

Cheshire LMC Pastoral Care Support Handbook

Cheshire Local Medical Committee Ltd

November 2024

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Pastoral Care Support Handbook

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Introduction

If you wish to know more about any aspect of the pastoral support, or you have specific concerns, please contact the LMC Medical Director Dr Daniel Harle at the LMC office on 01244 313 483.

Overview of the LMC

Cheshire Local Medical Committee Ltd represents and supports general practice, to ensure that GPs are valued, and their skills properly utilised; and that, while serving the public, they can uphold appropriate standards of practice, and enjoy a standard of living commensurate with their profession, commitment, and training.

Cheshire LMC is the body statutorily recognised by successive NHS acts as the professional organisation representing individual GPs and GPs whatever their contractual status. We provide statutory, representative, and pastoral advice and support to all General Practitioners in Cheshire, specifically:

- We provide advice on all GP contractual arrangements to ensure that GPs and practices meet their contractual requirements.
- We provide guidance and support to enable General Practitioners to develop their practices in line with current NHS policy.
- We provide contextual frameworks for business, i.e., contracts, regulatory frameworks, and business procurement for service development.

We help and support over 600 GPs across Cheshire and 78 practices

LMC office: C/O Afford Bond Chartered Accountants, 31 Wellington Road, Nantwich, Cheshire. CW5 7ED.

Tel: 01244 313 483. Office hours: Monday to Thursday 10:00am – 4:00pm

Pastoral Care Support

Background

Cheshire LMC has always provided personal, one to one support for colleagues for a host of reasons, ranging from difficulties faced in the practice or incidents with colleagues, to personal problems at home.

This is a confidential support offer. Support is by self-referral via the LMC Office 01244 313 483. The office staff will contact the LMC Medical Director, who will then contact the GP to offer or arrange support from another experienced doctor.

Pastoral support may offer telephone advice but will also be happy to meet with the GP needing help. You will receive confidential advice and signposting to other sources of help and advice.

National Scheme for GPs

The NHS GP Health Service is a confidential NHS service for all GPs and GP trainees in England.

The GP Health Service can help doctors with issues relating to a mental health concern, including stress or depression, or an addiction problem, where these might affect work. The national scheme is not a service for individuals with mental health problems which require specialist psychiatric input though it can help provide additional support.

These clinicians are available in various locations across England. NHS England requires that the scheme providers can offer a clinical assessment within one to two hours travelling time.

The NHS GP Health Service will help GPs with:

- Common mental health conditions
- Mental health conditions relating to a physical health issue
- Substance misuse including support for community detoxification

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Rehabilitation and support to return to work after a period of mental they have a mental health problem that requires this level of specialist help they must contact their own GP to seek help. The national scheme is provided by health professionals who have additional expertise in addressing the issues concerning the

- ill-health

It is a treatment service, not an occupational health service. Doctors may self-refer.

If you are an appraiser or aware of a colleague in difficulty, please signpost them to the service. There is a choice of clinicians both in and out of area and appointments are flexible.

The service is self-referral only and will not communicate with your own GP without permission. They can prescribe and issue sick notes as needed. Please do not hesitate to contact the service (anonymously if needed) for discussion and advice.

Dr Jenny Holmes MRCPsych

Clinical Lead GP Health Cheshire and Merseyside

Mobile 0791 402 8666

Central Office open 0800 - 2000 weekdays 0800 - 1400 Saturdays

www.gphealth.nhs.uk

Self-referral number 0300 0303 300

Support Organisations for Health Professionals

NHS Practitioner Health – Accessing the service

<https://www.practitionerhealth.nhs.uk/accessing-the-service>

Cheshire LMC Executive Team

Dr David Ward

Chair / Elected member East Cheshire

Middlewood Partnership, The Waterhouse, Wellington Rd, Bollington, Macclesfield
SK10 5JH

Dr Shana Tam

Vice Chair / Elected member West Cheshire

Sessional GP Lead and LMC Educational & Training Group Chair (co-opted)

Dr Daniel Harle

Medical Director/ Elected member East Cheshire

Broken Cross Surgery, Waters Green Medical Centre, Sunderland Street, Macclesfield,
Cheshire, SK11 6JL

Dr Giles Kent

Finance Director / Elected member West Cheshire

Tarporley Health Centre, Park Road, Tarporley, Cheshire, CW6 0BE

Dr Simon Powell

Associate Medical Director / Elected member West Cheshire

Hope Farm, Hope Farm Rd, Great Sutton, Cheshire, Ellesmere Port CH66 2WW

Dr Nichola Bishop

Associate Medical Director / Elected member East Cheshire

The Cedars Medical Centre, 12 Sandbach Rd S, Alsager, Stoke-on-Trent ST7 2LU

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Mr William Greenwood

Chief Executive & Company Secretary (co-opted due to role)

LMC Office, C/O Afford Bond Chartered Accountants, 31 Wellington Road, Nantwich, Cheshire. CW5 7ED.

