

## Single Point of Access

The primary care workforce team can help with confidential advice and support for your future aspirations (forthcoming retirement, change of working hours, training and development opportunities etc.) If you are interested in participating, please contact [primarycare.workforce@nhs.net](mailto:primarycare.workforce@nhs.net) or [01268 464 616](tel:01268464616)

## Need extra support or worried about your wellbeing?

The NHS GP Health Service is a free and confidential health service for GPs and trainee GPs, who may be experiencing mental health and addiction issues.

The service launched in January 2017 and has already seen over 1,000 GPs access the service. The service has a number of clinical services available to access – from face to face psychological therapies to peer group sessions.

The service can also provide support more remotely using online tools and tailoring the support to the needs of the GP where possible.

Perhaps you're feeling like you're struggling to balance both work and personal commitments? Or maybe you feel overwhelmed, with the demands on your time?



Contact the NHS GP Health Service

Call [0300 0303 300](tel:03000303300) (8am to 8pm weekdays / 8am to 2pm weekends)

Visit [www.gphealth.nhs.uk](http://www.gphealth.nhs.uk)

Local contact [primarycare.workforce@nhs.net](mailto:primarycare.workforce@nhs.net) or [01268 464 616](tel:01268464616)



# GP Retention Late Careers



**Mid and South Essex**  
Sustainability and Transformation  
Partnership

## Thinking about what's next?

Perhaps you are considering alternative ways of staying in practice that can best utilise the skills, experience and wisdom you've gained over the years – whether you've been part of a large practice, working single handed or as part of a local network.

Perhaps you're taking time out for family, on a career break or practicing overseas, and would like to plan your return to general practice in England? We have a range of flexible working options available and we will be happy to discuss your needs, to tailor opportunities which best suit your skills and preferred work pattern.

Please contact [primarycare.workforce@nhs.net](mailto:primarycare.workforce@nhs.net) who will discuss options with you.



## Local GP Retention Scheme

The Mid and South Essex STP has designed tailored support to flexibly meet your working arrangements. GPs approaching retirement age will have access to:

- Facilitated peer support network
- Social network post time to learn sessions
- Mandatory training
- HR and Pension Support (recruitment, DBS, appraisal etc.)
- A training budget
- Involvement in the development of local neighbourhoods and implementation of the Primary Care Strategy to help shape future models of care
- Exploration of longer 15 minute appointments for complex cases

Please contact [primarycare.workforce@nhs.net](mailto:primarycare.workforce@nhs.net) to discuss further.

## National GP Retention Scheme

The National GP Retention Scheme is aimed at GPs who are seriously looking to leave general practice or have left, who are able to undertake regular part time work, up to four sessions per week.

For more information including how to apply, visit the NHS England website:

👉 [www.england.nhs.uk/gp/gpfv/workforce/retaining-the-current-medical-workforce/](http://www.england.nhs.uk/gp/gpfv/workforce/retaining-the-current-medical-workforce/)

## Return to practice: Induction and Refresher Scheme

The scheme is designed for GPs who have previously been on the GMC Register and NHS England's National Performers List (Medical) and who would like to return to general practice after a career break, raising a family or time spent working abroad.

The scheme also supports the safe introduction of overseas GPs who have qualified outside the UK and have no previous NHS experience. For more information visit:

👉 [gprecruitment.hee.nhs.uk/Induction-Refresher](http://gprecruitment.hee.nhs.uk/Induction-Refresher)