GPMPLUS

What is GPM*plus*?

GPM*plus* is a free mentoring service for GPs, PMs, Nurses, and other senior practice staff with leadership or decision making responsibilities, working in the catchment areas of:

- **Calderdale LMC**
- **Humberside LMC**
- **Kirklees LMC**
- **Leeds LMC**
- **Wakefield LMC**
- **YORLMC**

The service is provided by trained mentors who all have experience of working in frontline General Practice.

All of us will have had one or more informal supportive relationships at some time in our professional lives. However once we become GPs, Nurses, Practice Managers, we often spend all our energy supporting others. This can mean that in times of challenge or transition we can be reluctant or too pressured to seek support or refreshing input.

For all of us there are times when a confidential chat with an empathetic colleague with no vested interest can make a huge positive difference and keep us in control and enthusiastic, whether we need support or a challenge to develop ourselves further.

The GPM*plus* service provides the opportunity for you to receive this support by trained colleagues. Please find out more by visiting our website

Who is eligible to receive free mentoring through GPM*plus*?

- **GPs including trainee, locum and returning GPs**
- **Practice Nurses**
- **Practice/Business Managers and other non-clinical staff with leadership and decision making responsibilities**

working within the catchment areas highlighted above. Availability of mentorship placements for each staff group is dependent on funding secured in each area.

GPM*plus* can be accessed by anyone from the above list, who would like to explore ways to develop themselves or have a career problem or opportunity they're not sure how to move forward with.

Whilst the mentoring service is aimed at supporting you professionally, we are aware that personal & professional issues intertwine, and you will have the opportunity to discuss anything you wish. We aim to build resilience in the General Practice workforce by allowing you time and space to develop your personal goals.

GPMplus is the trading name of LMC Services Yorkshire CIC
t. 01423 648570 e. info@gpmplus.co.uk w. https://www.gpmplus.co.uk/

As this service is directly supported by local commissioners through GPFV grant funding, the service is free at the point of access. Access to mentoring will be subject to and dependent upon local commissioner funding support.

What can GPM*plus* help you with?

GPM*plus* can help you to:

- Move forward with personal and career goals.
- Work through a problem or potential opportunity you feel you have.
- Manage transitions positively.
- Build confidence.
- Improve your work life balance.
- Build your resilience.
- Achieve your aspirations.

How do I access this service?

To contact us please fill in this **contact us form**. A member of the GPM*plus* team will then contact you at a time convenient to you to discuss the service and match you to an appropriate mentor. Individuals can then access up to 8 hours of mentoring in sessions of support over 12 months to create positive steps forward.

Mentors

Our mentors are:

- Local GPs with knowledge and experience to offer.
- Empathetic and good listeners.
- Appropriately trained and well-practised in mentoring and coaching skills.
- Continuously updating and developing their skills.
- Well supported in their role with regular supervision.
- All our mentors either have or are undertaking the internationally recognised ILM5 qualification in effective coaching and mentoring.

Please click **here** to find out more about our mentors

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