



Mid and South Essex
Integrated Care
System

MSE
Training Hub
Supporting primary care

Welcome to mid and south Essex

A guide for General Practitioners who are
new to practice, new to the area or
returning from a career break





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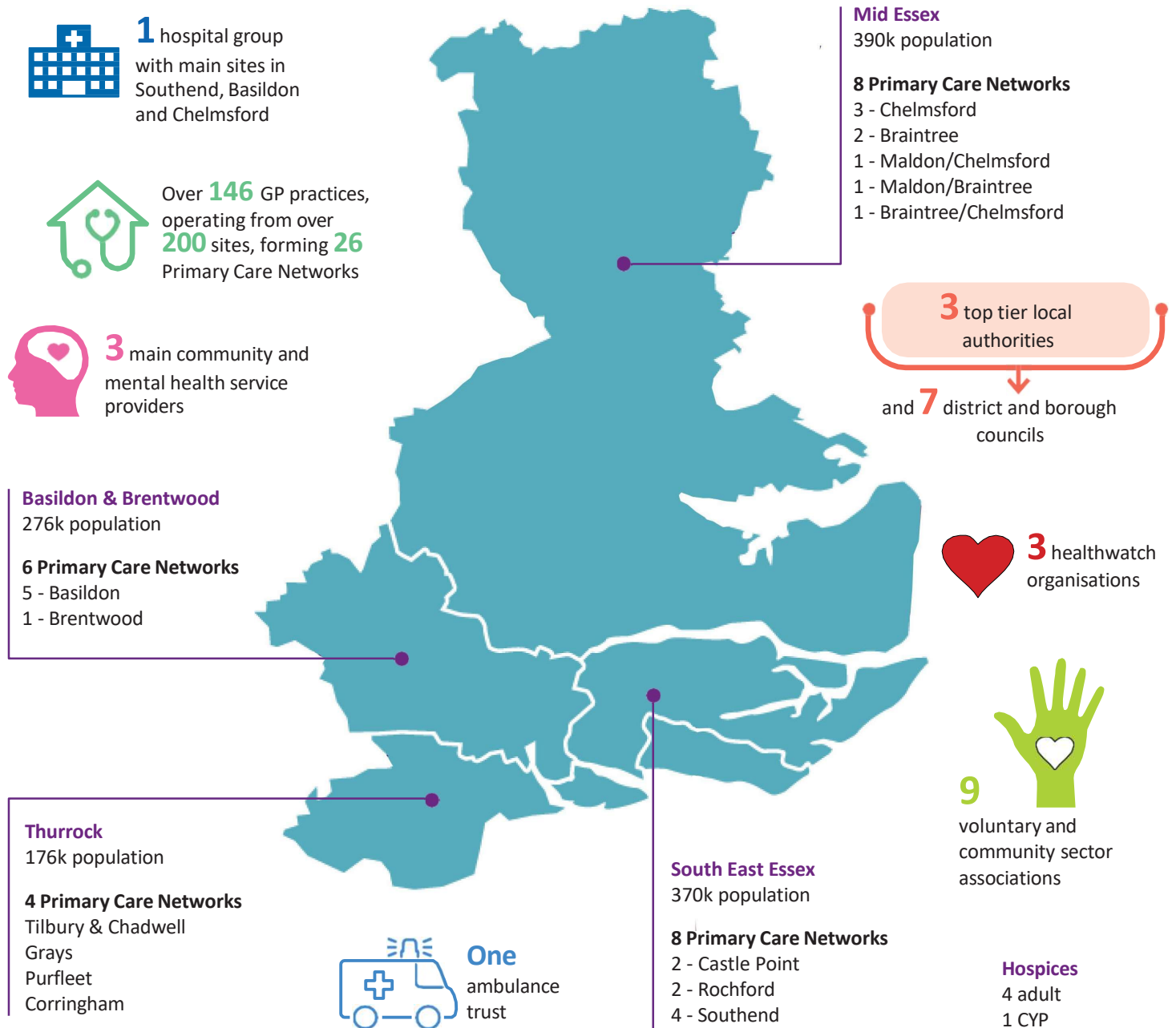
Welcome

‘Congratulations on becoming a GP in mid and south Essex! Whether you have just completed your training, are new to the area, re-located here from abroad, or are returning after a career break, we warmly welcome you.

