

STW.RefreshedGPs

Dear Colleagues,

Most people agree that life as a GP is tough, with little prospect of significant improvement on the horizon. Consequently, many GPs, perhaps including yourself, are considering reducing their commitment, a change in portfolio, a break, or even retirement. There are many options to consider.

Shropshire, Telford and Wrekin's Integrated Care Board has provided funding for 2 local GPs, Tim Lyttle and Adam Pringle, to offer support to all GPs who want to consider the options available to them. Please see the end of this message for an introduction to Tim and Adam.

The support offered is:

- A wide range of resources
- A conversation, with Tim, Adam, or both, in the way that suits you best: by email, phone, video, in person or in a group
- Information about the changing world of the NHS: from ICBs to "The System", to PCNs
- Introductions to colleagues who have experience of the change that you might be considering, for example an area of special interest
- Opportunities to access support services, such as the GP mentoring programme

Are you considering any of the following?

- How to reduce your risk of burnout
- Early retirement
- Leaving your current job but not ready to hang up your stethoscope completely
- The need for an interest outside of your current job
- A portfolio of several interests
- Taking a sabbatical or career break

Our approach will include:

- Finding out what matters to you
- Helping you to consider your goals
- Sharing resources with you
- Helping you develop a strategy to meet your goals
- Helping you consider your own wellbeing
- Helping you connect with others. We are also planning one or more groups to help our conversations

If any of this resonates with you and you would like to take advantage of any or all of the support on offer, take a look at our website ([here](#)) or please do get in touch via our email address

STW.RefreshedGPs@nhs.net.

About Tim and Adam

Tim Lyttle has worked as a GP for 25 years and is currently taking a (9 or 10 month) career break from clinical practice. He has continued as a Clinical Director of a North Shropshire Primary Care Network, joined SaTH as an Associate Non-Executive Director, and commenced a training programme to become a transformational / coaching professional.

From 2012 to 2018 Tim was a partner in a Whitchurch practice before helping lead the merger of the 3 Whitchurch practices with Ellesmere Medical Practice to create Churchmere Medical Group, in which he continued as a partner till November 2022. He has previously completed a post graduate diploma in leadership for quality improvement and a Human Givens diploma in mental and emotional health.

Tim is very open about his own mental health illness and burnout in 2012 and also his now 10+ year physical, emotional and spiritual health journey. Within this role, Tim is keen to help other GPs find a good, if not the best, way through challenging times for the NHS. His approach will be very flexible.

Adam Pringle has been a GP for over 30 years. He has worked in a practice with zero patients, a partnership group with 50,000, and every size in between - and has worked as a partner, a salaried doctor, and locum. He moved to Shropshire as a child and has been walking the same streets for nearly 50 years.

Adam has worked in Australia, Brunei, Bosnia, Croatia, Iraq and Kuwait. He has also worked outside core NHS practice in addictions, benefits assessment, insurance medicals, occupational health, private hospital, section 12 assessments, territorial army, and, of course, out-of-hours work, and has worked for the health authorities (now the ICS) on both service development and the management board. So Adam is well placed to help you explore your career break options, or to remodel your working life to a more sustainable portfolio career, if that is what you need.