

The Problem

Working in General Practice can be immensely challenging, and most doctors have periods when the pressure can feel overwhelming. With the addition of the Covid-19 crisis, many GPs have been pushed to a point where they no longer enjoy their work and are at risk of burnout or taking early retirement. Opportunities to chat to colleagues, to unwind and to share ways of overcoming the challenges we face have become harder to find. GP+ aims to help redress the balance.

The Programme

Around twelve 2-3 hour financially supported sessions during work hours 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 facilitate development of new skills and ways of thinking about the things that life throws at you.

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

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.

Feedback from past participants

"it gave me a new perspective on the options available to me as a GP"

"I realised for the first time that I wasn't alone and could openly share my story with people who understood"

What now?

If you think this might be of interest to you, please contact Thelma Gotsell by email Thelma.gotsell@nhs.net or 07515910580 for more information.