



GET INVOLVED IN...

Lessons from National Leadership in a Global Pandemic - 1st July, 8pm

Dr Nikki Kanani, *National Medical Director of Primary Care at NHS England and Improvement*, is running a thought provoking webinar on her experiences in the pandemic, including learning and leadership lessons for all. For a chance to get involved and ask your questions, sign up [HERE](#).

Children Services in BLMK - Virtual Symposium - 4th July, 9am - 12pm

This session will discuss all things Children Services and will include:

- BLMK Community Pathways
- CYP Rapid Response Service
- Importance of immunisation in CYP in a pandemic
- RCPC guidance for shielded children
- Children Community Pathways

To get involved in this insightful symposium email ccs.gpsupport.blmk@nhs.net.

GP Perinatal Covid Seminar - 9th July, 1pm - 2pm

Get involved in this hour of education on all things Perinatal! There will be amazing doctors presenting and presenting so much knowledge! To get involved, click [HERE](#) and add the access code 163 266 5999 and the password CMSNqrmv753.

Tips and Tools for Career-Self Management: Making the most of opportunities - 24th July, 1:30pm - 3pm

This 90 minute educational webinar hosted by BLMK Training Hub is open to anyone working in Primary Care across Bedfordshire, Luton and Milton Keynes and has an interest in learning tips, tools and techniques that will help them shape their career plans.

- Defining Career-Self Management
- Building self-awareness
- Identifying and creating career opportunities
- Building a career road map action plan

To get involved, please click [HERE](#)

Akeso Virtual Mess

[Akeso](#) is a free confidential coaching and mentoring network based in East of England that is led and run by GPs. The virtual mess is a safe space to talk with other GPs, but if you don't feel like talking, it's OK to just listen. Akeso's tagline for the mess is 'What happens in the mess, stays in the mess.' To get involved email jackie.campbell4@akeso.org.uk with your contact details and GMC number. You will then be sent a Zoom invite. You can join:

- **Every 2nd Tuesday of the month, 8pm to 9pm**
- **Every 3rd Wednesday of the month, 1pm to 2pm**

HELLO!

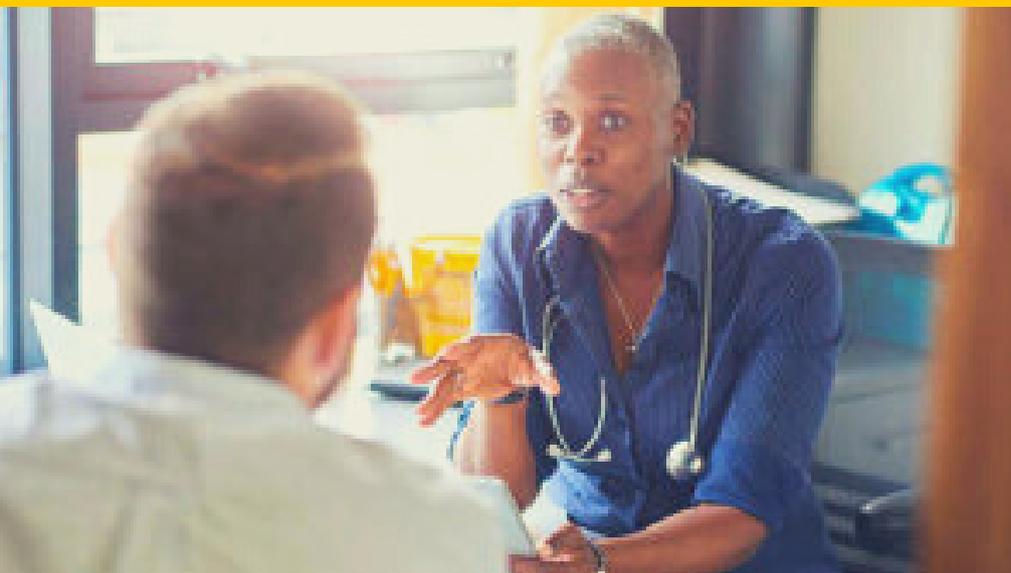
We hope that you are well and keeping safe!

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

For the first *In My Shoes* segment, I will give you an insight into my work and a little about me! My name is Shankari and I'm the Clinical Lead for the GP First5 Network across BMLK. I qualified as a GP in March last year. I understand the pressure and uncertainty that comes with embarking on the journey of working as an independent General Practitioner. I hope my little insight below will help you get to know me a little more!

Tell us about your role

I get to support my peers by being able to signpost them to resources already available and knowing that I have the support of a wonderful team to find the answers they seek.

What made you want to work in Primary Care?

This is where 90% of all consultations in the NHS take place. I have always had an interesting population medicine and even though I love and miss acute medicine I enjoy the better life-work balance I can achieve as a GP.

What does a normal day look like for you?

Clinical days are set 8-16.30 and I often manage to finish less than an hour late. Non-clinical days are very varied and at times can mean back-to-back meetings and other times just a lot of prep work and e-mails. I love the variety I have with the three roles that I currently hold (salaried GP, Clinical Lead for the ICS and CCG).

What's changed for you since the start of Covid?

The virtual platform has been a great way to work and still enjoy being a mother by allowing me to save on travel time, which was fairly extensive for my leadership roles. I miss the human interaction, but feel proud to see how well we have all adapted to this - a real testament to humanity.

What's your perfect weekend?

A day with loved ones packed with activities and lots of food followed by a day of just chilling with lots of food.

Health & Wellbeing

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](#).

GET NET-ETIQUETTE

Before you:



THINK. It is:

T - Truthful?

H - Helpful?

I - Inspiring?

N - Necessary?

K - Kind?

