

Support for Doctors and Dentists in Training



The George Pickering Education Centre

The Terence Mortimer Education Centre

Support Services for Doctors

There are a range of services which are available for doctors. These range from Trust support to national organisations.

TRUST SERVICES

CENTRE FOR OCCUPATIONAL HEALTH AND WELLBEING

The Occupational Health Consultants have a special interest in the health and wellbeing of doctors, and offer a confidential and supportive service.

John Radcliffe Hospital Tel: 01865 223325
Horton General Hospital Tel: 01865 223325

CARE FIRST LIFESTYLE

Is an online resource containing information, advice and articles for issues occurring in every-day life. To access your online service visit www.carefirst-lifestyle.co.uk

EDUCATION CENTRES

Chantal Vermenitch - Medical Education and Dental Manager, George Pickering Education Centre, John Radcliffe Hospital
chantal.vermenitch@ouh.nhs.uk

Liz Clarke - Medical Education Manager, Terence Mortimer Education Centre, Horton General Hospital
liz.clarke-pgec@ouh.nhs.uk

OUH TRUST POLICIES

Policies available via the link below

<https://ouhnhsuk.sharepoint.com/sites/policiesandprocedures> (HR Procedures)

RAISING CONCERNS AT WORK (Whistleblowing)

Confidential telephone no: 07500 107 889

Internal confidential email address: fts@ouh.nhs.uk

<https://ouhnhsuk.sharepoint.com/sites/fts> (Intranet)

NHSE ENGLAND THAMES VALLEY SERVICES (Oxford Deanery)

PROFESSIONAL SUPPORT and WELLBEING SERVICE

The PSWS at HETV provides a comprehensive career development service for all doctors including help for individual doctors.

<https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing/>

Email: england.PSWInfo.TV@nhs.net

MEDIC SUPPORT

Medic Support is a confidential staff support service for doctors and dentists in training, offering psychotherapy and psychology in Oxford.

ISIS Centre Secretary

medic.support@oxfordhealth.nhs.uk

If you have problems with anxiety or depression you could also self-refer to these free, NHS services:

Oxfordshire:

<https://www.oxfordhealth.nhs.uk/oxon-talking-therapies/> Tel: 01865 901 222

Buckinghamshire:

<https://www.oxfordhealth.nhs.uk/bucks-talking-therapies/> Tel: 01865 901 600

Berkshire:

<https://talkingtherapies.berkshirehealthcare.nhs.uk/> Tel: 0300 365 2000

NATIONAL SERVICES

ACADEMY OF ROYAL COLLEGES

The Academy's website signposts to a range of organisations, services and websites which can offer help.

<https://www.aomrc.org.uk/committees/>

ALCOHOLICS ANONYMOUS

AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

Tel: 0800 9177 650

<https://www.alcoholics-anonymous.org.uk/>

BRITISH MEDICAL ASSOCIATION

The BMA offers support for employment, professional, ethical and personal matters. The doctors for doctors counselling service is available 24/7.

Email <https://www.bma.org.uk/advice-and-support/your-wellbeing>

DENTISTS HEALTH SUPPORT TRUST

Providing dental professionals with free advice and support on alcohol, drugs, eating disorders and other health issues.

Tel: 020 7224 4671

<https://www.dentistshealthsupporttrust.org/>

BRITISH DOCTOR & DENTISTS GROUP

The BDDG is a service for recovering alcoholic and drug dependent doctors, dentists, and students.

Tel: 07825 107 970

<https://www.bddg.org/>

MEDICAL DEFENCE UNION

The MDU is led and staffed by doctors who have real-life experience of the pressures and challenges you face every day. Their expertise in medico-legal issues, complaints and claims is unparalleled.

Tel: 0800 716 646

<https://www.themdu.com/>

THE MEDICAL PROTECTION SOCIETY

MPS will be a partner throughout your career supporting you with the ongoing challenges of modern practice, offering peace of mind when you need it most.

Tel: 0800 561 9090

<https://www.medicalprotection.org/uk/home>

NARCOTICS ANONYMOUS

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem.

Tel: 0300 999 1212

<https://ukna.org/>



ROYAL MEDICAL BENEVOLENT FUND (RMBF)

The RMBF is the leading UK charity for doctors, medical students and their families. Providing financial support and money advice when it is most needed due to age, ill health, disability or bereavement.

Tel: 020 8540 9194 (Monday to Friday 9am - 5pm)

Email help@rmbf.org

THE SAMARITANS

Talk to us anytime, in your own way, and off the record – about whatever's getting to you

Tel: FREEPHONE 116 123

Email jo@samaritans.org

<https://www.samaritans.org/>

SICK DOCTORS TRUST

Provision of early intervention and treatment for doctors suffering from addiction to alcohol or other drugs.

Tel: 0370 444 5163

<http://sick-doctors-trust.co.uk/>



Oxford University Hospitals

NHS Foundation Trust

If you have concerns about your training, it is important that you contact either your Educational or Clinical Supervisor immediately. This should be done in a formal setting.

If you are still not happy after having spoken to them you should contact one of the Training Programme Directors, the Deputy Director or the Director of Medical Education.

Miss Deborah Harrington
Mr Stephen Boyce

Director of Medical Education
Deputy Director of Medical Education

THE GEORGE PICKERING EDUCATION CENTRE

Chantal Vermenitch - Medical & Dental Education Manager

Level 3
John Radcliffe Hospital
Headley Way
Headington
Oxford
OX3 9DU

Tel: 01865 (2)21865

Email: chantal.vermenitch@ouh.nhs.uk

Opening Hours

Monday to Friday, 08:00 - 16:00

THE TERENCE MORTIMER EDUCATION CENTRE

Liz Clarke - Medical Education Manager

The Horton General Hospital
Oxford Road
Banbury
OX1 6 9AL

Tel: 01295 (2)29130

Email: liz.clarke-pgec@ouh.nhs.uk

Opening Hours

Monday to Friday, 08:00 - 16:00

<https://ouhnhsuk.sharepoint.com/sites/MedicalEducation> (intranet)

<https://www.ouh.nhs.uk/education-centres/> (internet)