

## GP-Link 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 by facilitators from the GP Career Plus scheme with the support of the LMC, SGPET and SPH.

### Details:

Meet for a supportive chat with colleagues while having a glass of wine or a cuppa in the comfort of your own home. 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...

*"It's a great relief to hear about other people's experience of Covid and to hear how they're coping. I thought it was just me getting stressed and grumpy!"*

*"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, email via the link below and we'll get back to you! It's most likely that groups will run on Tuesday evenings.**

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