

# THE SOUTH STAFFORDSHIRE SUPPORT SCHEME FOR GPs AND DENTISTS.

## 2008 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 afield if they wish.*

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

*Dr. Malcolm MacKinnon (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:**

**Marg Naylor** Barton under Needwood 01283 713606

Marg is a counsellor working in four GP practices in Derbyshire and Staffordshire. She specialises in short term focused therapy with individual adults who are expressing anxiety and/or depression as a result of problems and difficulties with loss, employment, illness, relationships, trauma and abuse. She has an MA in psychodynamic counselling, is a registered member of CPC and a member of BAC.

**Maggie Peet** Alton 01538 702502

Maggie is an experienced person-centred counsellor who works mainly in primary care in Derby, but also has a small private practice. She is BACP accredited and a registered member of CPC. She works with adults experiencing a range of difficulties, distressing events and feelings. She will help clarify these difficulties and help clients to understand themselves and their feelings and think about what changes they might wish to make in their lives.

**Psychotherapist/Counsellor:-**

**Sue Cross** Leek, Staffordshire 01538 399008

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.

**Relate counsellors**

**Enid Poulson** Stafford 01785 242779

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 the SDVS building at 131-141 North Walls, Stafford. Participants calling should mention that they are part of the South Staffordshire Support Scheme for GPs and Dentists.

**Relate North Staffs  
And Stafford** Hanley 01782 683050

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.

**Counsellor/Careers Counsellor:-**

**Muriel Cohen** Macclesfield 01625 424317

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.

**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 Lisetta Lovett** is a consultant psychiatrist at the North Staffordshire Combined Healthcare NHS Trust. Her interests are varied, ranging from psychotherapy to the management of effective disorder. Her general approach to management involves the integration of the psychological, social and biological models of treatment. She has treated a number of doctors and other healthcare professions over the years. Tel: 01782 425182

**Dr Alfred White** 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 Queen Elizabeth Psychiatric Hospital, who 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.  
Tel: 0121 678 2014 Fax: 0121 678 2208

**Dr Martin Gee** is a General Adult Psychiatrist. He has been a Consultant for 11 years, working in the Staffordshire Moorlands Area. Dr Gee has experience in treating most psychiatric disorders and has some experience in treating NHS professionals. Tel: 01538 481202

### **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
Tony Burlinson	Uttoxeter	01889 562145
David Dickson	Burton	01283 564848
Janet Eames	Stone	01785 815555
Paul Golik	Norton	01782 534241
Robert Horton	Alrewas	01283 790316
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
Jane Sainsbury	Cannock	01543 503121
Munawar Shaikh	Tunstall	01782 575730

### **Helper Dentists: -**

John Kocierz	Meir Heath	01782 388373
Allan McCulloch	Hanford	01782 643237 (practice) 01785 811929 (home)

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

**Doctors for Doctors** British Medical Association Tel: 020 7383 6739  
Website: [www.bma.org.uk/  
doctorsfordoctors](http://www.bma.org.uk/doctorsfordoctors)

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.

**Sick Doctors Trust** Tel: 0870 444 5163  
Website: [www.sick-doctors-  
trust.co.uk](http://www.sick-doctors-trust.co.uk)

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.

**Doctors Support Network**

Independent registered charity

Helpline Tel: 0870 765 0001  
Admin Tel: 0870 321 0642  
Website: [www.dsn.org.uk](http://www.dsn.org.uk)  
Email: [secretary@dsn.org.uk](mailto:secretary@dsn.org.uk)

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.

**British International Doctors Association**

Tel: 0161 456 7828  
Email: [oda@doctors.org.uk](mailto:oda@doctors.org.uk)

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

**Support4Doctors**

Royal Medical Benevolent Fund

Tel: 020 8540 9194  
Website: [www.support4doctors.org](http://www.support4doctors.org),  
[www.rmbf.org](http://www.rmbf.org)  
Email: [enquiries@rmbf.org](mailto:enquiries@rmbf.org)

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

**CONTACT**

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

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.