Support for trainees during COVID-19 restrictions

Lancaster DClinPsy has various sources of support available to trainees:

**Virtual beverage meetings**

Whilst everyone is working remotely, there will be daily informal catch up meetings. These are open to all trainees and staff to attend, and provide an opportunity to chat, and generally just to keep in touch. For further information, please contact Claire Anderson.

**Tutor pair system**

The individual tutor pair system is always the main system for ensuring that you are supported to complete the academic and clinical components of training. We would encourage you to keep in touch with your tutor pair, and raise and questions or concerns with them.

**Buddy system**

When you first joined the course, you will have been given the opportunity to be linked up with a buddy - a current second or third year trainee who can be a source of support and advice as you find your way around the course. The buddy system is co-ordinated by Jo Armitage. If you don’t already have a buddy but would like one, please contact Jo.

**Peer supporter system**

The peer supporter system is generally designed to provide support for trainees who are experiencing a particular issue by pairing them up with another trainee who has experienced a similar issue. Examples of the issues the system can help with are:

- Going through the disability assessment process;
- Failing an assignment;
- Experiencing mental health problems or physical health problems;
- Being a parent whilst training;

In the current situation, we will also endeavour to match up trainees with shared experiences of the current circumstances. Examples could include loneliness, isolation, managing caring responsibilities etc. Support can come from trainees in any year of training or from trainees who qualified from the programme in the previous year. If you would like to request a peer supporter, or would like to volunteer to be a peer supporter yourself, please contact the Peer Support Co-ordinator, Claire Anderson.

**Mentoring scheme**

The purpose of mentoring is to support your work-related development through training. Although optional, all trainees are encouraged to establish a mentoring relationship, which you should do through the programme’s mentoring scheme. If you would like to set up a mentoring relationship you should contact the mentoring scheme co-ordinator, Claire Anderson.

For more information about these support systems, see the programme handbook: [http://wp.lancs.ac.uk/dclinpsy/support/](http://wp.lancs.ac.uk/dclinpsy/support/)