

# GP Career Plus

*New ways of thinking*

## The Problem

Working in General Practice is at times immensely challenging and most doctors have periods when the pressure can feel overwhelming. As the job has become busier, opportunities to chat to colleagues and share ways of overcoming the challenges we face or just unwind for a bit have become harder to find. GP+ aims to help redress the balance.

## The Programme

Twelve 2-3 hour financially supported sessions spread over 6 months.

Meet with a group of GP colleagues to share and learn from each other.

The group sets its own agenda as it goes along.

Facilitated sessions with access to a variety of resources and experts.

## The Aims

To leave you more settled and confident in your direction in life.

To facilitate development of new skills and ways of thinking about the things that life throws at you.

To give you the opportunity to network with colleagues with the possibility that your group might continue to meet and develop as long-term peer support in the future.

## The Request

Attend meetings whenever possible.

Respect and support each other.

Relax and enjoy some time out with no pressure and no interruptions. There might even be coffee and cake!

## What now?

If you think this might be of interest to you, please contact Rachel Stark at East Quay Medical Centre on 01278 444666 or by email [rachel.stark1@nhs.net](mailto:rachel.stark1@nhs.net) or Jill Hellens at Somerset LMC on 01823 331428 or by email [jill.hellens@nhs.net](mailto:jill.hellens@nhs.net) for more information.