Starting out as a newly qualified GP, or relocating to a new region, can be challenging as well as being an exciting phase of your professional journey. This guide, developed by the Mid and South Essex (MSE) Training Hub, aims to provide you with the support and information you need including signposting to many professional opportunities available in the area. Welcome to an amazing place to live and work!

About mid and south Essex

[Mid and South Essex Integrated Care System](#) (ICS) serves a population of 1.2 million people, living accross Braintree, Maldon, Chelmsford, Castle Point, Rochford, Southend, Thurrock, Basildon and Brentwood.



About Us

The MSE Training Hub comprises both clinical and non-clinical professionals who collaborate to support the primary care workforce.

Training Hubs are crucial to supporting NHS England's mission to deliver outstanding healthcare and health improvements to patients and the public and ensuring that the current and future primary care workforce is trained in adequate numbers and equipped with the necessary skills, NHS values, and behaviors to provide excellent patient care.

The MSE Training Hub offers a wide range of education, training, and development initiatives designed to support the recruitment, retention, development, and career progression of colleagues in primary care. The MSE Training Hub team are here to assist you throughout your career in general practice, from GP training right through to approaching retirement.

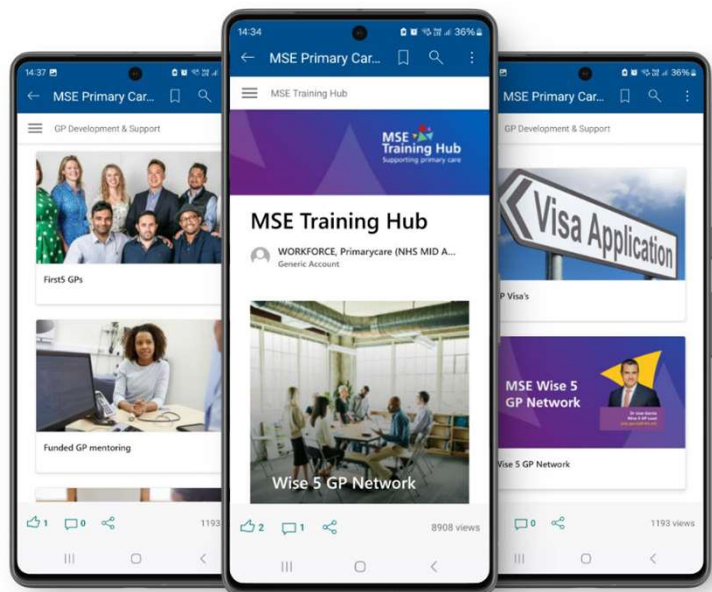
Training Hub Website

The best place to stay up-to-date with offers and initiatives provided by the Training Hub is through our website and intranet page. Our intranet page serves as a central hub for all the latest information, resources, and updates relevant to your professional development and practice needs.

To access the intranet, you will need your NHS mail account credentials. If you are experiencing issues accessing the intranet, please contact the Training Hub inbox via mseicb-bb.primarycareworkforce@nhs.net for assistance.



SCAN ME



www.midandsouthessex.ics.nhs.uk/traininghub

There are a wealth of resources to support your professional journey, including detailed information about upcoming training programs, workshops, and CPD opportunities, as well as an events calendar with important dates for seminars and conferences. The resource library provides access to various documents and best practice manuals and also find regular updates on new initiatives, along with information on GP mentoring, peer support networks, and other services.

Meet the Team

Dr Sarah Crane is the Senior Responsible Officer (SRO) for the Training Hub. Sarah is passionate about supporting primary care colleagues with strategies and programmes to develop, recruit and retain excellent staff across our system. Sarah has worked in clinical lead roles supporting workforce development since early 2019. She completed her GP training at Chelmsford VTS and was a long-term GP Partner at Danbury surgery.

More recently, Sarah has been wearing several 'hats', including being a GP retainer, a senior appraiser, Training Programme Director for NHS England (supporting international medical graduates) and recently has been appointed to the role of Associate Medical Director for Mid and South Essex Integrated Care Board (ICB).



Dr Sarah Crane
Senior Responsible Officer
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Dr Emma Francis
First 5 GP Clinical Lead
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Dr Emma Francis is one of our First 5 GP Clinical Leads. Emma completed her GP training at Chelmsford VTS in 2021 and is now a salaried GP in Tiptree and continues to work as a locum GP in mid and south Essex.

Emma is passionate about her work and enjoys supporting others. She has four young children, which keeps her busy when she isn't organising events and conferences for newly qualified GPs in our area!

