

# 1

## Anti-Bullying Update to Trainee Charter

The expected standards for departments around identifying and addressing workplace bullying have been explicitly stated in a new point in the Trainee Charter. Find it [here](#). If you are struggling with bullying in the workplace, the BMA have developed a number of resources to guide and support you, available [here](#).



# 2

## START

All trainees who missed out in September will be able to sit START at the net diet in December. For all senior trainees - please make sure your CCT date on risr is accurate and you are thinking about START early! The assessments team will take into account comments from ES and TPDs when allocating places.

# 3

## Struggling with exams?

Don't leave it too late to ask for help. If you've failed an examination two or more times, talk to your ES and [Professional Support Unit](#) about what help is available. Remember, you can only sit an exam up to 6 times! Further information is available [here](#).



# 4

## Trainee Research Network

Interested in getting involved in research? The RCPCH TRN want to help you learn more, conduct your own and maybe even set up your own regional research network. More information [here](#), including details on a free upcoming "Research for Non Academics" study day!

# 5

## Capability Based Progression

Don't forget with Progress+, progression is changing:

- You can progress through the 7 years indicative program faster or slower, depending on capability and experience
- If you train 80% FTE you **will not** automatically progress after a year without prior discussion
- Experience gained on **any kind** of OOP counts towards progression **if evidenced on risr**

More info [here](#)

work in progress

