

NHS Herefordshire and Worcestershire CCG
The Coach House
John Comyn Drive
Perdiswell
Worcestershire
WR3 7NS

24 March 2020

Re: GP Mentoring Support

Dear Colleague

Herefordshire and Worcestershire have been developing a mentoring scheme to support GPs. This has now been accelerated and is ready and available to anyone who feels they might benefit.

Times are suddenly different and very challenging. As health care professionals we are expected to provide reassurance and calm. Of course, general practice is very resilient and flexible, and we will rise to that challenge. However, we may also be scared ourselves and uncertain of what the future holds. Sometimes knowing more can make it harder.

The mentors are a band of experienced GPs (some recently retired), many of whom have had educational roles and all of whom have been trained. Simply, we are here for you, just as you are there for your patients. We are able to listen by phone, FaceTime etc to any concerns, feelings, fears you may have. We will not have the answers, but we can share and bear it with you. You are not alone.

If you feel this might help, either now, or at any time during the crisis, please do not hesitate to contact us by simply emailing the Workforce team on sowoccg.workforce@nhs.net and we'll arrange for one of our mentors to contact you to arrange a convenient time to talk.

We will also be working on how to support other members of the team specifically PMs and nurses. Details of this will follow.

In addition, if you follow the LMC and BMA link below this will take you to many more resources providing support. We know the MPS are also providing counselling support via ICAS. Call ICAS now on 0808 189 4385 and quote your Medical Protection membership number to book a free session.

<https://www.worcslmc.co.uk/links>

<https://beta.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing>

Good luck everyone and look after yourselves. [We will get through this.](#)

Kind regards - On behalf of Herefordshire and Worcestershire Mentoring Team, LMC and H&W CCG Workforce Team

Dr Patricia Houlston, Dr Meeraj Shah and Dr Gill Farmer

Once again, the email address to contact us is: sowoccg.workforce@nhs.net

On behalf of:

NHS Redditch and Bromsgrove CCG, NHS South Worcestershire CCG and NHS Wyre Forest CCG and NHS Herefordshire CCG