**FW: Covid-19 Peer Support (CPS) - now available**

**To:  North Yorkshire & York GPs**

Good afternoon

YORLMC understands that GPs working on the frontline during the COVID19 emergency are under immense pressure with regards to both workload and emotional strain. You maybe be aware that YORLMC launched a GP mentoring pilot last year; the pilot has been hugely successful and we would now like to flex this programme to provide GPs with quick and easy access to peer support at this difficult time.

Leeds LMC and YORLMC have worked collaboratively to create a hub that will deliver the ‘COVID19 Peer Support Programme’ (CPS) to offer virtual peer support to GPs via video calling facilities.  The support will be provided on a 1:1 basis by trained GP mentors usually in 30 minute one-off sessions; however longer sessions and follow up sessions can be arranged as required on a case by case basis.

This service is available to all GPs in the YORLMC area, including trainee GPs. GPs who have previously accessed the GP mentoring service can access the COVID19 Peer Support Service.

If you would like to arrange a call with one of our GP mentors, or if you would like more information, please contact:

**Simon Berriman**

**Via email:** [cpsyorlmc@gmail.com](mailto:cpsyorlmc@gmail.com)

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Best wishes

Simon Berriman

Executive Officer - North Yorkshire & York  
YOR Local Medical Committee Limited

YORLMC is responding to the rapidly evolving COVID-19 situation by putting measures in place to support General Practice, you as an individual, and the wider healthcare system.

Where practices have concerns or questions during normal YORLMC office hours (9am-5pm Monday-Friday) please contact us using the usual details.  For urgent queries out of hours ***please text*** Dr Brian McGregor, YORLMC Medical Secretary/COVID-19 Lead on 07508 015667