

BUILDING A NETWORK FOR SUPPORT AND OPPORTUNITIES: PLACES TO START

Thankyou for attending the workshop today, this is a list of places to start when looking for opportunities and building a supportive network for yourself. This is by no means a definitive list, these are suggestions that I have found useful and continue to find useful. I hope it will give you some ideas as to where to start but your network will depend on your location, needs and interests. For those on twitter feel free to also follow me @rachaelmarchant and if wanting information or looking to start a First 5 peer support group in Essex or interested in getting involved with RCGP Essex faculty do contact me: rachael.marchant@nhs.net

I wish you long and happy general practice careers.

Dr Rachael Marchant

MAILING LISTS:

Make an active effort to make sure you are on the e-mailing list for:

Your local CCG

Local hospitals list of GPs for education events- NHS and private hospitals often have a GP education programme of some sort

Your local RCGP faculty: this should happen provided you remain a member and keep your address up to date.

WEBSITES

RCGP website: find out what is going on in your local faculty, if its good get involved if it's not get involved and change it.

<https://www.rcgp.org.uk/my-rcgp/login.aspx?item=https://www.rcgp.org.uk/my-rcgp.aspx>

Equip website: Essex based website: Go to place for jobs and events.

<http://www.essexequip.nhs.uk/>

CONFERENCES

Consider attending RCGP annual conference: or others. These are great networking opportunities as well as a good way to keep up to date and get a large chunk of CPD done in one go.

12th-14th October 2017 Liverpool <http://www.rcgpac.org.uk/>

Essex sessional GPs conference

30th September 2017 Chelmsford <http://www.epic-wd.org.uk/event/essex-sessional-gp-conference-save-date/>

TWITTER

CONSIDER FOLLOWING:

National @RCGP @GPJOURNALCLUB @NICECOMMS

Essex based @RCGPESSEX @RCGP_EA @ESSEXEQUIP @ESSEXLMCS

Also worth finding and following local CCGs, Local universities, charities and other doctors doing things you are interested in, once you build a network you will find opportunities present frequently.

RECENT INSPIRING HASHTAGS:

#whyGP

#GP150w

FACEBOOK GROUPS

Tiko's GP group

Resilient GP

GP survival

Tea and empathy

GP detox

And there are many others.....

PEER SUPPORT:

Find out who your local RCGP First 5 lead is and contact them about local First 5 groups and events.

Keep in touch with your GPST scheme colleagues.