Pharmacist Support

Here for you throughout
your whole pharmacy journey.

Trainee Pharmacist Information Pack

We listen, without judgement, and encourage and empower people to create positive change.

Your training year is the final step in your journey towards becoming a registered pharmacist and should be exciting and rewarding. For many trainees it will be a positive experience, but some might need guidance and support, or merely a listening ear, at some point along the way. That's where we come in!

Pharmacist Support is an independent, trusted charity. Our vision is for no one to face challenging times without us by their side. We provide a wide variety of free and confidential support services to MPharm and OSPAP students, trainee pharmacists, pharmacists and their families, and former pharmacists in Great Britain.

"When you hit rock bottom it is so hard to know what to do. However, almost straight away I felt that I was not alone and there were solutions, thank you." - Services beneficiary.

Our services.

We understand that events such as illness, bereavement, or a problem with your training can have significant consequences. Our charitable support exists to help alleviate stress and pressure so you can focus on your pharmacy training and studies. We provide a wide variety of free and confidential support services which are detailed over the next few pages.

Information & Enquiries

On our website you'll find a whole host of information and resources covering a range of topics, from what to expect from your training year and your employment contract, through to raising a concern, making changes to your placement, sitting the GPhC assessment, managing assessment stress, support following your results and becoming a newly qualified pharmacist. The Information and Enquiries team is also on hand to support you with a wide variety of questions and issues.

Visit the Trainee Experience area

Specialist Advice

We offer advice in employment law for help with employee issues. We also offer debt and benefits advice to help with any debt you may be struggling to manage or with access to benefits you may be entitled to claim.

Access Specialist Advice

Counselling and Peer Support

Our Listening Friends service provides you the opportunity to speak over the phone confidentially to a pharmacist who understands the pressures of the profession. They can provide a listening ear for stresses or worries you may be dealing with, including about work and studies.

We also offer funded counselling sessions to those who are experiencing mental health issues such as anxiety and depression, a change in family circumstances, bereavement, and other psychological issues.

Access Counselling & Peer Support

Addiction Support

This confidential service provides safe and easy access to support for individuals experiencing problems with alcohol and other legal and illegal substances, gambling and mood-altering and potentially addictive behaviours (including pornography, sex, shopping, eating and exercise). We also support those affected by someone else's addictive behaviour.

Access Addiction Support

Our services.

Financial Assistance

We understand that anyone can face financial difficulties. We can offer financial support of up to £3,000 to trainees during their GPhC approved placement or while awaiting their assessment, to help cover essential living expenses. Evidence of application to sit is required..

Access Financial Assistance

Wellbeing Support

The Wardley Wellbeing service provides evidence-based, practical information and guidance dedicated to you and your wellbeing needs. On our website you'll find a range of free resources including videos, workshops and printable posters on topics you might need support with as a trainee, such as dealing with exam stress, how to get a good night's sleep during the revision period and managing anxious thoughts. We provide tips and tools to develop skills such as assertiveness, resilience and time management. You'll also find personal stories from other trainees and individuals across the profession who have kindly shared details of their struggles, learnings and coping mechanisms.

Access our Wellbeing Service

As healthcare professionals, you'll spend much of your lives focusing on others. Our mission is to champion the wellbeing of our pharmacy family. We are here to focus on *you*.

Championing your wellbeing.

ACTNow Wellbeing Campaign

In 2020 the charity launched our first major wellbeing campaign. Now a key feature of our annual activities, ACTNow focuses on raising awareness of the importance of mental health and encourages those across our pharmacy family to prioritise their wellbeing. Through the campaign we encourage students, trainees and pharmacists alike to **A**llow time for wellbeing, to **C**onsider the needs of others and to **T**ake action.

Find out more about ACTNow

Our trainee-focused campaign centres around managing the pressures and anxieties sometimes felt in the lead up to, during and post assessment period. It also aims to support you in the transition to becoming a newly qualified pharmacist. To make sure you hear about our latest campaigns, we encourage you to sign up to our newsletter and keep an eye on our social media feeds.

Sign up to our newsletter

"It is an amazing opportunity to work with others, meet new people and develop essential skills e.g. communication, teamwork, problem-solving etc. Additionally, it is invaluable to gain an insight into what the charity does and how it may be of help to individuals in the future." -Pharmacist Support Ambassador

Get involved.

Giving just a few hours of your time each week or month can really make a difference to your wellbeing, particularly if it's focused on something you love doing. It's also a way to get a much-needed break away from work and study, meet new people and develop new skills and boost your CV.

Our Ambassador Network

At Pharmacist Support we are keen to connect with trainee pharmacists across Great Britain who would like to help us raise awareness of the charity and raise valuable funds to support our work. Many trainees generously give their time by joining our charity Ambassador network.

Ambassadors support us through activities such as attending events with us or on our behalf, sharing charity news and updates on social media and with your networks, organising fundraising events or contributing to our charitable development by keeping us in the loop with what's important to trainees right now.

We really couldn't do what we do without the commitment and enthusiasm of our volunteers. Interested?
Click on the button below:

Find out more about volunteering

Support our work.

We will always be here to support our pharmacy family, whenever they need us. But we can't do it without you. As an independent charity, we rely on donations and the generosity of individuals and organisations in order to continue our work.

Join TEAMGreen!

Many people choose to support us and our mission by fundraising. TEAMGreen is our fundraising campaign that runs all year long – so you can fundraise for us at a time that suits you.

If you're feeling inspired and want to join TEAMGreen to raise funds to support your fellow trainees in their time of need, you can find lots of information and support resources on our website. The guidance will help you to complete an individual fundraising challenge or organise a fundraising event at your place of work.

Find out more about fundraising

"I'll never know the people whose donations supported me, but I'd love them to know they made the difference for me, my family and our future." – Pharmacist Support beneficiary

Other ways to support our work

As well as fundraising, you can help us to raise valuable funds through:

- making a one off or regular donation
- pledging a gift in your will
- donating your used stamps
- purchasing items online through platforms which make a donation to our charity at no extra cost to you.

Your donations will ensure that we're able to continue supporting colleagues and friends in the profession facing difficult times. Thank you.

Make a donation today

***"After failing the registration exam the first time and having my pre-reg contract end, I knew I would be in financial trouble for the coming months leading up to the resit and after. I felt blessed, ecstatic and very grateful for the help from Pharmacist Support. It was a weight off my shoulders knowing that I could focus on preparing for my resit."* - Trainee pharmacist & grant recipient.**

We hope that you have an enjoyable and rewarding time throughout your career. But if at any point you or one of your colleagues finds yourselves in need of some support, or even just a listening ear, please remember that there is a charity here to help.

How to contact us

We are an independent charity. This means that if you contact us for support, you can expect to be treated fairly and without judgement in a compassionate and empathetic way. You can rest assured that any information shared with our knowledgeable team will remain confidential.

You can reach us via our Information and Enquiries team, freephone, email, or even on social media.

Visit: phamacistsupport.org

Email: info@pharmacistsupport.org

Call: 0808 168 2233

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FUNDRAISING REGULATOR

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