Working alongside Emma, Dr Evie Akiens is also a First 5 GP Clinical Lead. She completed her GP training at Chelmsford VTS in 2021 and now works as a Salaried GP in mid Essex.

Evie has plenty of firsthand experience of the challenges new parents face when navigating childcare and work, having recently become a new mother.

Outside of work, Evie loves running, and she runs regularly with a local running club in Chelmsford.



Dr Evie Akiens
First 5 GP Clinical Lead
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Dr Jose Garcia
Wise 5 Clinical Lead
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Dr. Jose Garcia serves as the Training Hub's Wise 5 GP Clinical Lead. Since moving from Spain in 2003, Dr. Garcia has amassed over 20 years of experience in general practice. Throughout his career, he has held numerous prominent roles, including Senior Partner at Pall Mall Surgery, Chair of the Southend Clinical Commissioning Group (CCG), and ICB Mental Health Steward.

In his role as Wise 5 GP Clinical Lead, Jose works to support GPs in the latter stages of their careers and helps retain experienced GPs in the workforce.

Dr. Saadet Lauble is the GP Lead for Quality and Educator Expansion. With a wealth of experience, she has served as the local Training Programme Director for Chelmsford GPST since 2011. As an educator and GP, Dr. Lauble is dedicated to nurturing the next generation of engaged, hard-working, and innovative GPs in Mid and South Essex.

In her role, Dr. Lauble supports the expansion of GP educator capacity and oversees the approval and reapproval of learning organisations and GP educators.



Dr Saadet Lauble
GP Quality & Expansion Lead
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Dr Kamilla Porter is the GP Workforce Lead and Chambers Champion Clinical Lead and has longstanding interests in medical education, peer support, sessional GP representation and coaching and mentoring. After relocating to south east Essex in 2007, she has developed a portfolio career and worked in a variety of practices as a locum and salaried GP. She has been a member of South Essex LMC (Local Medical Committee) since 2010 and has worked for the Training Hub since the start of 2022.

The focus of Kamilla's role is to help retain and recruit GPs in MSE, via a range of initiatives to support professional development and flexible working, including the GP Mentoring Programme, Portfolio Development Scheme (PDS), the MSE Return to Work GP Refresher Course and Locum Deck and Chambers.



Dr Kamilla Porter
GP Workforce Clinical Lead
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Opportunities

GP Mentoring Programme

As a newly qualified GP, or indeed any GP who is new to MSE or returning after a period of leave, it can be daunting looking for and starting out in a GP post. The Training Hub is delighted to be working with GP-S to deliver a mentoring service for GPs working in MSE from final year GP trainees onwards. Up to 9 hours of fully funded one-to-one mentoring with an experienced Essex based GP is available. The sessions are delivered virtually, and all details are on the Training Hub. [Intranet Site](#)



MSE Locum Chambers

GPs interested in locum work in MSE can apply for fully funded membership for [Hertfordshire and Essex GP's - NASGP](#) which grants access to LocumDeck, a user-friendly platform developed by the National Association of Sessional GPs (NASGP) to make locum work more straightforward for both individual GPs and practices. The funded offer also includes the option of Chambers Membership, which provides access to NASGP Chamber Managers who can give 1:1 support and advice regarding invoicing

bookings and other practical queries and an MSE enhanced CPD (continuing professional development) package. MSE has an active locum chambers group with monthly virtual meetings whereby members discuss a variety of issues relating to working as locum and can stay informed on important GP initiatives in the area. This friendly group welcomes GPs at all career stages.

Working as a Portfolio GP

GPs are increasingly working in a variety of roles alongside delivering frontline general practice services. The Training Hub [intranet site](#) has a dedicated section on portfolio careers for GPs, which provides an insight into the realities and opportunities of portfolio working, using [real life examples](#) from GPs in MSE.

It is worthwhile regularly reviewing this site to keep informed about any new funding via [Portfolio Development Scheme](#) (PDS) which the Training Hub has successfully run over the last few years.

Have you checked out our website?

You can access the site by going to the MSE Primary Care Hub, or by visiting www.midandsouthessex.ics.nhs.uk/traininghub

First 5 GP Network

The first five years of practice after CCT can be both exciting and challenging. At MSE Training Hub, our GP First 5 leads, Dr Evie Akiens and Dr Emma Francis, are dedicated to supporting GPs in their first five years of practice.

