



# AKESO\* Virtual Doctors' Mess is OPEN

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## WHAT?

The Doctors' Mess provides a safe space to talk with other medics – share, download and support. (It's a safe space because it's moderated and it's encrypted.)

'Pop' in. Talk about whatever you like: life, the universe, politics and even medicine.

BYO cuppa.

## WHO?

It is open for GPs within the East of England

Your hosts will be Akeso Coaches (supported by trained coach facilitators)

- we have the ability to create breakout groups if helpful

Akeso was set up by GPs Sarah Rann and Ruth Bastable in 2012 – now joined by fellow GPs Peter Bailey and Julie Glenn and a network of GPs within the East of England.

Jackie Campbell manages us all

## WHY?

**Akeso already offers free confidential coaching and mentoring for GPs in the East of England**

This service is ongoing – virtually – so do contact us [jackie.campbell4@akeso.org.uk](mailto:jackie.campbell4@akeso.org.uk)

Now we would also like to offer an additional form of peer support.

**WHEN?** The Mess will be open from April

**Every 2<sup>nd</sup> Tuesday of the Month (starting 14.04.2020)**

**20.00 – 21.00 and**

**Every 3<sup>rd</sup> Wednesday on the Month (starting 15.04.2020)**

**13.00-14.00**

For one hour -

Join for as long as you like each / any time – pop a reminder in your diary

## WHERE?

This is a virtual mess – via Zoom

you don't need to download anything – **you do need a link** .....

## HOW?

Email Akeso your name and contact details (+ GMC number) [jackie.campbell4@akeso.org.uk](mailto:jackie.campbell4@akeso.org.uk) and we will send you the link to join via Zoom whenever you choose or are free **anywhere, on any device.**

Zoom Meetings syncs with your calendar system and delivers streamlined encrypted enterprise-grade video conferencing from desktop and mobile (<https://zoom.us>)

**SEE YOU THERE**

<http://akeso.org.uk> (\*Akeso is the Greek goddess of healing)