



INTEGRATED
EDUCATION

MEDICAL

Take 5 Sessions

A confidential junior doctor peer support group run by junior doctors for junior doctors.

A time to reflect and explore big or small stressful situations you may have encountered at work. You may have had no problems but would just like to check in with your colleagues around common concerns – it doesn't matter, you're welcome to attend. Come to find support and enjoy some complimentary pizza with colleagues. If you would like to lead Take 5 sessions please contact your Programme Administrator: Julie.deeprose@nhs.net at Conquest and luisa.tomasetti@nhs.net for EDGH.



<p>September 2023 Dr Aisha Formby-Williams aisha.formby-williams@nhs.net</p> <p>Friday 15th September 1-2 pm Classroom 4, Ed Centre, CQ</p> <p>October 2023 Dr Catherine Bent catherine.bent2@nhs.net</p> <p>Thursday 19th October 1-2 pm Classroom 9, Ed Centre, CQ</p> <p>November 2023 Dr Remya Salimkumar remya.salimkumar1@nhs.net</p> <p>Wednesday 15th November 1-2 pm Classroom 2, Ed Centre, CQ</p> <p>Further dates to be Confirmed in due course.</p>	<p>Dr Kevin Mitchell k.mitchell1@nhs.net</p> <p>Thursday 26th October 2023 12.30-13.30 pm, Sara Hampson Room, EB</p> <p>Thursday 30th November 2023 12.00-13.00 pm, John Cook Seminar, EB</p> <p>Thursday 14th December 2023 12.30-13.30 pm, Sara Hampson Room, EB</p> <p>Thursday 18th January 2024 12.00-13.00 pm, Sara Hampson Room, EB</p> <p>Thursday 22nd February 2024 12.00-13.00 pm, Sara Hampson Room, EB</p> <p>Thursday 14th March 2024 12.00-13.00 pm, SIM Debrief Room, EB</p> <p>Thursday 25th April 2024 12.00-13.00 pm, Sara Hampson Room, EB</p> <p>Thursday 23rd May 2024 12.00-13.00 pm, John Cook Room, EB</p> <p>Thursday 20th June 2024 12.00-13.00 pm, Sara Hampson Room, EB</p>
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Thursday 19th October 1-2 pm
Classroom 9, Ed Centre, CQ

November 2023
Dr Remya Salimkumar
remya.salimkumar1@nhs.net

Wednesday 15th November 1-2 pm
Classroom 2, Ed Centre, CQ

Further dates to be Confirmed in due course.