They have established a peer support network that cater to the specific needs of new GPs. These networks offer a variety of formats, including face-to-face and virtual meetings, WhatsApp groups, and personalised advice or signposting. If you are interested in joining your local group or want to learn more about the activities in your area, please email mseicb-bb.primarycareworkforce@nhs.net.

GP Educator & Learning Organisations

We are passionate about supporting the next generation of GP educators, supervisors, and learning organisations to thrive. At MSE Training Hub, we have a dedicated GP Quality & Expansion Lead, Dr Saadet Lauble, who focuses on expanding educator capacity and overseeing the approval and reapproval of learning organisations and GP educators.

If you are interested in becoming a GP educator or wish to upgrade your existing educator tier, MSE Training Hub frequently runs 'Aspiring Educator' training events throughout the year. This programme is a hybrid, fully-funded course featuring a guided workbook, online learning and videos, virtual sessions, and face-to-face components. For information about the next scheduled cohort, visit the [Educator and Learning Organisation](#) section of the intranet.

We would also be delighted to hear from you if your practice or PCN wishes to apply to become a new learning organisation. All relevant information can be found in the [Learning Organisation](#) section of the intranet.

Wise 5 GP Network

Similar to our First5 networks, our Wise5 network supports GPs in the latter stages of their careers. Led by Dr Jose Garcia, the Wise5 network fosters collaboration, knowledge-sharing, and mutual learning. The group provides opportunities for networking, exchanging ideas, offering advice, and fostering a sense of belonging. Through these efforts, the Wise 5 network plays a pivotal role in the growth and support of late-stage GPs in MSE.

If you would like to join the network, please contact [Dr Jose Garcia](#) directly or email the Training Hub team via mseicb-bb.primarycareworkforce@nhs.net.

Welcoming International GPs and International Medical Graduates

Please contact the Training Hub for support and to link with our Peer support groups and other offers. In addition, we are proud to support Tier 3 Visa applications [GP Visa's](#)

Wellbeing & Support

Further useful information and resources

Practitioner Health

Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals.

Practitioner Health is a self-referral service, although in some circumstances they are able to accept referrals from other organisations. The act of self-referral is key as this acknowledges recognition of need, preparedness to trust the service and willingness to engage in treatment.

If you need to access Practitioner Health, [click here](#) to access the registration page.



Frontline Support

If you need someone to talk to, NHS England have introduced a confidential text support service. The service can be accessed by texting '**FRONTLINE**' to **85258**.

The service is operated by [Shout](#), who provide the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

Anyone working for the NHS can text the word '**FRONTLINE**' and will be connected to a trained volunteer at any time - day or night.



Financial Support

NHS England have been working with the MoneyHelper Service (previously the Money and Pensions Service or Money Advice Service), an organisation who work to improve people's financial wellbeing across the UK, to provide NHS staff with free, independent support.

To try the free and impartial money advice telephone support line, call 0800 915 4622 between Monday to Friday, 8am to 6pm. Alternatively, you can also contact MoneyHelper via their WhatsApp based messaging service. Add +44 7701 342 744 to your WhatsApp and a message to the team for help.

Finally, you can also send a message to the service via their webchat service. Visit www.moneyhelper.org.uk for more information.

LMC & RCGP



The RCGP Essex Faculty

The Essex Faculty welcomes GPs at all career stages and coming along to a faculty meeting or event is a great networking opportunity. See here for further information:

[RCGP Essex Faculty](#)



North & South Essex Local Medical Committees

North and South Essex LMCs

The North Essex committee represents GPs in mid Essex and the South Essex committee represents GP across all 4 alliance areas in south Essex. Further details about the LMC are available here:

[North and South Essex LMCs](#)

Primary Care Careers

Primary Care Careers
eeprimarycarecareers.nhs.uk
Attraction . Recruitment . Retention

Primary Care Careers can help you with all aspects of recruitment.
Are you recruiting?
Email us at ee.primarycarecareers@nhs.net or click this banner and contact us through our website!

MSE uses Primary Care Careers advertise roles in GP practices and Primary Care Networks (PCNs) across mid and south Essex. Their website can be accessed here : [Primary Care Careers](#)



For more information on the support available for primary care staff in mid and south Essex, visit our intranet site via www.midandsouthessex.ics.nhs.uk/traininghub.

To access the intranet, you will need an NHS Mail account. If you encounter issues, please email the Training Hub team (mseicb-bb.primarycareworkforce@nhs.net) who can provide support and access.