

Below is an example rota for the Urgent Care Centre (UCC) post for a full time GP trainee. LTFT days are calculated pro rata. This is a varied post with alternating weeks in **Clinical Assessment Unit (CAU)**, **Acute Clinical Unit (ACU)**, **UCC** and **Community**. Like most hospital posts, the GP trainee will be expected to work twilight, night, and on-call day shifts. Every week with on-call shifts will have a zero day to allow the GP trainee time to recuperate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 (CAU)	09-17	09-17	09-17	09-17*	09-17	OFF	OFF
Week 2 (ACU)	10-18	10-18	10-18	10-18*	10-18	OFF	OFF
Week 3 (UCC)	16-00	16-00	OFF	13-17*	OFF	08-18	08-18
Week 4 (UCC)	12-22	12-22	12-22	12-22*	OFF	OFF	OFF
Week 5 (Community)	09-17	09-17	09-17	09-17*	09-17	OFF	OFF