

Air and Share Group For all GPs

Dear GP Colleague

We wrote to you when the pandemic first started offering mentoring support. This is just a reminder that we are still here and able to lend a listening ear if you feel it would be helpful.

As GPs we are increasingly working outside our comfort zone in doing remote consultations and having to balance risks when we would normally want to see the patient. Although many practices are providing excellent peer support, some of you may be feeling isolated, working predominantly from home, working as locums or you may just be missing 'chats over coffee'.

So, we would like to invite you to an 'Air and Share' virtual group. If you feel like a supportive chat with colleagues either at home or in the office to share the ups and downs of the present situation and find out how other people are managing the challenges, then please join us.

The groups will comprise of up to 6 doctors with a local mentor facilitator, lasting about an hour at a time to suit you.

If this is something you think you may be interested in, then please get in touch with us via the CCG's workforce email address **hw.workforce@nhs.net**.

We would love you to join us in staying connected.

Kind regards

On behalf of the CCG and LMC Workforce and Mentoring Programmes
Dr Meeraj Shah, Dr Tricia Houlston, Dr Gilly Cooper and Dr Gill Farmer