

# GP Support



Your first 5 years as a GP.  
We're here to help.

At Mid & South Essex STP, we understand how challenging the first 5 years can be, so we introduced a dedicated program to support GPs like you during this time.

## Get the support you need

 [primarycare.workforce@nhs.net](mailto:primarycare.workforce@nhs.net)

 01268 464 616



## We can help you with

-  Pastoral support
-  A mentor – and the opportunity to become a mentor
-  1-to-1 coaching
-  Training opportunities
-  Applying for a Tier 2 Visa
-  Making pension arrangements
-  Exploring broader issues like staffing, appointment duration and community development

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Mid & South Essex STP's support programme for GPs in their early years can help you consider a number of the issues you may be facing

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## Work/life balance

- ✓ Flexible working hours
- ✓ Full & Part-time roles
- ✓ Opportunities within a reasonable commute

## Career Progression

- ✓ Vacancies for clinical & non-clinical roles
- ✓ Joint roles in health, social & acute care
- ✓ Helping you identify & achieve your goals

## Workplace Support

- ✓ Fellowship opportunities
- ✓ Mentoring and becoming a mentor
- ✓ Shadowing experienced colleagues

## Training opportunities

- ✓ Portfolio work in a range of roles
- ✓ Focus on prescribing
- ✓ Focus on leadership

