



Primary Care Support offer, September 2021

Mentoring and coaching

Mentoring:

- Up to 8 hours of mentoring for GPs, Practice Managers, Nurses and other senior practice staff with leadership/decision making responsibilities.
- Delivered by trained GPs.
- No cost to the mentee, funded by NHSEI GPFV.
- Visit [GPMplus: General Practice Mentorship plus](#) for further information and to book.

Looking after you too – individual coaching support

- For all staff working in the delivery of primary care services.
- Funded by NHSEI, delivered by highly qualified coaches.
- Register and book a coaching session at any of the following:
 - [Looking After You Too](#) – a pilot for Black, Asian and Minority Ethnic NHS colleagues
 - [Looking After You Too](#)
 - [Looking after your team](#)

Peer to Peer Support

Practice Manager Appraisals

- Designed to support local Practice Managers with ongoing personal and professional development.
- Delivered by trained Practice Managers.
- Free to access, funded by NHSEI GPFV.
- For information see <https://www.humbersidelmc.org.uk/practicemanagement> or e-mail humberside.lmcgroup@nhs.net to book.

Signposting

GP Signposts for Yorkshire and the Humber

- A directory of services developed by NHSEI for GPs to signpost support in the event of difficulty, and options to support career development.
- The directory can be accessed on the GP portal at [9ae935e1-c14f-4419-9927-7171fe39ad3a \(yhcs.org.uk\)](#)

Wellbeing resources including financial support

- Please visit our newly refreshed support page at www.humbersidelmc.org.uk/support The page has an extensive list of sources of support, guidance and wellbeing resources organised for easy access by GPs, Practice Managers and All Practice Staff.

Please visit www.humbersidelmc.org.uk/eventslanding for other types of training organised by the LMC and external partners.