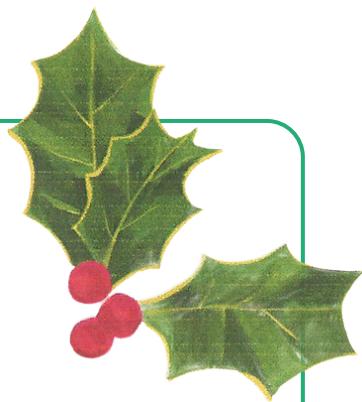




**NHS**  
Humber Health  
Partnership

# MEDICAL EDUCATION NEWSLETTER

**DECEMBER 2025**



# Holiday Closures



**Hull University  
Teaching Hospitals  
NHS Trust**

The Hull Royal Infirmary Medical Education Centre and CHH Lecture Theatre will be closed from Wednesday 24<sup>th</sup> December 2025 to Thursday 1<sup>st</sup> January 2026. MEC Will open as normal on Friday 2<sup>nd</sup> January 2026



**Northern Lincolnshire  
and Goole  
NHS Foundation Trust**

The Post Graduate Medical Education Offices at both DPoW and SGH will close for business, over the festive period from Wednesday 24<sup>th</sup> December until our return on Monday 5<sup>th</sup> January 2026.



Happy Holidays and Happy New Year!  
Medical Education sends a heartfelt  
thank you for your continued support.  
Wishing you all the very best for 2026!

# Induction Reminder

## NLAG

The next Resident Doctors Induction for NLAG, will take place on Wednesday 4<sup>th</sup> February 2026 via TEAMS. The invite to attend will be sent out by Craig Ellis, Medical Education Administrator.



This will not only be sent to those joining the Trust on the 4<sup>th</sup> February but to all those that have joined since our last Induction took place, including those who were unable to attend.

## HUTH

We would like to remind all colleagues that the February Induction will take place on Wednesday 4th February 2026 at the Medical Education Centre. This session is an essential part of welcoming our new starters to the Trust and ensuring they have the information, support, and guidance they need as they begin their roles.



We look forward to welcoming everyone attending and supporting a smooth and positive start to their journey with us.

## Educational Supervision

We have the following dates booked in for Educational Supervisor Workshops in HUTH. Colleagues can book via HEY247 on completion of the eLearning Modules. If you don't have access to this, please email [janet.tasker5@nhs.net](mailto:janet.tasker5@nhs.net).

Tuesday 3 February 2026 - CHH Lecture Theatre, 10am - 1.30pm  
Tuesday 10 March 2026 - Seminar Room 3, MEC, HRI, 9am - 12.30pm  
Friday 3 July 2026 - online via MS Teams, 9.00am - 12.30pm



We do not currently have any workshops scheduled in NLaG, however colleagues are able to book for workshops in HUTH on completion of the eLfH eLearning package or alternatively, we can arrange access to HEY247.

We are always looking for facilitators for Educational Supervisor Workshops for both Trusts. Facilitators should be fully accredited and workshops are usually 3.5 hours at a date and time to suit you (either online or in person). Please contact [janet.tasker5@nhs.net](mailto:janet.tasker5@nhs.net) if you are able to offer support for this. Appropriate resources will be provided.

# Divya's Festive Wellbeing Tips for Resident Doctors

If you are working through Christmas as a Resident Doctor, here are some quick, realistic wellbeing tips to help you stay steady, sane and supported this festive season.



## Pausing and taking a breather

While the rest of the country dives into mince pies and Yorkshire puddings, you're holding the fort on the wards. Take 60 seconds to breathe deeply, sip water, or stretch your shoulders. Micro pauses allow you to check-in with yourself, focus on the here and now, and regulate better.



## Lean into the festivities

A tiny battery-powered light, a small decoration on your lanyard, or a favourite seasonal snack in your bag. It's a subtle reminder that you're part of the season too, even if you're on shift.



## Stay connected

If you're missing friends and family, schedule a quick video call or voice note with loved ones between shifts. Connection is a powerful buffer against stress.



## Nourish, don't just refuel

Night shifts + Quality Street = chaos. Keep a mix of slow-release snacks on hand such as nuts, fruit, wraps, soups. You'll feel better at 4 a.m. when the crash doesn't hit.



