

Peer support for Nurses

Do you want to talk to someone impartial about your career and development options?

Have you recently returned to work, or moved into a new role that you are finding a challenge?

Do you feel you need to evaluate your work-life balance or manage your time differently?

GPMplus is a free mentoring service for GPs, PMs, Nurses, and other practice staff with leadership or decision making responsibilities.

We have three trained mentors, listed below, ready to provide support for nurses. All have experience of working as nurses themselves.

Visit the [GPMPlus website](#) for more details or see overleaf for more details about each of our nurse mentors.



Wendy Iles



Alison Walker



Susan Wallis

What can GPMplus mentoring help me with?

Our mentors can help you to:

- Move forward with personal and career goals
- Work through a problem
- Consider opportunities
- Manage transitions positively
- Build confidence
- Improve your work life balance
- Build your resilience
- Achieve your aspirations

“It is an essential resource for anyone struggling to deal with the extreme pressures of general practice.”

Feedback on GPMplus mentoring

About Wendy Iles



General practice experience

I have worked within nursing for 46 years, initially specialising in Orthopaedics and Accident & Emergency. When I had three children, and hospital shifts became difficult, I moved into primary care, where I spent over 25 years: undertaking a Degree in Practice Nursing and obtaining the specialist practitioner qualification in 1994. Continuing in academic education soon after and becoming an Advanced Nurse Practitioner in 2002 I joined a partnership and together we successfully tendered for a PMS contract. I was a general practice partner for 16 years. I am a strong advocate for the nursing profession and am involved in the development and training of the Primary Care Workforce.

Mentoring experience

Whilst working in Accident & Emergency I undertook a counselling qualification, which has been useful throughout my career. As a senior nurse I have informally mentored nursing colleagues and so I am currently studying for a formal coaching and mentoring qualification (the ILM5) and hope to continue this in a more formal role going forward.

About me

Heading towards retirement, I like to seek adventures – cycling across Europe, climbing Mount Kilimanjaro, or rowing up the Seine, and wish I had started doing yoga forty years ago!

About Alison Walker

General practice experience

Having worked in General Practice for over 25 years, I am convinced that General Practice is the best place to work in the NHS.

I did the rounds of most of the hospitals in Leeds prior to coming into Primary Care but it has been Practice Nursing that had provided me with the variety and stimulation to learn and develop skills to improve patient care provided by myself and my colleagues.

Mentoring experience

I became involved with mentoring when the fellowship scheme opened for nurses. It has been a joy and privilege to share another nurses' journey as they start out in practice nursing.

I am looking forward to extending this with GPM plus with practice nurses who have been in the role for several years. I have found my teaching experiences together with gaining the ILM 5 qualification in coaching and mentoring have helped me to develop as a mentor.

About me

Away from work, I enjoy walking, playing the piano and spending time with my family.



About Susan Wallis



General practice experience

I have been a Practice Nurse for 20yrs and was a Nurse Manager in a Bradford Practice for 13 of those. 8 years ago I was recruited to the West Yorkshire Training Hub as their Lead Nurse and won a Leadership Award with HEE the following year.

I have also had a 2yr secondment with HEE as Training Programme Director for Wider Workforce before settling into my current role as Clinical, Quality and Safety Lead for Five Parks Primary Care Network in Bradford 3 days per week. I continue to work 1 day per week as a Practice Nurse.

Mentoring experience

I have been lucky enough to be able to Mentor, support and assess many learners in my Nursing Career so far going back to ward level many years before my career started in General Practice and will continue to champion its benefits. I only wish I'd had the opportunity to access GPMPlus when I first started in General Practice.

About me

I am a proud Mum of two daughters and Nana to two grandsons who are my absolute joy. I am a keen walker and football/cricket supporter which gives me live sport to enjoy all year round. Watching overseas tours in sunny climates is the retirement goal.