



Why was First5® needed?

We recognise the unique position newly qualified GPs are in, in terms of career choices, geographical relocation, and being medically competent but perhaps not confident.

Out of training

Associates in Training (AiTs) are a well recognised group within the College having established a relationship with us during their training through membership benefits such as contributing to our InnovAiT journal and getting involved in the annual conference as well as through the MRCGP examinations.

AiTs are also supported by their trainer and local peer group at vocational training schemes. However on completion of training this support ceases. At the end of GP training, AiTs are competent but may lack confidence. The first years after training can be a difficult time for new GPs who find themselves in the ever-changing world of modern general practice and the new independent practitioner may feel vulnerable and isolated.

The concept of First5® is a way for the RCGP to play a key role in supporting new GPs through those crucial first five years up to the first point of revalidation.

Origins of the concept

The concept of First5® was suggested by Dr James Parsons (AiT Committee representative for Yorkshire) and developed by the AiT Committee 2008/9.

The project was taken forward by the First5® Task Group led by Dr Clare Gerada, Vice Chair of Council. Dr Clare Taylor, Chair of AiT Committee 2008-9, was the First5 CPD fellow working with the Professional Development Board led by Professor Nigel Sparrow to address the CPD needs of First5®. More recently (July 2013), Dr Phil Williams has taken over as National First5 Lead, and will continue to move this initiative forward.

Where are we now?

We currently have circa 10,000 First5 Members, who attend our First5 events and courses, access our First5 CPD learning tools and take advantage of the numerous discounts and benefits we offer. The First5® name is a registered trademark and is recognised right across the profession and the world. We are also becoming more and more visible on social networking sites such as [Twitter](#) and [Facebook](#). We are working to develop our links with other First5® groups in Canada, Japan, New Zealand and Ireland.

Where do we want to be?

- We want to continue to connect with all of our members including those within the first five years after training.
- We want to be the first point of access for GPs at all stages of their career - the relationship established with us as an AiT should continue throughout a GP's professional lifetime.
- We would also like to continue to foster and develop our relationships with other First5 groups around the world.

Regional Representatives

The regional faculty structure is the local face of the RCGP and offer opportunities for peer support, educational events and local representation. Central RCGP will continue to offer effective leadership and representation within the wider health service, which represents the interests of all its members including those in the First5® cohort. [List of local First5 leads](#)

If you would like further information on the First5 initiative, please contact us at First5@rcgp.org.uk , www.rcgp.org.uk/first5 or follow us on twitter @RCGPFIRST5