

THE SOUTH STAFFORDSHIRE SUPPORT SCHEME FOR GPs AND DENTISTS 2020

- A support scheme 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
- Confidential
- Direct access
- Involves helper GPs, psychotherapists, psychiatrists and counsellors
- Help and support with stress, distress, careers, substance abuse or general unhappiness

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 afield 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 Tilo Scheel (Secretary, South Staffs LMC)
Suite 2, Windsor House, Windsor Business Park, Trent Valley Road, Lichfield
WS13 6EU. Telephone: 01543 897272

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 Support 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

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 Postcode: ST10 4AZ

Alison Rose

Alison trained in counselling as a mature student and is a registered member of BACP. She has supported NHS staff in hospital, lecturers and students at universities, and local authority employees experiencing personal challenges at home or work and sometimes both at once. She has a private practice and takes on time-limited or longer-term work. Specialisms include general anxiety, PTSD, communication, problems in studying, and the second half of life.

Tel: 01889 505507

E-mail: alisonmrose@btinternet.com

North Staffordshire Relate

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: 0300 003 2368

Mentoring and Coaching

Bitty Muller

Bitty is a 68 year old retired GP who was a partner and GP trainer in Lichfield for many years, enjoying all aspects of practice. During this time she had particular interests in GP education, women's health, dermatology, psychological medicine and addictions. She ran a "return to General Practice" course in the 1990s and started up self-directed learning groups for GP non-principals all over the West Midlands in those years. Subsequently, she became the lead training programme director for the Burton on Trent vocational training scheme for GPs. She is a long-term member of a Balint group, and an accredited Balint group leader. She is now using her training as a mentor and GP appraiser, and actively continues in her mentoring and Balint group work. She wants to continue to use her skills and experience to help colleagues when the need arises.

Mob: 07802 707370
Email: bitty@doctors.org.uk

Dr Julia Thorneley

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
Email: JuliaT@doctors.org.uk

Dr Donna Turfrey

Donna works as a local GP in Lichfield and is also a GP appraiser and trainer. In 2015-2016 she undertook the training to become a mentor for the deanery to support training doctors in difficulty. Over the past year she has done further mentor training and has helped set up the GP-S scheme in Staffordshire offering free peer mentoring to GPs locally, of which she is one of the mentor leads. She is passionate about peer support and mentoring.

Mob: 07796 178739
Email: donna.turfrey@nhs.net

GP-S Coaching & Mentoring Scheme

Can be used by anyone who would like to explore ways to develop themselves; personally or professionally. GP-S is here to help you get to where you want to be. It can help you:

- Move forward with your career goals
- Reach your own personal goals
- Create a greater work life balance
- Advance your professional development
- Build your self confidence
- Enhance your abilities outside and inside work
- Achieve your aspirations
- Enhance leadership skills
- Build your resilience
- Strengthen team working

Tel: 0115 9796917

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.

Janet Eames	Stone	01785 815555
Robert Horton	Alrewas	01283 790085
	e-mail	alrewasdoc@aol.com
Ian Leese	Blurton	01782 948988
Phil Needham	Burton	01283 565200
Keith Tattum	Stoke	01782 544466

Helper Dentist

John Kocierz	Meir Heath	07864 823373 (mobile) 01782 392256 (home)
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ORGANISATIONS PROVIDING SUPPORT SERVICES FOR DOCTORS

NHS Practitioner Health

Practitioner Health is a free, confidential NHS service for doctors and dentists across England with mental illness and addiction problems, who are working or looking to return to clinical practice. The service can help with issues relating to a mental health concern, including stress or depression or an additional problem, in particular where these might affect work. The service is provided by health professionals specialising in mental health support to doctors and is available in various locations across England.

The NHS Practitioner Health Service is a health service for doctors and dentists who have mental health, addiction or physical health problems that affect their ability to work.

Tel: 0300 0303 300 (Monday - Friday 8 am – 8 pm, Sat 8 am – 2 pm)
Website: www.practitionerhealth.nhs.uk
Email: prac.health@nhs.net

BMA Wellbeing Support Services

Provides confidential counselling and peer support for doctors and medical students. GMC investigation support. Psychotherapy for GPs. Sources of support for your wellbeing.

Tel: 0330 123 1245
Website: www.bma.org.uk/advice-and-support/your-wellbeing#wellbeing-support-services

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

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
Email: 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

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 540 9194
Website: www.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