



Humber Health  
Partnership

# MEDICAL EDUCATION

## NEWSLETTER

FEBRUARY 2026





# PROFESSOR JACK KASTELIK

Group Director of Medical Education

It is with my great pleasure to write to you in the February MEC Newsletter. January and February have been very busy for the MEC Department. We are now working in a new structure of the Group MEC setup. We are undertaking some changes, which we hope

We are in a process of appointing a site DME for HUTH and a site DME for NLaG. We received a large number of very high standard applications. This reflects on the wealth of experience that HUTH and NLaG have with regards to medical education. We are planning the interviews in early March.

MEC teams at NLaG and HUTH have already established a very good working pattern. We have learned a lot between the two departments, and we are adapting our good practice in order to benefit the group structure.

We received a Senior Leaders in Education visit at HUTH, which received a very positive response from the NHS England team. We would like to thank all the departments for their hard work in improving training. We are preparing now for the GMC survey which will take place in the next few months. All our departments have worked very hard to deliver high standards of training. We are hoping that our hard work will reflect the responses.

We undertook a number of meetings with the NLaG teams in order to address the training issues. We have worked closely with Chiefs of Services on a number of projects which we hope result in delivering improved training. We would like to thank all the teams who are working hard on improving training. There are also a number of projects at NLaG and HUTH, which are concentrating on the rotas and are led by Nick Cross and Caroline Hibbert.

NLaG also had a visit from the GMC and NHSE to address issues with regards to the GMC survey in Gastroenterology. There has been a huge amount of work undertaken by the department in order to improve training. Dr George Abouda has worked hard to introduce new working patterns, staffing levels and improve educational and training opportunities. We would like to thank everyone involved in this important work.

Together with all the educational activities, there is a large amount of work going on in our organisation towards improving doctors working lives under the NHS 10 point plan

Finally, we are completing nominations for our HEaT Conference. We received a large number of nominations. Thank you very much to everyone who submitted a nomination.

Professor Jack Kastelik  
Group Director of Medical Education



## Induction Round-Up

The Group officially welcomed its newest group of Resident Doctors on Wednesday 4<sup>th</sup> February. The induction event, held both in person and online, brought together colleagues from across both organisations to offer support and guidance as the doctors embark on their training.

The session was well attended, with staff from multiple departments contributing to what was described as a highly successful and engaging introduction to the Group. The Medical Education teams extend their best wishes to the incoming doctors, emphasising their ongoing commitment to supporting trainees throughout their time with the Group.

The Group looks forward to working with the new Resident Doctors and wishes them every success as they begin this exciting phase of their professional journey.



## March Induction Reminder

We are pleased to confirm that our next HUTH Resident Doctor Induction will take place on Wednesday 5th March, where we will be welcoming over 20 new trainees to the Trust. This induction is an essential part of helping our new colleagues begin their roles confidently and safely, ensuring they have the information, tools and support needed for a smooth transition into their clinical posts.

This induction will be held in person at the Medical Education Centre, Hull Royal Infirmary

Please be aware that NLAG will not be holding a March induction.

This induction session applies only to trainees joining HUTH.

We look forward to welcoming our new starters and supporting the beginning of their journey with us.



# Medical Education Awards are now Closed!

Thank you to everyone who took the time to submit nominations for this year's Medical Education Awards. Nominations officially closed on 14 February 2026, and we are delighted to share that we have received a fantastic range of entries celebrating the dedication, compassion, and excellence demonstrated across our Medical Education community.

As a reminder, winners will be announced at the annual HEaT Event on Friday 8th May 2026, where we will celebrate the achievements of our educational community together.

Thank you once again for your continued support and engagement with this year's awards.

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## Deaf Awareness Campaign



Last summer, our Media Technician Cameron spent the day in the Hull Deaf Centre, to produce a video campaign to raise awareness of BSL across Hull and East Yorkshire. The video was created in partnership with NHS Humber and Yorkshire Integrated Care Board. Healthcare starts with communication — but for many deaf people, that foundation simply isn't there.

Only 7% of people who need a BSL interpreter for NHS appointments actually receive one. The consequences aren't just frustrating — they can be life-threatening. The campaign is now public, with further work on BSL accessibility is taking place across Medical Education and the Trust.

