

# Nurse Mentoring

**Nurse Mentoring is a free service for Nurses that offers mentoring, support and signposting.**

The Nurse Mentor Team is made up of professional Nursing colleague mentors who are available to listen to you and understand your situation. They can act as a soundboard and can explore your situation with you in a way that will help you progress. They can help you 'throw light' on things and suggest how you may move forward. They may also signpost you to others who can give you direct advice around additional career avenues. Other benefits include...

- Enhance the skills that are essential for practice nursing
- Develop competencies relevant to your area of expertise
- Develop communication skills to enable you to practice effectively
- Build a network of expert contacts with nursing, medical and NHS management leaders
- Develop and deliver a specialty or management driven project relevant to specific Primary Care needs
- Access a postgraduate qualification, for example, advanced clinical practice, Leadership or Education

## Who is this for?

The mentoring support programme can be accessed by any Nurse who would like to explore ways to develop themselves. This could be personally, professionally or within their career. The aim is to provide mentors to support Nurses in fulfilling their potential, whether this is in practice or in other leadership positions.

## What is on offer?

**We can offer you 3 FREE 1 hour Nurse Mentor sessions!**

Once finished, we will ask you to complete a questionnaire to help us evaluate the scheme, ensure future funding and help us improve the service.

## Confidential Content...

The only exceptions are if the mentor has concerns about your safety, patient safety or there are probity issues. In this situation the mentor would signpost you to further support. The CCG only need to know the sessions have taken place.

Notes will not be kept by the mentor. If made, they will not contain identifying information and will be stored securely. It is the mentee's responsibility to keep any records or action plans up to date and safe.

## What your Mentor cannot do...

It is important that you understand what the mentor cannot do, so you do not have unrealistic expectations. They cannot counsel you, give advice, find you a job, be your referee or act in any way on your behalf - however, they will 'journey' with you and hopefully empower you to progress to whatever is right for you.

**Apply for a Mentor or Find out More...** Contact the Primary Care Workforce Team: [hw.workforce@nhs.net](mailto:hw.workforce@nhs.net). When you request a mentor you will be asked to complete an 'I'd like a mentor' application form. Once completed send this to the email address above. You will then be matched with a mentor.