

ESSEX WISE 5

GP CONFERENCE 2026

Networking, new opportunities and next steps
for later career GPs in Essex



Thursday
12 November 2026
9:15am – 4:00pm



Barleylands,
Billericay, Essex

PROGRAMME

9:15am	Registration
9:45am	Welcome Dr Kamilla Porter – GP Workforce Clinical Lead, MSE Primary Care Training Hub, Portfolio GP & Dr Sarah Hildebrand – Essex RCGP LCARM Lead (Later Career and Retired Members), Sessional GP
9.50am	The Next Chapter: appraisal, evolving practice and portfolio opportunities Dr Sarah Crane – Deputy Medical Director NHS Essex ICB, Senior Responsible Officer MSE Primary Care Training Hub, Senior appraiser NHSE EoE, Portfolio GP & Dr Sunitha Padmanabhan – GP Trainer, TPD Basildon GP Training Programme, Senior appraiser NHSE EoE, GP Partner
11.05am	Coffee break
11.30am	Neighbourhood Health: the wider landscape and potential opportunities in primary care Beverley Flowers – Executive Director of Neighbourhood Health, NHS Essex ICB
12.30pm	Break
12.35pm	‘Should I stay or should I go?’ – Staying well and shaping what’s next Dr Mina Goyal – Portfolio GP, GP Educator, GP Appraiser, Executive Coach and Chair RCGP LCARM (Later Career and Retired Members)
1pm	Lunch
2pm	Later-stage career transitions: navigating identity, purpose and possibility. Dr Katie Cowley – Leadership Coach, Coach Supervisor, Facilitator and Founder of Intentional Being Coaching and Supervision company, GP Partner, Derbyshire
3.30pm	Tea break
3.40pm	Wrap up and next events – Drs Kamilla Porter & Sarah Hildebrand
4pm	Close



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NETWORK
with colleagues



EXPLORE
new opportunities



BE INSPIRED
for what's next

Hosted by
MSE Training Hub
and RCGP Essex