



# East Midlands Early Career GP Conference Tuesday 12 May 2026

Holywell Conference Centre, Loughborough



## PROGRAMME

Time	Session
08.30 - 09.15	<b>Registration, Refreshments and Networking</b>
09.15 - 09.30	<b>Welcome &amp; Introduction</b>   Dr Adam Mulla and Dr James Waldron
09.30 - 09.50	<b>Professor Sir Sam Everington, President of RCGP</b> GPs and General Practice – The Future
09.50 – 10.40	<b>Keynote Speaker 1 - Dr Hussain Al-Zubaidi</b> Lifestyle Medicine & Portfolio Careers: Designing a Sustainable Career in General Practice
10.40 – 11.10	<b>Break and Networking</b>
11.10 – 12.00	<b>Keynote Speaker 2 - Dr Daniel Sokol</b> From error to ethics: five essential lessons from teaching clinicians in trouble
12.05 – 12.55	<b>Workshops (Round 1)</b> 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 Selvaseelan Selvarajah 5. Thriving in difference: building credibility without conformity – Dr Amina Hussain
12.55-13.55	<b>Lunch and Networking</b>
13.55-14.05	<b>Welcome Back</b>   Dr Adam Mulla and Dr James Waldron
14.05 – 14.25	<b>Where we are with Contracts</b> - Dr Fahreen Dhanji, Leicester LMC
14.30-15.20	<b>Workshops (Round 2)</b> 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	<b>Break</b>
15.40 – 16.30	<b>Keynote Speaker 3 - Dr Selvaseelan Selvarajah</b> Future of General Practice: Analogue to digital integrated neighbourhoods
16.30 – 16.45	<b>Poster Competition winners and Close</b> Dr Adam Mulla and Dr James Waldron
16.45 – 17.30	<b>Networking and Social</b>