01244 313483 (office) LMC office hours: Monday to Thursday 10:00am – 4:00pm

Mrs Julie Hughes

Business Operations Manager. LMC Office, C/O Afford Bond Chartered Accountants, 31 Wellington Road, Nantwich, Cheshire. CW5 7ED. 01244 313483 (office) LMC office hours: Monday to Thursday 10:00am – 4:00pm

Useful contacts

NHSE (Northwest Region) Contacts September 2022

- NHS England Medical Director Dr Gareth Wallis for System Improvement and Professional Standards. NHS England and NHS Improvement (Northwest Region)

Mobile: 07702410375

E-mail: gwallis@nhs.net

Useful contacts for alcohol problems

- Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).
- [Alcoholics Anonymous \(AA\)](#) is a free self-help group. Its "12 step" programme involves getting sober with the help of regular support groups.
- [Al-Anon Family Groups](#) offers support and understanding to the families and friends of problem drinkers, whether they're still drinking or not. Alateen is part of Al-Anon and can be attended by 12- to 17-year-olds who are affected by another person's drinking, usually a parent.
- [We Are With You](#) is a UK-wide treatment agency that helps individuals, families and communities manage the effects of drug and alcohol misuse. If you are over 50 and worried about your drinking, call 0808 8010 750
- [Adfam](#) is a national charity working with families affected by drugs and alcohol. Adfam operates an online message board and a database of local support groups.
- [SMART Recovery](#) groups help people decide whether they have a problem, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Caring for an alcoholic? Find out [where you can get support](#).

Contacts for drug problems

If you're not comfortable talking to your own GP, you can approach your local drug treatment service yourself.

Visit the Frank website to [find local drug treatment services](#).

If you're having trouble finding the right sort of help, call the Frank drugs helpline on 0300 123 6600. They can talk you through all your options.

As well as the NHS, there are charities and private drug and alcohol treatment organisations that can help you. Visit the Adfam website to see a list of [useful organisations](#). Remember private drug treatment can be very expensive

Help for problem gamblers

GamCare [GamCare](#) offers free information, support and counselling for problem gamblers in the UK.

It runs the National Gambling Helpline (0808 8020 133) and also offers face-to-face counselling.

[The National Centre for Behavioural Addictions](#) includes the National Problem Gambling Clinic (including the Young Persons' Problem Gambling Clinic) and the [National Centre for Gaming Disorders](#).

If you live in England or Wales, are aged 16 or over and have complex problems related to gambling, you can refer yourself to the National Problem Gambling Clinic. See if you meet the [criteria for this service](#).

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If you live in England or Wales, are aged 13 or over and have complex problems related to gaming, you can refer yourself to the National Centre for Gaming Disorders.

NHS Northern Gambling Service provides specialist addiction therapy in the north of England, including the north Midlands. [Find out about referrals and contacting the Northern Gambling Service.](#)

Gordon Moody Association The [Gordon Moody Association](#) offers residential courses for men and women who have problems with gambling – email help@gordonmoody.org.uk or call 01384 241292 to find out more.

It also runs the [Gambling Therapy website](#), which offers online support to problem gamblers and their friends and family.

Gamblers Anonymous UK [Gamblers Anonymous UK](#) runs local support groups that use the same 12-step approach to recovery from addiction as Alcoholics Anonymous. There are also [GamAnon](#) support groups for friends and family.

A Recovery Group for Doctors & Dentists with Addictions

Information about BDDG meetings, is available in the [‘Where To Find A BDDG Meeting’](#) or from their National Secretary, Mark W., at 07850 125119 / natsecretary@bddg.org or from their webmaster, Harry B., at info@bddg-london.org .

Addendum

The Vital Signs in Primary Care: A guide for GPs seeking help and advice Royal medical Benevolent Fund 2016

Download the guide [here](#)