

# THE SOUTH STAFFORDSHIRE SUPPORT SCHEME FOR GPs AND DENTISTS.

## 2013 onwards

- A support scheme for GPs, GP trainees and dentists
- Confidential
- Direct access
- Involves helper GPs, psychotherapists, psychiatrists and counsellors
- Help and support with stress, distress, careers, substance abuse or general unhappiness
- For GPs, GP trainees and dentists under stress, in distress, depressed, over anxious, not coping, drinking too much, or worried about themselves in any other way

The Scheme is continuing for the foreseeable future hosted by South Staffordshire Local Medical Committee (LMC).

The Scheme is accessible to any GP (principal or non-principal), GP trainee or dentist working or living in South Staffordshire.

As well as psychotherapists, counsellors and GPs working in Staffordshire we have several psychiatrists, a careers counsellor, and helper GPs from outside South Staffordshire which means that people have an opportunity to seek help or support from further a field if they wish.

Please contact the Scheme if you need it. It's there for you if you need help.

Dr Vijay Singh (Chairman, South Staffs LMC)  
Dr David Dickson (Secretary, South Staffs LMC)  
Suite 5b, Anson Court, Horninglow Street, Burton on Trent, DE14 1NG  
Tel: 01283 534384

### **How can you obtain help?**

Ring any of the telephone numbers yourself, either speak to the counsellor/psychiatrist/helping GP directly or leave a message or contact number to be phoned back. If asked, say you want to talk about 'The South Staffordshire Scheme'.

**Is it confidential\* and independent?**

Yes. All using the service may remain anonymous. No central records will be kept. Practitioners have direct access to the helper GPs, psychiatrists, and counsellors.

\* In line with the GMC and BMA's current code of ethical responsibilities for doctors.

**How much will it cost to use?**

The first five consultations with a psychiatrist, counsellor or helping GP will be free. After that, users will pay for themselves in a private capacity, or arrange an NHS referral.

**Contact details of Counsellors, Psychiatrists and GPs****Counsellors****Chris Craddy**

Chris is a senior accredited BACP counsellor, with a masters in Counselling and Psychotherapy. A highly qualified and experienced counsellor, supervisor, trainer and teacher, with excellent interpersonal skills. He has been in independent practice for many years, and works for a number of EAPs. From 2000 to 2004 Chris was employed by "Contact", the Black Country Mental Health Trust equivalent scheme for doctors and dentists.

Tel: 01283 713692  
Mob: 07946 754837  
E-mail: [chriscraddy@o2.co.uk](mailto:chriscraddy@o2.co.uk)

**Maggie Peet**

Maggie has over 20 years experience of working therapeutically with both individuals and couples from all walks of life, both in private practice and Primary Care. Maggie sees adults suffering with difficulties which might include high levels of stress, depression, loss, relationship difficulties and managing change for instance. She is a senior accredited member of BACP (British Association for Counsellors and Psychotherapists) and a registered member of CPC (Counsellors and Psychotherapists in Primary Care) and offers both time limited counselling and longer term counselling. For further information about Maggie see The Counselling Directory and use post code below.

Tel: 01538 702502  
Mob: 07854 742027  
E-mail: [peetml@hotmail.co.uk](mailto:peetml@hotmail.co.uk) Postcode: ST10 4AZ

## **Psychotherapist/Counsellor**

### **Sue Cross**

Sue is a BABCP, a UKCP accredited Cognitive Behavioural Psychotherapist and is also a Registered Mental Health Nurse. She works mainly in a primary care setting in Leek. She is experienced in treating individuals with depression, anxiety, panic, phobias, OCP, PTSD and stress.

Tel: 01538 399008 Leek

## **Relate Counsellors**

### **Enid Poulson**

Enid is a Relate trained counsellor who has extensive experience of dealing with relationship problems. As well as her Relate training, Enid is both trained and experienced in counselling those who are terminally ill and their relatives and also offers psychosexual therapy. She is a member of BASRT. Enid will see GPs or dentists and their partners at Stafford Relate which is based in Nowell Mellor's offices at 7 and 8 St Mary's Grove, Stafford. Participants calling should mention that they are part of the South Staffordshire Support Scheme for GPs and Dentists.

Tel: 01782 683050

### **Relate North Staffs and Stafford**

Relate offers confidential one-to-one counselling for relationship problems at its headquarters in the Dudson Centre, Hope Street, Hanley. Participants can attend with partners or alone and should mention the South Staffordshire Support Scheme for GPs and Dentists when making an appointment.

Tel: 01782 683050

## **Counsellor/Careers Counsellors**

### **Muriel Cohen**

Muriel offers both personal and career counselling, based on extensive experience of both, and professional qualifications in counselling from the University of Manchester. Although she has a non-medical background, she has run a series of workshops for medical practitioners and regularly sees doctors for individual counselling. She is a licensed practitioner of the Myers Briggs Personality Indicator and is qualified to give feedback to those seeking help.

Tel: 01625 424317 Macclesfield

## **Mentoring and Coaching**

### **Dr Julia Thornely**

Many years in general practice as a principal, salaried, GP and locum, have given me a first hand understanding of the problems many GPs face. My work as a mentor to GPs in difficulty and my extensive experience as an appraiser have shown me the huge need for personal support for doctors. I have been involved in mentoring and coaching for some years, with qualifications and experience in the field. Besides mentoring and coaching in the UK, I am volunteer primary care doctor, trainer, mentor and appraiser to a British charity bringing health care to remote communities living in the hills of Nepal.