## Teamwork

Festive shifts often bring out the best in teamwork. Share treats, swap jokes, check in on colleagues. A two-minute chat can do wonders for morale.



## Set a post-shift treat

Whether it's a long shower, a walk in the cold air, or nestling with a holiday film, give yourself something to look forward to. Anticipation releases dopamine too.



## Be kind to yourself

You're doing meaningful work while the rest of the country relaxes. Take moments to acknowledge your effort, not just your outcomes.

This season might look different for you.  
Thank you for the care and compassion you bring to the holidays.

# Resident Doctors of the Month

November 2025



Hull University  
Teaching Hospitals  
NHS Trust

## Rumbie Jhamba

Paediatric - ST3-5

I wish to highlight and formally recognise the outstanding care we received once we finally reached the paediatric team.

Dr. Rumbi Jhamba who came down to A&E was exceptional, swift, thorough, compassionate, and decisive. I credit her with beginning the life-saving interventions my daughter urgently needed.

The PICU clinicians, doctors and nurses provided high-quality, compassionate care with professionalism, warmth, and even humour when we needed it most.



## Chandima Sapurugala

Rheumatology - ST6

My sister attended the Rheumatology Outpatients clinic for her arthritis she is currently in treatment for breast cancer

Dr Sapurugala was kindness itself asking how she was taking time to hear her and listen to her showing huge amounts of compassion and understanding

My sister was not rushed and felt she had been given time and that the Doctor really cared about her and her treatments and not just the arthritis she left feeling reassured and supported and that the doctor had been interested in her and what she had been through and her attention to details went over and above



I work for HUTH and when my sister was telling me about her experience it was lovely to hear I would like express my thank you and from our family my sister has been through so much and for her to leave an appointment feeling like she did was amazing.

## Harmeena Sekhon and Charlotte Stephenson

Emergency Medicine - FY1

I am emailing with feedback for the FY1s who have just finished rotating in Emergency Medicine - Charlotte and Harmeena.

They were both absolutely brilliant; engaged, willing to learn, and managed to handle what can be a car crash of a working environment at times with professionalism and diligence. They both helped with the organisation of the departmental weekly teaching alongside myself for the four months they were there, both got involved with QIPs, and I know Harmeena has had an abstract accepted for a national conference as a result of this.



### DON'T FORGET

Upload any submissions for Resident Doctor of the Month to Bridget as a 'Shining Lights'

## Chinese Doctor Programme



Congratulations to the two visiting doctors who recently completed their observership at Hull University Teaching Hospitals.

Their time with us offered valuable opportunities for shared learning, and we were inspired by the meaningful work they continue to lead in their hospitals in China.

We wish them every success as they progress in their careers and a safe journey home.

# Medical Education Awards 2026

## Educational/Clinical Supervisor of the Year

Your Educational/Clinical Supervisor is vital in your medical career progression.

If your supervisor is a good mentor, provides support and valuable medical and career advice who deserves recognition for their role then please nominate them today!



Scan the QR code or visit [hmecc.uk/heat](https://hmecc.uk/heat) to nominate!

Nominations open 5th November 2025 and close 13th February 2026.  
Finalists and Winners will be announced at our annual HEaT Conference on Friday 8th May 2026



@hmeccsocial



[www.hmecc.uk](https://www.hmecc.uk)



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# Medical Education Awards 2026

## Resident Doctor of the Year

Nominate a hardworking, reliable and trustworthy Resident Doctor. This award is about shining the light on those Resident Doctors who go the extra mile to provide outstanding patient care.

Nominate a hardworking Resident Doctor who deserves recognition for their role today!



Scan the QR code or visit [hmecc.uk/heat](http://hmecc.uk/heat) to nominate!

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[www.hmecc.uk](http://www.hmecc.uk)



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# Medical Education Awards 2026

## Locally Employed Doctor of the Year

Locally Employed Doctor's are an integral part of the medical team, bringing a wealth of knowledge and experience in delivering patient care.

If you know an honest, hardworking and resilient Locally Employed Doctor who deserves recognition for their role then please nominate them today!



Scan the QR code or visit [hmecc.uk/heat](http://hmecc.uk/heat) to nominate!

