



Dear GP Colleague,

## **Support to review your career with a trusted colleague and to find the right balance for you.**

We previously wrote to let you know about support available to GPs working in Somerset. Initially this support focussed on GPs over the age of 50. **This offer has now been extended to all GPs without age restriction.**

Working together; Somerset LMC, Somerset Primary Healthcare, Somerset Training Hub and the CCG have won NHS GP Resilience monies to fund a project that offers Somerset GPs an informal interview to think through current work commitments and your future career. You will also be able to get help with addressing problems, considering options and making changes.

Primary care is busy - ever changing - and has never been more challenging. The business of each day can sometimes make striking a healthy balance difficult. Taking time out to review your personal and professional priorities with a trusted colleague can help to ensure you remain in control of your destiny and able to make positive decisions.

The scheme is not just limited to helping those of us wrestling with important decisions about whether or not to carry on working, whether to stay working as you are or to make changes in your hours or duties, it can also be for those who are not yet considering change and who want to consider where to get help improving their wellbeing or who are looking to find new inspiration.

The outcomes of the meeting are personal and you will not be placed under pressure by anyone else's agenda. Our team of interviewers are all Somerset GPs experienced in one-to-one conversations with colleagues.

### **Time required and funding**

The meeting will be arranged to fit in with you and will take about 1 ½ to 2 hours. The interview will use a facilitative format and be informed by a support pack of useful opportunities and resources.

Every meeting is confidential and your involvement will only be recorded for administrative purposes. This will ensure you receive funding of £150 to recognise the time commitment you are making.

We value you as a colleague and want to help you make the right choices for your needs. We are committed to supporting you and hope that in doing so we enable our most experienced colleagues to continue to enjoy their practice and find a sustainable way to use their talents.

### **How to register your interest**

If you are interested in participating please contact Sally Barnett, Project Administrator, by email on [sphadmin@nhs.net](mailto:sphadmin@nhs.net) (spaces are limited and will be allocated on a first come first served basis)

If you are unsure or have concerns that need addressing first – please contact the Project Clinical Lead Dr Martyn Hughes on [martyn.hughes@nhs.net](mailto:martyn.hughes@nhs.net)

Kindest regards

**Jill Hellens** - Somerset LMC

**Martyn Hughes** - Somerset Training Hub

**Ian Creek** - Somerset Primary Healthcare