

## BDA and the younger dentist

(The term 'young' in this context, means qualified within the last 10 years, or under 35 years of age).

### What is a Young Dentist Group (YDG)?

A group of young dentists who meet in an informal atmosphere to discuss the future of the profession through scientific, clinical and political aims. These groups operate across the UK for the members' convenience and allow practitioners in all spheres an effective channel of communication, which encourages maximum participation with minimum effort.

Many participants continue to be involved with the BDA developing their career and the profession for the future.

Members who are interested in joining or starting one of these groups should contact Steph Van Der Wens in the BDA's Branch and Section Support team at [branchsectionevents@bda.org](mailto:branchsectionevents@bda.org)

### Getting started

- 1) Contact the BDA's Branch and Section Support team to see if there are opportunities to join/start a YDG Group in your area.
- 2) YDG's can be set up in any geographical area under the umbrella of one of the 21 BDA Branches.
- 3) If there is already a YDG or Section in your area, the team will put you in touch with the existing committee to see if they have room for new committee members.
- 4) If there is not an existing committee, we can support you to create your own committee either via restarting a dormant Section, or by contacting the Branch to see if they can support a new YDG in their area.
- 5) An annual grant is provided by the BDA to each Branch for distribution between Branch, Sections and YDG activities
- 6) Financial support should therefore be forthcoming from the BDA Branch, as well as help with ideas for future events.
- 7) Regular communication is encouraged between the Branch and its YDGs and Sections to ensure everyone is aware of plans and for financial support to be allocated. A representative, or two, will be encouraged to join Branch Council meetings.
- 8) Next you will need to find a few other volunteers who would like to join the committee, or we can send a mailing to people in that area to see who is interested in getting involved.
- 9) Once you have some interest, you will then need to assign who will be the Chair, Secretary, Treasurer and who will be the general committee members - or specific additional roles may be created such as Vice-Chair, Sponsorship Representative, Social Media Representative, Wellbeing Representative, Student Representative, Charity/Fundraising Representative.
- 10) Then you have a meeting to discuss your plans for next year and you can do some research via surveys/polls which we can send to BDA members in the area. Once you have decided on your plan, you then work with the BDA's Branch and Section Support team who will confirm the dates with you and help you promote the events.
- 11) The Branch and Section Support team will manage the registrations for the event for you and provide you with regular updates regarding how many have booked.
- 12) They also have a list of speakers and sponsors to help YDGs if they need ideas or are looking for their event to be sponsored.
- 13) Once your committee is established, you will then need to meet a few times a year and hold an AGM once a year which can be remote or in-person.

## Planning ahead

Please note the following:

- The Branch and Section Support team will provide guidance notes on running COVID-safe face to face events during the pandemic and guidance on the process for running webinars
- Give as much notice of a meeting as possible we recommend a minimum of 5-6 weeks notice from the point we start the promotion for the event
- Keep in touch with your venue and encourage them to give you as long as possible to get people booked before giving any final numbers, as people book very late for local evening events
- Don't be discouraged if initial response is slow; not everyone will respond to every mailing, and groups take time to become established.

YDGs can organise different types of meetings, either as face-to-face events or virtually via webinars – here are some ideas:

- CPD lectures (most common) - Clinical / Dento-political / Business / Personal development
- Social events – wine tasting / quiz night / Escape room / afternoon tea / paint-balling / climbing centres / summer BBQs / film nights
- Peer review / Study groups with local Specialist dentists hosting the evening
- Mentoring evenings / groups
- Mental health and well-being evenings / groups.

## Useful links

Get involved

[www.bda.org/getinvolved](http://www.bda.org/getinvolved)

Forthcoming Branch, Section and Young Dentist Group events

[www.bda.org/bse](http://www.bda.org/bse)

Young Dentist Groups and the Young Dentist Committee

[www.bda.org/dentists/governance-and-representation/Branch-and-Sections/Pages/Young-Dentist-Groups.aspx](http://www.bda.org/dentists/governance-and-representation/Branch-and-Sections/Pages/Young-Dentist-Groups.aspx)

Example Young Dentist Group newsletter from the Middlesex and Hertfordshire YDG

[www.bda.org/events/branches-sections/Pages/middlesex-herts-ydg-newsletter.aspx](http://www.bda.org/events/branches-sections/Pages/middlesex-herts-ydg-newsletter.aspx)