

After 36 years in the NHS, 6 years in hospital medicine and 30 years in general practice I retired from full time work in 2013. Having reached 60 I felt this was a wise decision and that had I continued my health might well have suffered.

Almost one year later and after a Round the World Cruise, I felt ready to return to work and completed another 2 and a half years of part time general practice.

I am really glad I did this because unburdened by long hours and some of my previous responsibilities I began to enjoy my work, particularly the long term relationships with patients and colleagues which I had developed over the preceding years.

I finally retired in 2017 believing that what we all need in the NHS is a little less work and a bit more time to do it. I am sure this would create a better NHS for both staff and patients.