



GET INVOLVED IN...

AKESO

Akeso provides a holistic model of coaching that offers a confidential, safe, creative space where you can reflect on both your life and career and be supported to entertain possibilities, explore opportunities and enable choice. You will be supported and challenged to develop your own understanding and ideas and recognise and develop your own potential and ability. If you are interested in this unique opportunity, email office@akeso.org.uk

STEPPING INTO MY SHOES

This is an informal staff development opportunity that involves creating an 'interchange' of learning experiences and is a simple concept of matching learners and sharers together with the intention of a mutual learning opportunity. The Learner shares what they are looking for in terms of experience in another organisation while the Sharer reveals their skills and knowledge and in what capacity. To get involved in this interesting and exciting programme, click [HERE](#)

NEW TO PARTNERSHIP PAYMENT SCHEME

This is a nationally managed scheme aimed at supporting registered health care professionals to become practice partners (or legal equivalent) through creating a learning fund to develop skills, coupled with a financial payment. The overarching aim is to grow the number of partners, stabilising the partnership model and helping to increase clinicians' participation levels so that primary care and the patients it serves have access to the workforce they need. Applications are open for this amazing initiative! For more information, click [HERE](#)

BEDS & HERTS LMC BUSINESS FUNDAMENTALS PROGRAMME: SUSTAINABILITY IN GENERAL PRACTICE

The Business Fundamentals Programme for GPs has been remodelled into interactive webinar format. This modular programme is aimed at GPs who want to understand general practice at operational and strategic level. The course provides practical tools to help tackle the ever-increasing challenges and build a strong, sustainable future in primary care. The closing date for the application is Friday 21st August, 5pm. To get involved in this exciting course email helenbean@bhlmc.co.uk, or call, 01438 880010 or visit the [webpage](#).

RESPIRATORY WEBINAR LEARNING SERIES

Astra Zeneca is to offer help with digital learning and services for healthcare professionals. Besides the Webinars, the task is to ensure patients have the right support with virtual tools for their overall protection and to provide confidence to healthcare professional, with skills in their new way of working. The information for the webinars is attached to the email.

HELLO!

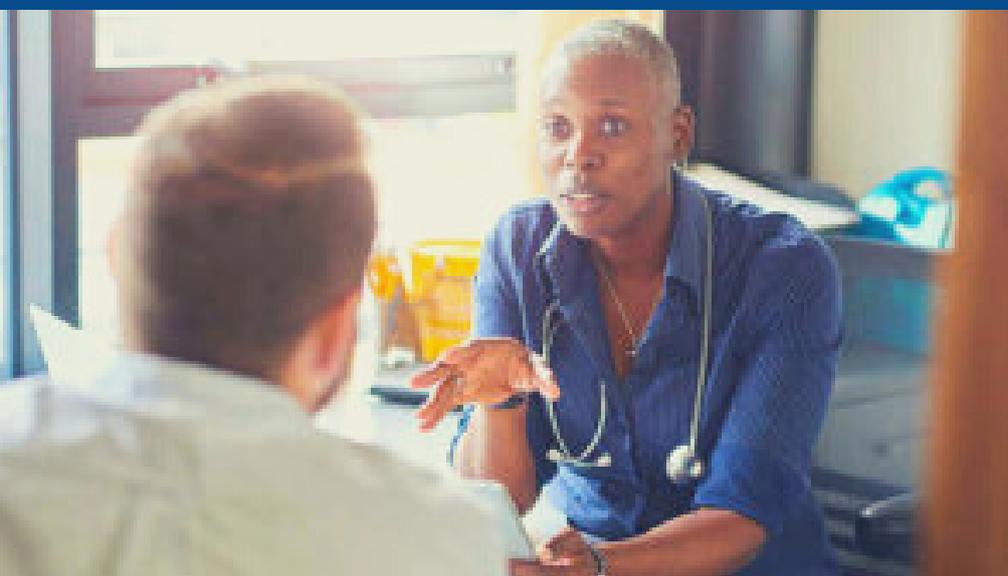
We hope that you are well and keeping safe!

If you are in the first five years of service as a GP in the BLMK area you are eligible to join our network and get many great benefits. The network is developed with a view to providing First5 GPs with support to develop a portfolio career, to get quality coaching and mentoring, to provide insightful educational programmes and to develop a network of peer support.

Please get in touch with any questions, queries or suggestions you may have and we will do our best to be as responsive and helpful as possible.

All the best,

Shankari, Sam and Nisha





In My Shoes

Hello All! My name is Sam Stone and I am the Workforce Transformation Project Manager for BLMK Primary Care Training Hub. Some of you may know me from the many webinars I have delivered recently like 'Thinking of becoming a Fellow' and my most recent one 'Tips and tools for career-self management: Making the most of opportunities' webinar. My role is rather unique and sometimes can be confusing to those that are new to Primary Care, so I'm hoping the below will give you all a little bit of an insight!

Tell us about your role

As a Project Manager it is my role to design, plan, implement and evaluate the Primary Care workforce development projects delivered in BLMK. What this entails is very varied and no two days are the same. It can include tailoring national initiatives aimed at local individuals such as the New to Practice Fellowship Programme or providing support and guidance for system focused initiatives such as the Additional Roles Reimbursement Scheme. The most exciting part of my role is working with Clinical Leads to develop innovate new ways of working or projects that will make a difference to Primary Care in BLMK.

As someone who started working in Primary Care at the start of Covid, what advice would you give to new GPs?

I started my role at the end of March just as lockdown happened so it has only been a virtual experience so far. My advice would be to embrace the opportunities that a digital way of working presents but remember that human interaction and connection is still the most important part of maintaining a positive work experience. I regularly book in time just to have a tea and chat with my colleagues and it is reassuring as they are likely to be feeling and experiencing the same things as me in this unprecedented time.

Covid is a stressful time for all, how do you deal with work challenges and the pressures of work?

I believe that no one is perfect and that sometimes we all fall into the trap of trying to fit too much in to our working day. I am now trying to make a conscious effort to put in the breaks which would have happened naturally before the pandemic. Having space for me to think and reflect is important as it is normally during this time that I have my best ideas or solutions to complex problems.

If your life was a TV show, what would it be called and why?

Cats, coffee and crafting as these are the things that have kept me feeling positive during the last few months

Health & Well being

Let's all try and put some focus on self-care and visit this website for some useful resources. [Click HERE](#) to get involved.

Join the GP First5 WhatsApp group

We envisage this will become an easy way to keep in touch and stay updated with new opportunities as they arise rather than once a month. This group is somewhere you can ask your peers questions and voice concerns. We aim to keep conversations on this group informal, but please refrain from inappropriate conversations. **If you agree with the group's simple rules attached to this e-mail and want to join the group please follow the [LINK](#).**

The Shiny Mind App

The Shiny Mind App has been designed by the NHS for the NHS to proactively provide daily wellbeing and resilience support. It is available to all BLMK Primary Care Workforce for free. Please email samantha.stone8@nhs.net to set-up your account.

GET NET-ETIQUETTE

If you disagree with someone, acknowledge the valid points they are making, then focus on why you disagree, **respectfully** offer a different perspective. But remember they have a right to their own opinion. **Don't make the discussion personal!!**

FOCUS
on the
TOPIC,
not the
PERSON

