



The TNL Charter 2023/24

Formal responsibilities:

1. Helping to raise the profile and encourage membership of the Association and Trainee Committee by ensuring local trainees are aware of the benefits and services and support available to them.
2. Sharing information from the Trainee Committee and the Association, including regular e-newsletters and 'hot' or political topics of note.
3. Advertising and encouraging trainee attendance and participation at the annual Trainee Conference.
4. Discussing via email, local forums or regional trainee groups any issues that arise within your region, and feedback concerns to the Trainee Committee for consideration and action at a national level.
5. Keeping the Trainee Committee informed of local ideas, progress and examples of excellence that are to be recognised and might be of benefit to trainees elsewhere in the UK and Ireland.
6. Aiming to attend the annual Trainee Conference and the Link Conference, where TNL meetings are held to meet the Trainee Committee and to allow networking and discussion to occur.
7. Completing and returning an annual feedback and information form.
8. Recognising the role is voluntary but will be formally acknowledged by the Association at the end of your term and that and ensuring the role of TNL is self-sustaining by establishing the next regional TNL prior to stepping down.

How you could achieve this:

1. Helping to raise the profile and encourage membership of the Association and Trainee Committee by ensuring local trainees are aware of the services and support available to them

- Talk to new novice trainees in the region, tell them all about the Association and all the great things it does for anaesthetists in training!
- Set up a Coffee and a Gas meeting for your trainees. This is a wellbeing meeting that you can run in your department at regular intervals giving trainees a safe space to get anything off their chest!
- <https://anaesthetists.org/Home/Wellbeing-support/Mental-wellbeing/Coffee-a-gas>

2. Sharing information from the Trainee Committee and the Association, including regular e-newsletters and 'hot' or political topics of note

- You can share this information via local WhatsApp groups, the local school email system or simply face to face.
- You can also use the Association's online member network and forum, Community, to share information.



Association of Anaesthetists

- This year, we will be sending out an email summary to you of after each Trainee Committee meeting to forward onto Trainees in your region. This will help keep you up to date with issues we are addressing.
- The TNL Officer will also send out regular WhatsApp updated of upcoming opportunities and events within the Association for you to circulate.

3. Advertising and encouraging trainee attendance and participation at the annual Trainee Conference

- Feeding back to the Trainee Committee via the TNL officer any barriers to attending Trainee Conference such as study leave issues, cost issues or anything else.
- If Trainee Conference is being held in your deanery, you'll be invited to join the organising committee and make your imprint on the event.

4. Discussing via email, local forums, Community or regional trainee groups any issues that arise within your region, and feedback concerns to the Trainee Committee for consideration and action at a national level

- Send out an email to all trainees in your region, introducing yourself with contact details. This way, trainees know there is a TNL in their region and will know who to approach.
- We suggest you have 'Trainee Network Link, Association of Anaesthetists' in your email signature.
- We really hope this position allows you to become a local leader for your group of anaesthetists in training. Being open to hearing about issues with training means that there is a simple method of escalation to the Association so that we can help to improve them. We absolutely want to hear from you.

5. Keeping the Trainee Committee informed of local ideas, progress and examples of excellence that are to be recognised and might be of benefit to trainees elsewhere in the UK and Ireland

We love to share ideas from trainees around the country. Both the Fight Fatigue and Coffee and a Gas initiative were trainee ideas that we simply helped to amplify. In the first instance, your TNL officer will be happy to raise new ideas to the Trainee Committee so contact them. Subject to approval processes the individuals who started these projects will always be included at the centre of the work and identified as the link. We are simply here to help use the 'machinery' of our organisation to make it as big as you want it to be.



6. Aiming to attend the annual Trainee Conference and the Link Conference, where TNL meetings are held to meet the Trainee Committee and to allow networking and discussion to occur

- We will be having a specific event for TNLs at Trainee Conference this year which is our opportunity to meet with you and thank you for your hard work but also to find out any issues
- We are opening up opportunities for TNLs to attend Trainee Committee meetings (held every 3 months) virtually. This is a great opportunity to see what we discuss and participate in the meeting.
- This year, we will be holding a virtual 'Meet the Committee' event for TNLs for us all to get together and discuss issues and share ideas.

We actively encourage TNLs to organise a webinar or seminar if there is a particular subject you're really passionate about. If you're interested in this, please let your TNL officer know.

Contact details:

TNL Officer 2023-2024: James Brooks; email: james.brooks@doctors.org.uk

Chair of Trainee Committee: Stuart Edwardson; email: stuart.edwardson@nhs.scot