Chelmsford GP Specialty Training - HDR Teaching Spring Term 2026

Date	Session 1 Face to Face Teaching 2–3 On-line Teaching 2–3	TPD session F2F 3-3.15 On-line 3-3.15	Break Time F2F 3.15– 3.45 Online 3.15-3.30	Session 2 Face to Face Teaching 3.45 – 4.45 On-line Teaching 3.30 – 4.30	Rep Sponsoring Lunch
7th Jan	**Face to Face** Meet your buddy group/time to think TPDs **(Knowing yourself and relating to others)**			**Face to Face** Wellbeing Discussion Panel Dr Steve Jenkins and Dr Alev Onen (GP) **(Knowing yourself and relating to others)**	Alison Clark AC Health & Nutrition
14th Jan	**Face to Face** Farleigh - Palliative care workshop Dr Abi Ponnampallampilai **(People at the end of life)**			**Face to Face** Farleigh - Palliative care workshop Dr Abi Ponnampallampilai **(People at the end of life)**	Sajid Akinter Pierre Fabre
21st Jan	**Face to Face** Minor surgery Dr Ruth Ashidam (GP) **(Dermatology)**			**Face to Face** Mr Gangooly Gynae and early pregnancy emergencies **(Gynaecology)**	Maris Jaggan Idorsia
28th Jan	**Face to Face – ST3 GP simulation at ARU – all TPDs at ARU**				
	Virtual (ST1s & ST2s) Assessing mental capacity- Desa Rado – MDU **(Learning Disability/Mental Health)**			**Virtual (ST1s & ST2s)** Paeds MSK Helen Peacock – Clinical Lead Physiotherapist - PROVIDE **(Young people & Musculoskeletal health)**	N/A
4th February – No Teaching					
11th Feb	**Face to Face** SCA Dr Bassey Okon (GP)			**Face to Face** SCA Dr Bassey Okon (GP)	Gabby Harris Chiesi
18th February – Half Term – No Teaching					
25th Feb	**Face to Face** Contraception update Dr Laura Thorogood (GP) **(Sexual Health)**			**Face to Face** Heartsink patients Dr Subir Ghosh (GP) **(Consulting in general practice/people with long term conditions)**	India Bajat Loreal
4th March	**Virtual** GPSWI mental health Dr Caroline Dollery (GP) **(Mental Health)**			**Virtual** Safely managing abnormal blood results in primary care Dr Edward Poluyi **(Continuity of care and safe prescribing)**	N/A
11th March	**Face to Face** COPD Dr Abigail Moore **(Respiratory health)**			**Face to Face** **IBS** Dr Reshma Rakshit **(Gastroenterology)**	India Bajat Loreal
18th March	**Virtual** Principle Pharmacist MSE ICS Antimicrobial stewardship Angela Bell **(Continuity of care and safety of prescribing, infectious diseases)**			**Virtual** GANFYD Dr Shanil Shivji (GP) **(Leadership, management and administration)**	N/A
25th March	**Face to Face** Acutely unwell child Dr Ajay Thomas **(Children and young people/Urgent and unscheduled care)**			**Face to Face** SCA Practice	Arshad Shah Pfizer
TEACHING WILL COMMENCE ON 15th April 2026					