[click here to see the campaign](#)



# IMG Induction - Round Up

On 18 February, we ran our latest IMG Induction Day and honestly, it was one of those days that reminds you why this work matters. From the moment people walked in, the atmosphere felt friendly and relaxed, people were chatting over coffee, swapping stories, and realising they were not the only ones who had found certain parts of the NHS confusing at first.

The whole point of the day was simple: to help IMGs learn the things that usually take months to figure out through trial and error. We covered the practical realities of starting work in a new system, including the common challenges IMGs face, surviving on-call, and communication skills that actually work on a busy ward. We also had a really useful session from the MDU on indemnity and complaints handling, which is one of those topics that can feel daunting until someone explains it clearly and you know where you stand. Later in the day we focused on the “unwritten rules”, with sessions on NHS culture and how to navigate MDT dynamics. All this was complemented with open Q&A sessions where people asked the questions they often hold back from asking at work.

If you are an IMG (or supervise one), keep an eye out for what’s coming next. We are already building on the momentum from this induction and we would love more of you to join future events and help shape them.



Chris Vosinakis - Associate Medical Education Fellow

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## Statutory and Mandatory Training

Please remember as a new Resident or Trust Doctor, you are required to undertake Statutory and Mandatory Training. All Mandatory Training must be completed within 4 weeks of your start date. You can view your learning requirements by logging into your ESR, via the HUB. You will receive regular reminders during your first 4 weeks within the trust if this hasn't been completed. After this time, this will be escalated to your Educational Supervisor and Clinical Lead.

Your Ward/Departments are aware of the importance of completing this induction package. At the discretion of your Ward/Department you will be entitled to a day's time off in lieu (TOIL) for completing this, providing this is completed within 4 weeks of your start date with the Trust. TOIL must be taken in your first rotation or within 4 months of starting within your department. The time will need to be negotiated and agreed with your Educational/Clinical Supervisor and rota coordinator. It is not necessary to complete an exception report for this. Alternatively, you can seek permission from your department to have equivalent time ring-fenced in your rota pattern to complete the training on shift.

If you have been asked to complete any Statutory and Mandatory Training, but you are still compliant, please let us know and we will look into this.

# Did You Know? Duty Rooms Are Available for Rest across the Group.

## NLAG

Duty Rooms are available at both DPOW and SGH for doctors who feel unable to travel home following a substantive night shift or a long day/ late shift due to tiredness. Alternatively, taxis can be booked and paid for by the trust if preferable. To access a Duty Room please see the below steps in line with The Fatigue and Facilities Charter:

During core hours 8.30am - 4pm

- Contact Rota Coordinator requesting room/ taxi,
- Taxi - Rota Coordinator to book taxi through Trust agreed provider,
- Room, rest or overnight - Rota Coordinator to establish if a room is available on site. Doctor to collect keys from security. In the instance a room is not available for overnight stay, Rota Coordinator will source a local hotel from local list of contact details. The doctor would then need to provide receipts of hotel payment to the Rota Coordinator for reimbursement.

Out of hours 4pm - 8:30am & weekends

- Contact Site Management team (out of hours) requesting room/ taxi,
- Taxi - Site Manager to book taxi through Trust agreed provider,
- Room, rest or overnight - Site Manager to establish if a room is available on site. Doctor to collect keys from security. In the instance a room is not available for overnight stay, Site Manager will source a local hotel from local list of contact details. The doctor would then need to provide receipts of hotel payment to the Rota Coordinator for reimbursement.

Please note: The only instance you would not be reimbursed when paying for on site Accommodation is if this is pre-planned and booked ahead of coming shifts.



# HUTH

Duty Rooms are available across both Castle Hill Hospital (CHH) and Hull Royal Infirmary (HRI) for Medical, Dental and Clinical staff who need a quiet space to rest during an official break or to take a safe pause before travelling home after a shift. There is no charge for using a Duty Room.

## How to Access a Duty Room

Just visit Security on your site to complete a short Duty Room form and sign the Duty Room User Guidance.

- CHH: Security (Main Reception, Entrance 2) will issue a swipe card. Please return it as soon as you vacate the room — unreturned cards will incur a £20 charge.
- HRI: Security (3rd Floor, HRI Tower Block) will issue a key. As above, return it immediately after use to avoid a £20 charge.

Please Note Duty Rooms are not for overnight accommodation.

