

# Link Up in Lockdown - GP online groups

Would you like to meet up informally with colleagues outside work? Whatever stage of your career you are at, keeping in touch is particularly important now. Join one of the new online Somerset GP-Link groups being set up in April by facilitators from GP Career Plus with the support of the LMC, SGPET and SPH, complete the survey monkey form and you're nearly there!

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## Details:

Meet for a supportive chat with colleagues while having a glass of wine at home or a cuppa in the office. Share the ups and downs of the present situation, find out how other people are managing challenges, exchange sourdough bread recipes or bike maintenance tips, say how you're keeping fit and be there for each other if times are tough.

Meetings are held using Zoom videoconferencing software, times to be agreed. Meeting length probably 90 minutes, group size 6-8. A facilitator will help organise and support the group in the early stages. You need either a computer, laptop, tablet or smartphone with a built-in or external camera and microphone and a good internet connection.

Some groups may choose to continue to meet after restrictions lifted, face to face or online.

## GP groups are already happening and here's some participant feedback...

*"I really enjoyed the meeting. It was great to be able to see people and talk from the comfort of my home, albeit with a large mug of tea and a cat in my lap!*

*It was informal, fun and we are so lucky to be able to have this type of interaction with our peer group. I would like to keep this going."*

*"It's a great idea. The long distances between everyone also makes zoom great for the future."*

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**To express an interest in joining a group, click below. We'll get back to you!**

<https://www.surveymonkey.co.uk/r/JY3SK9P>

**Already in a group?** Might you need some help setting up to continue online? Have you got some room for new members? Have you got some experience you'd like to share to encourage others for join a group? Please follow this link and we will be in touch:

<https://www.surveymonkey.co.uk/r/J6NBHYQ>