**Calling all retired and shielded GPs!**

* **Are you a retired GP not returning to practice?**
* **Are you a GP who is shielding based on Government advice?**
* **Would you like to help support, help and guide patient-facing GPs with emotional well-being, collegiate support or clinical advice?**
* **If so, we would be grateful for YOUR help supporting GPs. We NEED your expertise and help!**

We are repeatedly being told that we are facing unprecedented challenges over the next few months.

For many of us, this is a period of enormous anxiety, stress and uncertainty. Whether these feelings are related to work or not, we know that there is a huge challenge facing us.

We are all working hard on the front line but also must make sure we are paying attention of our own mental and physical well-being.

By signing up to scheme, it is anticipated that you will be allocated junior colleagues who will need some much-needed guidance from valued senior colleagues.

Please note that this is not a formal mentoring scheme and this scheme is being provided as a mechanism of informal support.

This scheme is open to EVERYONE who has a role in primary care. You do **not** need to be part of HUGG / GPTF / GP academy.

If you feel you can help with supporting junior colleagues, please sign up to register your interest by **midnight 29th March 2020**.

To register an interest:

1. Please follow this [Google form](https://bit.ly/DerbyshireBuddy)
2. Use this bitly link: <https://bit.ly/DerbyshireBuddy> OR
3. A picture containing indoor, black, white

   Description automatically generatedScan the QR code

***Dr Shehla Imtiaz-Umer***

***GPTF Fellow***