



# YORLMC Wellbeing

**YORLMC is committed to providing its constituents with a variety of services to give modern General Practice the support it needs.**

YORLMC's wellbeing programme brings together a range of services, schemes and events that support wellbeing and enable individuals to look after their own health and know when to seek help before difficulties arise. This programme is available to all GPs and practice managers as well as the wider practice team.

This summary includes just some of the numbers, statistics and feedback from across the GPMplus catchment area since the service was launched:



**26** mentors trained  
and **85** mentees being supported

**273** mentoring sessions completed



**10** wellbeing education events held so far in 2021  
**7** more in the diary

## What people say about our education events.....

*"The facilitators were great and kept me engaged throughout the day."*

*"It was really nice to meet other GPs interested in GP wellbeing."*

*"I am very grateful for these 2 sessions and think I will continue to gain benefit from them longer term."*

*"Incredibly supportive presenters, made me feel safe despite being in a virtual meeting room with participants I have never met."*

*"Helps break down a problem into chewable bites."*

*"Interactive and practical nature of case scenarios with opportunity to practically apply the model."*

*"I think it was a great initiative and well delivered & structured session."*

*"I really liked the time out to reflect with colleagues."*

## How to access these services

Find out more about the GPMplus mentoring service [here](#) - available for GPs and practice nurses as well as non-clinical staff with leadership responsibilities.

See details of wellbeing education events and book your place [here](#).

Visit the [YORLMC website](#) for more information about the range of wellbeing services available.

View the YORLMC guide to the ['Time for Us' health and wellbeing review process](#) (Fourteen Fish log in required) - developed for GP partners as a way to review the health and wellbeing of their Practice Manager or Managing Partner.

YORLMC Ltd and LMC Services Yorkshire CIC thank NHSE/I and the CCGs operating in the HCV and WY ICS regions for their ongoing support.