**LTFT or out of sync trainee information on keeping up to date in the Swindon patch.**

It can be easy to feel or become distanced from colleagues and peers during maternity leave or sick leave, While we don’t expect people to work during their leave, some may prefer to ‘keep their hand’ in throughout this time period. Below are a few quick ways to do so.

**Podcasts**, Listen while you feed/walk/drive or at any time!

Available on itunes via podcast App, or on podbean.,

There are a number of excellent ones including: Primary care knowledge boost, BMJ best practice, Fontanelle, MDTea, BJGP interviews, NB medical, Inside Health, The BMJ podcast, Boggled docs, BMJ deep breath in, DTB, Wessex lmc podcasts and the GP show.

**TPDs-** You will have a named TPD who can be your contact point even while you are out of sync, This will most likely be your small group leader from your most recent term. The academy GP office administrators Kim, Michala or Siobhan can tell you who this is.

**SET,** you can still attend SET events if you are on Maternity leave or if you are out of sync with your teaching group.

**NB Hot topics**, There is an annual reduced fee available to attend this course while you are out of formal training, or you can buy the webcast for a reduced fee while you are out of post.

**Facebook groups** which may prove to be of interest to aid keeping up to date and in touch whilst on maternity leave or in the future include:

Bumps babies and Beyond, Physician Mums PMGUK, Resilient GP TIKO’s group,

Please be aware of the GMC guidance relating to the use of social media by professionals, abide by the code and use your judgement when posting, liking or responding to comments.

**Keeping in touch days** are also a possibility during mat leave, we would encourage you to use these.

A trainee may work for up to a maximum of 10 keeping in touch (KIT) days during their maternity/paternity leave.

The deanary has some excellent sections relating to LTFT training,

<http://primarycare.severndeanery.nhs.uk/training/trainees/less-than-full-time-training>