If you need to sleep before or after a shift, please contact

Residential Services at:

[hyp-tr.residential.services@nhs.net](mailto:hyp-tr.residential.services@nhs.net)



## Humber Generalist - Digital & AI Event

On Friday 13<sup>th</sup> December the Enhance Humber Generalist School alumni met for the day to listen to various guest speakers on Digital & AI. This included Max Jones, Chief AI Officer at RPNA who has over 30 years' experience as a digital transformation leader. There were lots of discussions, in particular we looked at what the future could look like, barriers and implementing precautions.



# IMG WhatsApp Group

## Join Your Peer Support Community Today!

We're excited to introduce a brand-new IMG Support WhatsApp Group. A dedicated space for International Medical Graduates working across our Group.

This group is here to help you:

-  Navigate NHS life
-  Connect with fellow IMGs
-  Share concerns or ideas
-  Get updates on IMG events
-  Ask questions (big or small!)
-  Access support and resources



Hull IMG Doctors  
WhatsApp group

Scan this QR Code using the  
WhatsApp Camera to join this group

If you have any questions or ideas, feel free to get in touch at  
[hyp-tr.imgdoctors@nhs.net](mailto:hyp-tr.imgdoctors@nhs.net).

# HEAT

*Humber Education and Training Event*

**'Empowering doctors, dentists, advanced practitioners, and medical associate professionals to reach their highest potential'**

Keynote  
**SPEAKERS**

Poster Abstract  
**PRESENTATIONS**

Medical Education  
**AWARDS**

CPD points  
**APPLIED**



**Friday 8th May 2026**  
**Medical Education Centre, HRI**  
**Scan the QR code, or visit [hmec.uk/heat](https://hmec.uk/heat)**  
**to book your place.**



# **Abstract** **SUBMISSIONS**

**Submit your abstract poster for consideration at this year's HEaT Conference.**

**Share your innovations on clinical best practice and clinical education.**

**We will provide one A1 print of your poster, which you can present on the day.**

## **Further Details**

**Email**

**[hyp-tr.mec.events@nhs.net](mailto:hyp-tr.mec.events@nhs.net)**

**Format**

**A1, Portrait**

**Closing date**

**Tuesday 25th February**

***'Empowering doctors, dentists, advanced practitioners, and medical associate professionals to reach their highest potential'***



**Friday 8th May 2026**

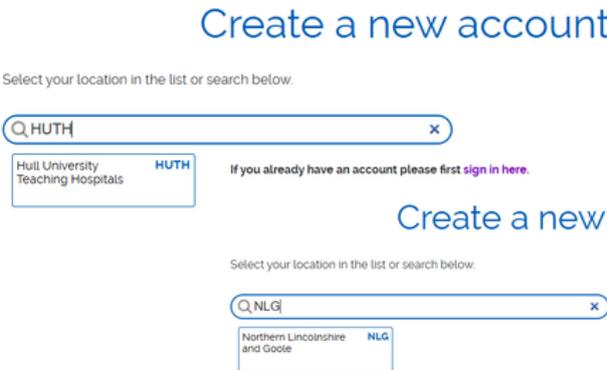
**Medical Education Centre, HRI**

**Scan the QR code, or visit [hmec.uk/heat](http://hmec.uk/heat) to book your place.**



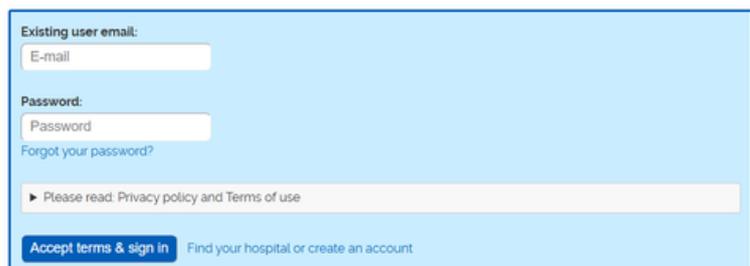
Accessing the Health Toolbox app is an essential part of your doctor training, the toolbox app has everything you need to know all in one place, from previous induction videos, to study leave guides and wellbeing support all essential details are in once place.

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

## 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



Existing user email:  
E-mail

Password:  
Password  
[Forgot your password?](#)

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

[Accept terms & sign in](#) [Find your hospital or create an 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)