



## Almost a Doctor

*Supporting medical students under pressure*

**Wednesday 18 November 2020**

Virtual Event via Zoom

5:45pm Registration, 6.00pm Welcome and 8.00pm Close

The workshop will discuss the current student wellbeing situation; both the recent rise in demand for support, and the impact of COVID19. Dominique will share her 20 years of experience as a university GP, in particular caring for medical students, and propose strategies to help other professionals support them successfully in a challenging world. Participants will discuss scenarios, and learn practical tips for supporting students, which aim to make their job a little easier, whilst recognising the specific mental health and wellbeing issues medical students face.

This course aims to provide delegates with:

- Knowledge to support medical students under pressure

### About our speaker:

**Dr Dominique Thompson: GP, Author, TEDx Speaker and Student Mental Health Expert, Buzz Consulting**

Dr Thompson is a GP, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students, including as a police and expedition doctor, and most recently as Director of Service at the University of Bristol Students' Health Service. It was for this work that she was named Bristol Healthcare Professional of the Year 2017. Dominique has helped design apps to support student mental health, and is the author of the Student Wellbeing Series of books. She has been interviewed widely, including by the Guardian and Radio 4's Today programme. Her TEDx talks include "What I learnt from 78,000 GP consultations with university students" highlighting possible causes behind the recent rise in young people's mental health distress, and "Understanding the Why" suggests ways in which everyone can better support the younger generation. She is a Clinical Advisor for NICE, the Royal College of GPs, and for Student Minds, the UK's student mental health charity. She was the GP member of the NICE Eating Disorders' guidelines development group, and the Universities UK StepChange and Minding Our Future committees, as well as the Office for Students' Challenge Fund advisory panel. Dominique is also a member of the UK Mental Wellbeing in Higher Education group (MWBHE). In 2019 she was nominated as one of the Top 100 West Women of the Year.

### Course Fees:

**£45.00**

All learning materials are included.

### Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

### Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 2 CPD hours subject to your peer group approval.

### This conference is suitable for:

Any professional working with or supporting medical students

# Andrew Sims Centre Reservation Form

Course Title: Almost a Doctor

Date: Wednesday 18 November 2020



Leeds and York Partnership  
NHS Foundation Trust

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

..... Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary ..... Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £45.00

## BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- 1. ONLINE:** andrewsimscentre.nhs.uk with a card and RECEIVE £10 DISCOUNT
- 2. TELEPHONE:** 0113 855 5638 with a credit or debit card
- 3. POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- 4. BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC181120-DELEGATENAME
- 5. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....

Purchase Order Number .....

- 6. LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....

Budget Code: .....

Budget Holders signature .....

Budget Transfer will occur in November 2020

All Payment must be received in advance of event.

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

## ACCREDITATION

This course is eligible for 2 CPD hours subject to your peer group approval.

## THE VENUE

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]