*Nurse Career Plus*

***The aims of Nurse Career Plus***

* Facilitate development of new skills and ways of thinking about the challenges life throws at you.
* Leave you feeling happier with work and life generally.
* The opportunity to network with colleagues in a supportive environment building lasting friendships.

***The programme***

Ten 3-hour financially supported peer sessions during work hours spread over 6 months. The group is provided with structure to early sessions, which then allows the group to co-develop areas which matter to you as it progresses. Sessions are facilitated face to face at Monk’s Yard, Horton’s Cross. There is access to a variety of resources and experts.

***The people***

Nurse Career Plus is for any qualified nurse who is not part of the “new to practice fellowship”. This is a pilot programme. People currently out of the workforce/on a career break are also welcome including those with ill health, parental leave, considering retiring/leaving.

***The request***

Attend meetings wherever possible, respect/support each other. Relax and enjoy some time out with no pressure and no interruptions in a private hired room.

***The next step***

If you think you may be interested, then please contact [sphadmin@nhs.net](mailto:sphadmin@nhs.net) for more information.