Nominations open 5th November 2025 and close 13th February 2026.  
Finalists and Winners will be announced at our annual HEaT Conference on Friday 8th May 2026



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[www.hmecc.uk](http://www.hmecc.uk)



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# Medical Education Awards 2026

## Advanced Clinical Practitioner of the Year

Advanced Practitioners are essential part of the multi-disciplinary medical team. Bringing a wealth of experience and expertise to clinical practice, they are a valuable resource to any team.

If you know a hardworking, supportive, and compassionate ACP who deserves recognition for their role then please nominate them today!



Scan the QR code or visit [hmecc.uk/heat](http://hmecc.uk/heat) to nominate!

Nominations open 5th November 2025 and close 13th February 2026.  
Finalists and Winners will be announced at our annual HEAT Conference on Friday 8th May 2026



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# Medical Education Awards 2026

## Medical Associate of the Year

Medical Associates are trained healthcare professionals who provide patient care allowing vital care to be given to patients day in day out.

Can you think of a Medical Associate who goes the extra mile and who deserves recognition for their role ?  
if so then please nominate them today!



Scan the QR code or visit [hmecc.uk/heat](http://hmecc.uk/heat) to nominate!

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Finalists and Winners will be announced at our annual HEaT  
Conference on Friday 8th May 2026



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# Medical Education Awards 2026

## Contribution to Education Award

There are many support teams that contribute to the delivery of Medical Education from Rota Co-ordinators, Medical Staffing, Library and Knowledge Services for example.

If you know of a deserving team or individual who supports education and training who deserves recognition for their role, then please nominate them today!



Scan the QR code or visit [hmecc.uk/heat](http://hmecc.uk/heat) to nominate!

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Finalists and Winners will be announced at our annual HEaT Conference on Friday 8th May 2026



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# Medical Education Awards 2026

## Friendship Award

Working in an environment as busy and vital as the NHS pressure can offer get the better of us, sometime we just need a listening ear, a kind face and a smile to bring us back.

Can you think of someone who is kind, caring and there for you in the workplace who deserves recognition for their role ?

If so then please nominate them today!



Scan the QR code or visit [hmecc.uk/heat](http://hmecc.uk/heat) to nominate!

Nominations open 5th November 2025 and close 13th February 2026.  
Finalists and Winners will be announced at our annual HEaT Conference on Friday 8th May 2026



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Accessing the Health Toolbox app is an essential part of your doctor training, the toolbox app has everything you need to know all in one place, from previous induction videos, to study leave guides and wellbeing support all essential details are in once place.

## How to access:

1

Download Health Toolbox or open it in the browser on your PC or Phone.

2

You can then create an account



3

Create a new account

Select your location in the list or search below.

Hull University Teaching Hospitals HUTH

If you already have an account please first [sign in here](#).

Create a new account

Select your location in the list or search below.

Northern Lincolnshire and Goole NLG

4

You will then need to fill out the below with details about you and your job, this will then create you an account and you will have full access to the Health Toolbox Site.

You will need to search HUTH or NLG depending on which hospital you would like to access.

Main / Help centre /

Create account: Hull University Teaching Hospitals



Creating a new account for:

Hull University Teaching Hospitals ([change](#))

- If you already have an account at Health Toolbox please [sign in](#).

Work Email (NHS, doctors.org.uk or .ac.uk):

Ensure it is correct as we need to send the login details.

Name:

Existing user email:

Password:

[Forgot your password?](#)

Please read: [Privacy policy and Terms of use](#)

[Find your hospital or create an account](#)

## Already have an account?

If you already have an account don't worry you can sign in if you remember your details or you can click 'forgot your password?' and you can then follow the relevant steps to recover your account

If you have any further questions about the Toolbox app please contact [jessica.whittles@nhs.net](mailto:jessica.whittles@nhs.net)

# THANK YOU FOR READING!



## TELL US ABOUT YOUR BEST PRACTICES

If you have any areas of good practice within your department/team that you would like to share and be included in the HEE Best Practice App, please send details of what was implemented and why, any benefits or positive impacts and any details of lessons learnt to...

**[CHARLOTTE.PRECIOUS@NHS.NET](mailto:CHARLOTTE.PRECIOUS@NHS.NET)**

## WANT TO FEATURE IN NEXT MONTH'S NEWSLETTER?

If you'd like to feature in next month's newsletter, please supply text, images and contact details to...

**[JESSICA.WHITTLES@NHS.NET](mailto:JESSICA.WHITTLES@NHS.NET)**