Tel: 01943 468626

Mob: 07979 957393

E-mail: [JuliaT@doctors.org.uk](mailto:JuliaT@doctors.org.uk)

## **Coaching and Clinical Psychology**

### **Dr Sarah Lehmann and Dr Jane Thomas**

Dr Sarah Lehmann and Dr Jane Thomas are chartered consultant clinical psychologists with over 30 years experience between them. They are also qualified personal and professional coaches and are therefore able to offer individual therapy and/or coaching, dependent on your preference. Please refer to the website for more details and the types of evidence based approaches they use.

Tel: 08456 809 109

Website: [www.cp-alliance.co.uk](http://www.cp-alliance.co.uk)

## **Psychiatrists**

Several psychiatrists have kindly agreed to be associated with the Scheme, to give GPs and dentists a choice of people to consult with different skills and specialisms, if they do not feel able to go to their own general practitioners.

### **Dr Alfred White**

Alfred is happy to assist those using the South Staffordshire Support Scheme for GPs and dentists. He is a consultant psychiatrist who works in Birmingham at the Selly Oak Hospital in the Occupational Health Department and has had a good deal of experience with treating sick doctors. Alfred thinks it would be best if GPs and dentists were seen as an NHS referral via their own GP directly to himself in the Occupational Health Department via Dr Alastair Robertson.

Tel: 0121 371 3855

## **Dr Martin Gee**

Martin is a General Adult Psychiatrist with 20 years experience working as a Consultant in the NHS. He works in the North Staffordshire area and has broad experience treating more psychiatric disorders as well as experience in treating NHS professionals. Martin is contactable via the Sutherland Centre, Stoke-on-Trent, ST3 4PN.

Tel: 0300 123 1162 (ask to speak to Dr Gee's Secretary)

## **Helper GPs**

The GPs below have agreed to be available to GP colleagues and dentists who wish to consult them. They expect to be able to offer one, two or three meetings and to either resolve the problem or refer on to a counsellor, psychotherapist or the user's GP.

Please contact them directly at their surgery numbers and either speak to them or leave a telephone number to be contacted on (e.g. your home or surgery number). If you mention 'The South Staffordshire Support Scheme' they will know that your enquiry is personal.

Jane Barber	Hanley	01782 281806
David Dickson	Burton	01283 564848
Janet Eames	Stone	01785 815555
Paul Golik	Norton	01782 534241
Robert Horton	Alrewas	01283 790085
	e-mail	<a href="mailto:alrewasdoc@aol.com">alrewasdoc@aol.com</a>
David Hughes	Leek	01538 399008
Ian Leese	Tunstall	01782 575730
Malcolm MacKinnon	Stone	01785 813538
Helen Martin	Stafford	01785 251134
Prasad Rao	Dresden	01782 593344
Munawar Shaikh	Tunstall	01782 575730

## **Helper Dentist**

John Kocierz	Meir Heath	07864 823373 (mobile) 01782 392256 (home)
--------------	------------	--

## **Organisations Providing Support Services for Doctors**

### **Doctors for Doctors (British Medical Association)**

The unit deals with a wide range of problems, including doctors subject to bullying and harassment, as well as supporting doctors who have been suspended or are going through a complaints procedure. Doctors contacting the unit are from a wide spectrum of specialities and grades, including medical students.

Tel: 08459 200 169  
Website: [www.bma.org.uk/doctorsfordoctors](http://www.bma.org.uk/doctorsfordoctors)

### **Sick Doctors Trust**

A 24 hour helpline manned entirely by doctors. Independent charity, established 11 years ago. Completely confidential service providing advice, support and advocacy to doctors who believe they may have a problem with alcohol and/or drugs. Calls are welcomed from families, colleagues, employing organisations and others.

Tel: 0370 444 5163  
Website: [www.sick-doctors-trust.co.uk](http://www.sick-doctors-trust.co.uk)

### **Doctors Support Network (independent registered charity)**

Self-help group for doctors with any form of mental health concern. Also seeks to reduce the isolation and stigma associated with mental ill health. Provides an email support forum, local support meetings and newsletter and runs the Doctors' Support Line, a confidential and anonymous peer support telephone line.

Tel: 0844 395 3010  
Website: [www.dsn.org.uk](http://www.dsn.org.uk)  
Email: [secretary@dsn.org.uk](mailto:secretary@dsn.org.uk)

### **British International Doctors Association**

Where cultural or linguistic problems may be a contributing factor, doctors can access the health counselling panel.

Tel: 0161 456 7828  
Email: [bida@btconnect.com](mailto:bida@btconnect.com)

### **Support4Doctors (Royal Medical Benevolent Fund)**

This is a charity which can provide financial help for sick doctors who are unable to work. Also signposts a range of other organisations that can help.

Tel: 0208 545 8443  
Website: [www.support4doctors.org](http://www.support4doctors.org)  
[www.rmbf.org](http://www.rmbf.org)  
Email: [enquiries@rmbf.org](mailto:enquiries@rmbf.org)

### **CONTACT**

Access to free confidential clinical psychology and counselling services for all doctors and dentists in the west midlands region. The service is funded by West Midlands Postgraduate Medical and Dental Education.

Tel: 0121 558 0278  
Email: [Karen.Appleby@smhsct.nhs.uk](mailto:Karen.Appleby@smhsct.nhs.uk)