



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](#)
- 2) Use this bitly link: <https://bit.ly/DerbyshireBuddy> OR
- 3) Scan the QR code

