



East Midlands Early Career GP Conference

Tuesday 12 May 2026

Holywell Conference Centre, Loughborough



DRAFT PROGRAMME

Time	Session
08.30 - 09.15	Registration, Refreshments and Networking
09.15 - 09.30	Welcome & Introduction Dr Adam Mulla and Dr James Waldron
09.30 - 09.50	Professor Sir Sam Everington, President of RCGP
09.50 – 10.40	Keynote Speaker 1 - Dr Hussain Al-Zubaidi Lifestyle Medicine & Portfolio Careers: Designing a Sustainable Career in General Practice
10.40 – 11.10	Break and Networking
11.10 – 12.00	Keynote Speaker 2 - Dr Daniel Sokol From error to ethics: five essential lessons from teaching clinicians in trouble
12.05 – 12.55	Workshops (Round 1) 1. Minimising Harmful Substances & Behaviours - Dr Hussain Al-Zubaidi 2. How complaints and concerns are dealt with - Vicky Goodwin, GMC 3. 10 Year Plan – where you fit within the changing NHS– Hempsons 4. Digital tools in primary care – Dr Selva 5. Thriving in difference: building credibility without conformity – Amina Hussain
12.55-13.55	Lunch and Networking
13.55-14.05	Welcome Back Dr Adam Mulla and Dr James Waldron
14.05 – 14.25	Where we are with Contracts - Dr Fahreen Dhanji, Leicester LMC
14.30-15.20	Workshops (Round 2) 6. Sustainable High Performance in Primary Care - Dr Hussain Al-Zubaidi 7. Partners and Partnership – understanding the risks and the rewards – Hempsons 8. NHS Pensions for GPs and Early Retirement – Greg Povey 9. The GP Contract - what it means to me – Lucy Cassidy, Notts LMC 10. Thriving not surviving – Dr Daniel Crowfoot and Dr Ebrahim Mulla
15.20 – 15.40	Break
15.40 – 16.30	Keynote Speaker 3 - Dr Selva Future of General Practice: AI and Integrated Neighbourhoods
16.30 – 16.45	Poster Competition winners and Close Dr Adam Mulla and Dr James Waldron
16.45 – 17.30	Networking and Social