

18th December 2020

Dear Colleagues

Apologies to those of you eagerly awaiting my latest vlog but time has not been my friend over the past few months which I am certain is a feeling shared by all in General Practice.

I wanted to write to say how proud I am to be your chairman and to witness the extraordinary efforts made by our Clinical Directors and their supporting teams in getting the first wave of Primary Care Network Vaccination Sites up and delivering vaccines to our most vulnerable patients this past week. This could not be done without the support of our system colleagues and volunteers who worked tirelessly alongside us ensuring the sites were safe for our patients and safe for us. I wish to formally thank them for their efforts.

I said at the start of this pandemic this is will be marathon not a sprint. This week's achievements have been a result of time given up by all involved with many working through the nights, at weekends and on precious days off. In my own PCN staff gave up much needed holiday time to volunteer at our vaccination site. Sustainability and resilience will be the issue looking ahead.

In the midst of all of this I had my appraisal. Each year I look forward to this as necessary time to pause and reflect on my previous year's undertakings. This year I also embraced the new appraisal format which made the documentation process so much easier. Being in a particularly reflective mood I chose to complete the Fourteen Fish Work-Life Balance questionnaire. Take a look if you have chance as it helps put things into perspective(!)

This has been an extraordinary year. It has had a significant impact on our mental and physical health. We must make time to look after ourselves. Eat well, exercise, perhaps drink a little but laugh a lot. Look out for your colleagues. Spend time with your family. Make time to enjoy life as this year has shown us how precious this truly is.

Look again at the SGPET updates that come to your email inbox with its wealth of professional wellbeing resources. A mention of the "Link up in Lockdown" groups led by Dr Tim Taylor of the GP Career Plus Scheme. These new groups are for GPs at all stages of their careers, they are facilitated and allow sharing of help, support, advice and resources.

And finally do have a happy and peaceful Christmas and best wishes for the New Year.

Yours faithfully



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Chairman

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