**Calling all GPs!**

* **We are all working harder than ever and your colleges 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 20th April 2020**.

To register an interest:

1. Please follow this [Google form](https://bit.ly/DerbyshireBuddyP2P)
2. Use this bitly link: [https://bit.ly/DerbyshireBuddyP2P](http://bit.ly/DerbyshireBuddyP2P) OR
3. A picture containing indoor, black, piece, white

   Description automatically generatedScan the QR code

***Dr Shehla Imtiaz-Umer***

***GPTF Fellow***

***Please email*** [***Shehla.imtiaz-umer@nhs.net***](mailto:Shehla.imtiaz-umer@nhs.net) ***if you have any queries.***