

# Derbyshire General Practice Champions

## Dr Simeon Rackham

### Salaried GP

Executive member of Derby and Derbyshire LMC

Governor - Abercrombie Primary School

Father & Husband



### Career Journey:

After graduating from Bristol University and completing F1/F2 in that area I took a brief one year out, some of which was spent working on the Thai/Burma border before completing my GP training in Chesterfield, qualifying in 2016.

During my training I had become increasingly interested in the wider mechanisms of the NHS and politics as a whole and became a trainee representative on the Derby and Derbyshire LMC.

I maintained this interest after, and was elected as an executive member in 2017 which brings with it different responsibilities of oversight, governance and an increased awareness (but perhaps not understanding) of the complexities and challenges facing the NHS and primary care.

I work as a part-time salaried GP in Chesterfield, leaving me 2 days a week to spend with my two boys, fatherhood being a role that is just as important to me as any other (if not more so).

### Best things about your role/s:

Its a privilege to work as a doctor, to have a secure job in a world of increasing zero contracts and low pay and that allows me lots of time to be a hands on dad.

The variety of opportunities offered by General Practice are seemingly infinite and I find the interaction with such a spectrum of patients and colleagues works well to keep you grounded and thankful for what you have.

The LMC is working to support GPs and practices locally and its a privilege to be part of that, though I regularly suffer imposter syndrome.

### Best piece of advice you received:

I've recently attend a NextGeneration GP course (and thoroughly recommend it to you) which aim to inspire GPs and give a glimpse at what is possible.

From this I've taken away three things:

1. You don't need to have a leadership role given to you but that you should lead wherever you are now
2. Lead through serving those around you.... when was the last time you offered to make a drink for everyone (admin, nurses and doctors) you work with, or asked them how you can help them? Two habits worth getting into in my opinion.
3. If you really want to improve the health of children in your area become a School Governor!