# **WELCOME TO CATALYST: your future career starts here**

***Your personal invitation to join GPs from across the region on a CATALYST journey….***

## **What is CATALYST?**

CATALYST is a unique career development programme designed for new to practice GPs across Humber Coast & Vale.

Congratulations on joining a profession of skilled practitioners leading some of the most exciting, and challenging, medical practice in today’s NHS.

Now you have qualified, our goal is to help you build the experience, skills and confidence that will help you create your [future career](https://bjgplife.com/2021/01/23/book-review-the-leadership-hike-to-a-wise-destination/) as a community based consultant in primary care medicine.

GP careers are changing. CATALYST has been designed to help you create the vision of the future GP you want to be. We will work with you to refine and extend your professional skills for the complexities and realities of modern practice. And we will help connect with an extended team of likeminded colleagues across our region.

## **How will CATALYST help me?**

CATALYST has been designed to help you develop practical resources for everyday practice, and the ideas and experience to be shaping and leading the future direction of our profession.

During our 12 months working together you will acquire

* **Practical tips and ideas** **to help your daily clinical practice**: using new research to delve deeper into the complexity of managing everyday challenges such as problematic polypharmacy, multimorbidity, frailty, medically unexplained symptoms
* **Practical skills and experience of putting change in to practice**: working with your fellow CATALYST pioneers to catalyse novel practice improvements. We will take you through the steps of designing, implementing and evaluating new ways of working.
* A bucket of **evidence for your appraisal folder**
* A **certificate of completion** of the CATALYST programme accredited by NHS England Northeast &Yorkshire, Humber Coast & Vale Primary Care, the Academy of Primary care at Hull York Medical School, and the WISE GP programme ([www.wisegp.co.uk](http://www.wisegp.co.uk)). *We are also seeking accreditation from RCGP Humber*
* **Membership of a supportive peer group** from across our region – learning from the experience of others as you all start out on your GP career.

## **Am I eligible to join CATALYST?**

The programme is **open to all new to practice GPs**.

With generous support from NHSE Northeast & Yorkshire, CATALYST is being offered **free of charge** to all new to practice GPs. We have a good number of places to offer, but advise you to register your interest early. (In the event of oversubscription, GPs working at practices in Humber Coast & Vale will be prioritised.)

**New to practice GPs are also eligible to apply for a bursary to cover your clinical time**  . If you qualified as a GP between **February 2020 and July 2021**, you are also eligible to apply for a bursary of £7,200 payable to your practice to backfill your time on the programme (10% FTE).

We welcome applications from GPs qualifying at other dates, and from other regions. You may also be eligible to apply for bursaries from your local CCG. We would be happy to advise on this on an individual basis.

## **How does the CATALYST programme work, practically?**

The programme starts in **April 2021** and runs for **12 months**. You will spend **one day every fortnight** on the CATALYST programme (*likely a Friday, but this will be confirmed with CATALYST pioneers*)

The programme consists of mixed activities including facilitated self-directed learning, virtual group teaching, facilitated discussion groups, and action learning projects.

* From April – September, we will focus on the hot-topic clinical challenges facing all GPs, using cutting edge general practice research to offer new ideas and techniques
* From October – March 2021, we will look to apply the skills and knowledge you have gained to work together to design, implement and learn from a series of innovation projects in our region

All facilitated by a team of clinical and research academics from Academy PC at HYMS.

## What do I need to do next?

Contact **CatalystProject@hyms.ac.uk** for a registration form. Registration closes **14th March 2021.**

You can also use the CatalystProject@hyms.ac.uk address to contact us with any questions you might have.

We look forward to hearing from you!

## Who is running CATALYST?

CATALYST is a pilot scheme, run in partnership between NHS England Northeast Yorkshire, Humber Coast & Vale Primary Care, and the Academy of Primary care at Hull York Medical School. We will be evaluating the roll out and impact of the programme to help shape future career support programmes in our region.

