of interest to this survey that I have been through the process in a previous career (scientific research) and I was not supported and it left me feeling very guilty indeed, and less empowered/supported at work.			
What would you say to anyone considering applying for LTFT training in the east of England, and would you recommend it? <i>Word limit: 80 (max)</i>			
Yes I would definitely recommend it. It allows a good work/life balance if you have children. The school are very supporting and accommodate your needs as much as possible. This option has allowed me to pursue a career I love and still be able to raise my young family.			
Is there anything else you would like to add? <i>Word limit: 80 (max)</i>			