

# APM Juniors Committee



## Chair

*Annabelle Mondon-Ballantyne*

@mbannabelle

The junior members of the APM are the future of palliative medicine. As a growing specialty at a crossroads with changes that will affect all our working lives, I am passionate about supporting pre-specialty doctors.

I am aware that not all junior members of the APM will go on to specialise in palliative medicine which make the junior members a truly unique and valuable part of the membership. The committee and I are there to help signpost to events and opportunities within palliative medicine and provide a community for those interested in the specialty. I am keen to grow the junior membership and provide a service for our members – please do get in touch directly if you have any thoughts about what you would like the association and the juniors committee to offer.



## Careers & Mentorship Co-ordinator

*Anna Grundy*

As careers and mentorship co-ordinator, I look out for development opportunities for medical students and pre-speciality training doctors.

I facilitate a monthly blog on the APMJ website which features entries from our junior members. I'm always open to trying new ventures which may help juniors progress along their chosen career path; get in touch if you're interested in writing for us or if you'd like to share how we can help you get the most out of your membership.



## Secretary

*Nikhil Dhir*



My name's Nikhil. I've just graduated from med school and am currently an F1 in the North East. It's not as daunting as I thought! Outside of medicine, I really enjoy staying active, cooking and my guilty pleasure is reality TV.

I'm secretary for the APM Juniors committee and the Juniors' representative on the APM Ethics Committee too. If anyone has any questions about the work I do or how to get involved, feel free to contact me!



## Conference Co-ordinator

*Charlotte Lee*

@drcharlotte\_lee

I am a CMT in Surrey and the APM juniors conference co-ordinator this year. My interest in palliative medicine developed during foundation training and my experiences include at the Cicely Saunders Institute, St Christopher's hospice, St. Peter's Hospital and Woking hospice. I have also worked with the Academy of Medical Sciences as part of the Departure lounge project engaging with the public to talk about death and dying more openly.

My interest in running this year's conference was to combine my interest in palliative medicine and education and to provide an opportunity for medical students and pre-speciality trainees to engage with the speciality. This year our conference "Inequalities in Palliative Medicine" is on the 16th November 2019 in Cambridge and we hope to see you there!



## Education Co-ordinator

*Simon Tavabie*

@SimonTavabie



I am an Education Fellow in Palliative Medicine working with the inpatient team in Brighton on the south coast. I'm really interested in what the APM can be doing to better meet your educational needs.



## Research Co-ordinator

*Ruth Porther*

@RPorther

I am currently a Core Trainee in general medicine in South Wales and hoping to apply for a specialty training post in Palliative Medicine in the next few years.

I have a budding interest in theology, philosophy and anthropology and generally enjoy learning about being human through any of these lenses. I have been very involved with Quality Improvement initiatives locally and hope to continue this in future. Otherwise, I very much enjoy cooking, baking and dogs.



## Communications Co-ordinator

*Jen Hancox*

@JenHancox1

I am a CMT in Birmingham, with experience working in the UK and Adelaide, Australia post-FY3! Outside of medicine, I enjoy acting, music and travelling.

I run the @APMJuniors Twitter & Facebook pages & help manage our section of the website. I'm always keen to encourage involvement and discussion and would love to hear from you if you have ideas / questions!