

### **Dr Shankari Maha - BMLK ICS's Clinical Lead for the First 5 Network.**



As a newly qualified GP myself it is my pleasure to be able to help this initiative by NHSE and the RCGP to support doctors in the first five years of their career as GPs. I understand the pressure and uncertainty that comes with embarking on the journey of working as an independent General Practitioner and hope that with local peer support we will all embrace it with more enthusiasm. I love my job and I think variety is key in keeping people motivated in their line of work. I count myself lucky to have a 60/40 split between clinical and non-clinical work. I find all my roles complement each other well and allow me to enjoy each aspect of my working week. If you are a GPST3 or have qualified as a GP in the last five years please get in touch by e-mailing [ccs.gpfirst5.blmk@nhs.net](mailto:ccs.gpfirst5.blmk@nhs.net) as I would love to just touch base with you and see if there are any opportunities we can support you with.

### **Dr Sadaf Javed- BLMK-ICS Lead for GP Retention and Development.**



I am a GP in Bedford and have been working in partnership for ten years. I am a GP Trainer and am involved in the training of different clinical and non-clinical members of my practice team.

I have an interest in mental health and until recently have worked in the local Memory Assessment Service as a GPwER in Dementia.

I also have an interest in Prescriptions Management and hold the position of the Prescribing Lead for Bedford Locality.

Additionally, I am the Vice-Chair of Bedford on Call (BEDOC); a non-profit social enterprise, providing several primary care services across Bedfordshire.

I have always been fascinated with the Business, Management and Leadership aspect of General Practice. I am currently enrolled in the Diploma in Advanced Primary Care Management; a one-year postgraduate programme which is run by the National Association of Primary Care.

I hope to develop meaningful and sincere relationships with you all. I am passionate about GP wellbeing, as well as their professional development and am happy to be a point of contact for anyone and everyone seeking advice in work-life and / or guidance in career progression. I am here to assist all groups of GPs including Partners, Salaried, Locums, Full-time, Part-time, and those working in OOHs and in any phase of their career.

BLMK has a lot to offer to the Healthcare professionals and I look forward to working with the Workforce team to help local clinicians work, learn and live their full potential.

My contact details are: Email: [sadafjaved@nhs.net](mailto:sadafjaved@nhs.net) Work Number: 07393 244 271.

**Janet Thornley - RN MSc. GPN Strategic Lead BLMK ICS.**



I am GPN Strategic Lead for BLMK ICS raising the profile of practice nurses and encouraging leadership roles. I work closely with GPNs and the Workforce Programme Lead looking at new opportunities for nurses. I am involved in the development and introduction of New to Practice Programmes for GPNs and retention and development programmes for more experienced GPNs. The opportunities available to nurses with the emerging Primary Care Networks are very exciting.

I continue to work clinically as ACP in general practice in Milton Keynes.

As part of my MSC I gained a PGCMD and was a former associate lecturer at Buckinghamshire New University, teaching practice nurse skills and remain involved in education being responsible for Pre- registration nurses and hospital Drs on rotation in my practice.

An active member of her PCN steering committee, I am passionate about collaborative working and thinking creatively about patient led care.

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**Emma Muncaster - GPN Lead Nurse, Bedfordshire**



I am a general practice nurse (GPN) and have been in practice since 1995 in both Ampthill and Bedford. Prior to that I was a midwife and ward sister. I am still working in clinical practice 3 days a week, and so I am aware of current issues in general practice and practice nursing in particular.

My depth of experience and my interest in education has enabled me to take on a new role of GPN Lead Nurse for Bedfordshire.

I am looking forward to being able to help raise awareness of the fantastic role of the GPN.

I aim to be available to support nurses across Bedfordshire, particularly those who are new to the role, and also to encourage and assist pre and post graduate nurses to choose practice nursing as a career.

There is much happening to enable nurses to become GPNs, and I look forward to working alongside my colleagues in BLMK to ensure that it is a success.

## **Jackie Marsden - GPN Lead, Luton Clinical Commissioning Group**



I qualified as a Registered Nurse in February 1979, a Midwife in 1982, and a Counsellor in 1993.

My career has been very varied, previously holding posts as a Gynaecology Ward Sister, Sexual Health Nurse, Counsellor in Womens' Health and as a Sexual Health Advisor, amongst many others. I worked as a General Practice Nurse in Luton from 2006 to 2010.

Having worked in hospitals, community and primary care, I have a very good understanding of the issues affecting all three of these sectors.

I left my post as a GPN in 2010 to specialise as a nurse in contraception and sexual health, as this was where my real passion was focused. However, I was frequently involved with teaching GP trainees, medical students and GPNs, so I maintained my links and up to date knowledge of developments in Primary Care.

I was delighted to be offered the role of GPN Lead for Luton and to find that the issues around the training and support of new GPNs and the promotion of GPN as a desirable career destination by encouraging pre reg-student nurse placements are finally being addressed due to the availability of new funding as part of the NHS Long Term Plan and The GPN ten point plan.

I am currently enjoying making links and improving communication channels with the existing Practice Nurses in Luton so that I can help to ensure that they are aware of any training opportunities, and that training is based on their learning requirements. It is fantastic that there is now a GPN Lead nurse in each of the three areas of the BLMK STP, and we will be working closely together to support each other in the process of supporting all BLMK GPNs to deliver safe and effective care at scale.

It feels to me as though there has never been a better time to be part of the exciting changes happening in Primary Care.

## **Mehreen Shafiq - PA ambassador for BLMK**



My name is Mehreen Shafiq and I am a Physician Associate currently working in primary care within Luton. I was recently appointed as the PA – ambassador for BLMK with an aim to increase the awareness of PAs and their role in primary care through preceptorships, student placements and mentoring.

The best way to contact me is via email [mehreen.shafiq@nhs.net](mailto:mehreen.shafiq@nhs.net).

My ambassador days are Mondays and Tuesdays.

**Physician Associate at Lea Vale Medical Practice**  
**Physician Associate Ambassador for Health Education England**  
Email: mehreen.shafiq@nhs.net

## **Ray Tariq – Operations and Commissioning Manager**



I'm currently working in the Primary Care Development Team in Luton CCG in Luton and support various workforce initiatives across Bedfordshire, Luton and Milton Keynes (BLMK).

I have over 15 years of experience working in the NHS and have a background in managing clinical services, compliance, quality improvement and clinical governance.

I have a specific interest in practice nursing and the how the new roles being introduced in general practice will increase patient access and improve care. It's a great time to be working in BLMK as there is so much going on to support and develop the local workforce.

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## **Carla Barbato - Delivery Manager Planned and Primary Care**



I am a Registered General Nurse with over 25 years NHS experience. The vast majority of my clinical practice has been spent in generalist and specialist community nursing roles, working alongside Primary Care. In addition to provider experience, I have also gained approaching 5 years experience of working for commissioner services as a Designated Nurse for Safeguarding Adults and a Clinical Quality and Effectiveness Lead. I am currently on a 12 month secondment working for MKCCG as a Delivery Manager for Planned and Primary Care.

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