Dear Doctor

GP Resilience – GPs aged 50 plus

**This letter is being sent to all Somerset GPs over 50 and is an offer of real help and support with making work and career plans and choices.**

We are all aware of the challenges facing general practice and, although being a GP is rewarding and stimulating, studies elsewhere have shown that a lot of GPs over 50 are likely to consider leaving general practice earlier than they had thought they would. For some, this will be a positive decision made from a position of strength, but for others it will be one made because of mounting demands, reducing resources and not knowing how to make the most of other opportunities.

Working together Somerset LMC, Somerset Primary Healthcare Ltd, Somerset Training Hub and the CCG have won NHS GP Resilience monies to fund a project which offers Somerset GPs over 50 an informal interview with a trusted GP colleague to think through current work commitments and future career options, and get help with addressing problems, considering options and making changes.

So, if you are a Somerset GP over 50 and considering 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, about where to get help improving your wellbeing or finding some new inspiration - then this could definitely be for you.

Our team of interviewers are all Somerset GPs experienced in one to one conversations with colleagues. 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 will be confidential and your involvement will only be recorded for administrative purposes so that you can receive £150 to recognise the time commitment your involvement requires.

If you are interested in participating then let Sally Barnett, project administrator, know by email to sphadmin@nhs.net , spaces are limited and they will be given on a first come first served basis.

If you are unsure and have concerns that need addressing first then send these to the project clinical lead Dr Martyn Hughes: martyn.hughes@nhs.net

Many thanks

Jill Hellens, Somerset LMC Martyn Hughes, Somerset Training Hub Rachel Stark, SPH