GPS

NHS
GP Health Service
Practitioner Health Programme

Group Peer Support

For GPs

The vision

All GPs and GP trainees to have access to reflective practice and peer support in groups. These groups would include any modality which allowed GPs to meet with their peers for at least 90 minutes in a protected, facilitated space.

This to be implemented over the next five years.

The concept

NHS GP Health is aimed at those GPs who become mentally unwell.

However we believe that it is important that **all** GPs are supported to stay well and have the opportunity to learn and develop the techniques to maintain their own wellbeing and have the time and space to do this. There is evidence that peer support groups, including Balint, reflective practice groups, action learning sets, 'young' practitioner groups and other interventions where doctors (and other staff) come together improves morale, reduces burn out and contributes towards lifelong learning. Currently there is little time in the working day of GPs for them to come together for periods of reflection, peer support or peer learning.

We wish to work with RCGP and the faculties to develop around 50 GP peer support groups across England (PHP/GPH only have a remit for England) to understand the value and impact that 90 minutes of facilitated peer support can provide. The group attendees will be asked to contribute to an evaluation process to support the development of the principle on a widescale basis.

The offering

The PHP/GPH will fund up to 900 minutes of facilitator support per group. Each group to consist of circa 12 attendees. The groups could include, for example; access to resilience, mindfulness, relaxation, coaching, Balint etc. Groups could be run on a weekly/monthly basis for 90 minutes per event or used as block amounts to create peer support days. The facilitator will need to be independent of the GPs and we will contribute according to our tariff.

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