

Mentoring and support for GPs in the Bristol area

As we all know, working as a GP can be highly stressful. Significantly, it is the only 'helping' profession for which there is no automatic supervisory support. For these reasons, and given the ever-changing climate of general practice, you are strongly encouraged to participate in one or more of the following support mechanisms.

1. Small groups

Many recently qualified GPs continue to meet in their VTS small group. Others form groups according to particular types of work they are involved in (eg locum chambers and Trainers workshops). If you are not currently in a group (for instance, you may be new to Bristol), and would like help to find an appropriate group, I can help with this.

For existing groups, the GP Education team provides training in 'Problem-solving and providing professional development support in small groups'. This training is free of charge for members of the Bristol CPD and PCPD schemes, and can be done within your usual small group meetings. Please ask for details if you are interested.

2. The Bristol mentoring scheme

This provides

- training in mentoring skills
- support and higher skills training for existing mentors and co-mentors
- 'matching' of those interested in co-mentoring, where requested
- support for those who would like to set up a small group with a mentoring agenda

Most meetings take place during the evening, on different days of the week. The dates for 2008 will be set by the end of November, and emailed to members of the scheme. They will also be posted on the gpsolutions website (see 'mentoring' page).

I am also offering 2 full days of mentoring skills training in 2008, on the following dates: 14th May and 30th October 2008.

Membership of the Bristol mentoring scheme is free for members of the PCPD and CPD schemes.

3. Being mentored

I am able personally to mentor a small number of doctors. Your agenda might include any (or all) of the following:

- personal development
- career development
- professional issues
- preparation for and action-planning post appraisal

Meetings are confidential, 1:1, and usually last 1 – 1 ½ hours. They can take place either during the working day or in the evening.

Contact me if you would like to discuss this further.

4. Counselling

I am also qualified in counselling, and can provide either single or a series of counselling sessions, where this would be helpful. There is a charge made for this service. Counselling is, of course, completely confidential.

Again, please contact me if you would like to discuss this further.