

About you

Dr Linus Onah

Name and Job Title

General Practitioner
Ivel Valley Medical Centre, Biggleswade

GP Future Leader,
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Bedfordshire CCG



Why did you choose to become a doctor/ GP?

I chose to be a GP because it offers opportunities to provide holistic care to patients and populations and to seek to make a real difference in their lives while retaining a great deal of flexibility and autonomy.

What is your background Family, Training, Experiences?

I come from a village in southeastern Nigeria and did my medical degree at the University of Nigeria. Training in a developing country meant that resource constraints and community health were important from the outset. This came into even sharper focus when I did a year of national service in a remote riverine community in the Niger Delta, a deprived population hosting the world's seventh largest oil industry. This strengthened a growing passion in public health. I moved to England initially for a master's degree in public health at the University of East London and had the opportunity to work part time in sexual health promotion. GP training followed with qualification in 2015. In the last two years, my family and I have made our home in Bedford.

What attracted you to a portfolio career, what can it offer you?

A portfolio career provided a good outlet for my lifelong passion for population health with great opportunities to work in teams to improve outcomes, user experience, provider experience, resource efficiency and sustainability.

Why did you choose the GP Fellowship programme

The GP fellowship programme has many advantages. It offers a structured transition from the GP training programme. The support and mentorship provide a soft landing for early career GPs as they get grounded in independent practice in a health system undergoing immense structural change from within, and struggling to respond to changing expectations from patients, regulators, and taxpayers.

What has your experience of the programme

It has been a very rewarding experience for me. Getting involved in CCG work broadened my horizon with very meaningful impact on my practice. Career development involves making a bet on the future of primary care. The fellowship programme significantly improves access to quality information that can inform career choices in the medium to long term.

How did the GP fellowship support your work/life balance?

Combining core clinical practice with a portfolio career has given me an outlet for a passion that helps prevent burnout. I have also had the opportunity to help make changes to improve workload with real impact on the daily grind of clinical work for myself and colleagues. Better designed clinical processes means getting home earlier and with more energy to enjoy life.

Why choose Bedfordshire

Bedfordshire has everything from lush green picturesque villages of central Bedfordshire to easy access to city life of central London 40 minutes away by train. Bedfordshire's house prices are the most competitive of the home counties and rising steadily due to a fast growing population. This offers opportunities for young professionals looking to own a home that will appreciate in value. There are many cultural events year-round with the signature biennial River Festival that attracts over 300,000 visitors. Bedford's diversity and its warm people means that everyone feels readily at home. There is also a wide range of practices to work in from town centres to rural areas and everything in-between.