



## Calling all First5 and mid-career GPs!

- We are all working harder than ever and your colleagues may not have as much time to support you as usual.
- Do you need some help navigating through this pandemic?
- Would it help to have an experienced GP at the end of the phone?
- If so, we can 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, you will be allocated a senior colleague who is close to retirement or who has retired. They have already volunteered their time to provide 1:1 or small group support (depending on your personal preference).

Please note that this is not a formal mentoring scheme and this tool 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 benefit from the wealth of experience and support from our senior colleagues, please sign up to register your interest by **midnight 7<sup>th</sup> April 2020**.

To register an interest:

- 1) Please follow this [Google form](#)
- 2) Use this bitly link: <https://bit.ly/DerbyshireBuddyP2P> OR
- 3) Scan the QR code



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