

Online Peer Support Groups For GPs



The National Wellbeing Hub (www.nationalwellbeinghub.scot) is running a pilot of free online Reflective Peer Support Groups for GPs.

The aim of the Reflective Peer Support Groups will be to give individuals an opportunity to meet with peers across Scotland in a confidential, reflective space offering each other support and increasing wellbeing in the workplace. The group will enable reflection on the ongoing demands of work whether they be clinical, organisational, managerial, psychological or emotional.

What will be involved:

The pilot groups will consist of 10 members and be facilitated by the NWH Clinical Lead (Counselling Psychologist) and will meet on MS Teams. Groups will meet monthly and the pilot will run from November 2023 – March 2024 (5 meetings).

GP's
9 – 11am
Thurs 14 th Dec
Thurs 11 th Jan
Thurs 8 th Feb
Thurs 7 th March

Each session will last 2 hours with an agenda being developed by group members at the beginning of the session. At the end of the session group members will be asked to identify what has been helpful to them from the session. If appropriate, the facilitator will signpost to resources on topics discussed in the session.

Following the final group meeting, you will be invited to a debrief session with other members of your group, allowing for key learning points to be shared among the group.

The pilot groups will be evaluated with group members completing questionnaires prior to the first session and at the end of the last session.

Who are the groups intended for:

The groups are aimed at mid-career GPs who intend to stay working in the NHS and are currently in small practices (no more than 3-5 GPs) and are not currently on a coaching course, but recognise that they are at risk of burnout.

Online Peer Support Groups For GPs



How to get involved:

To apply for a place on the pilot please email: hello@nationalwellbeinghub.scot

In your email please could you give the following information:

GPs
Are you a mid-career GP?
Do you intend on staying in the profession?
How many GP's are in your practise?
Are you currently on a coaching programme?
Are you full-time / part-time? (number of sessions a week)
Are you a salaried GP or a partner?
Do you hold any external roles?
Which health board is your practice located in?
Do you consider yourself at risk of burnout?
What would you hope to get from these sessions?