



I'm Aysha Nijamudeen, a current UKFPO Fellow and F2 doctor at the Manchester Royal Infirmary. I applied for the Fellowship as I'm passionate about improving training and conditions for doctors, and wished to be involved with initiatives to for the Foundation Training Programme and to represent my colleagues on a wider basis. I have enjoyed this Fellowship as it has given me the opportunity to deliver a project that will hopefully improve training opportunities for future Foundation Doctors, but it has also helped me understand the roles of the different governing bodies, and how decisions are made that impact upon our training and working lives.

Projects and events I have been involved in are:

- Improving training opportunities for Foundation Doctors by looking at protected time on rotas
- Presenting the above project at multiple national UKFPO meetings and working with stakeholders on implementation
- Working with the AoMRC Trainee Doctor's Committee on improving conditions to retain doctors
- Working with NHS Employers on standardised payroll guidance
- Chairing the Foundation Doctor's Advisory Board meetings
- Working with Foundation Doctor representatives nationally on improving guidance for core teaching