

**The appraisal process may highlight specific development needs for your appraisee, even if these needs are not currently affecting the GP’s fitness to practise. There are a number of resources locally and nationally that may be useful in helping your appraisee to address these needs and these are listed overleaf.**

**If the appraisal process highlights any concerns about performance or fitness to practise, these must be shared with your GP Tutor, Clinical Appraisal Lead or the Responsible Officer for further advice.**

***GP Tutors:***

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**Core Contacts for**

**Appraisers & Appraisees**

**Appraisal Team Contacts**

**Contents correct at time of print**

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***Cumbria and the North East***



**Core Contacts**

**For**

**Appraisers & Appraisees**

**For guidance on all local appraisal policies and documents, please visit:**

[www.england.nhs.uk/revalidation/appraisers/app-pol/](http://www.england.nhs.uk/revalidation/appraisers/app-pol/)



***Appraisal and Revalidation Team***

***The Old Exchange***

***Barnard Street***

***Darlington***

***DL3 7DR***

***Local:***

Occupational Health, [www.seqohs.org](http://www.seqohs.org) for list of accredited providers

Plummer Court

Tel: 0191 206 1100

House Concern (see Mental Health Issues)

**Other Health Problems:**

***National:***

Sick Doctors Trust (see Mental Health Issues)

***Local:***

Occupational Health, [www.seqohs.org](http://www.seqohs.org) for list of accredited providers

**Peer Group Support for Sessional GPs:**

***National:***

National Association for Sessional GPs Locum Chambers, [www.nasgp.org.uk](http://www.nasgp.org.uk)

***Local:***

NESG (formerly NELG) and local self-directed learning groups, [www.nesg.org.uk](http://www.nesg.org.uk)

**Educational Support:**

***National Medical Appraisal Policy Information:***

NHS England, [www.england.nhs.uk/revalidation/appraisers/app-pol/](http://www.england.nhs.uk/revalidation/appraisers/app-pol/)

***Local:***

Health Education North East

Dr Iain Lawther, [iain.lawther@nhs.net](mailto:iain.lawther@nhs.net)

**Other Local Support Organisations:**

**Durham and Darlington area:** GP Choices (counselling, peer & professional support, sessional GP support), Tel: 0191 333 3285,

Email: [cdda-tr-gpchoices@nhs.net](mailto:cdda-tr-gpchoices@nhs.net)

**North of Tyne area:** Northumberland Support Service – Validium, Tel: 0800 358 4858

**Tees area:** GP Health, [www.gp-health.org.uk](http://www.gp-health.org.uk) (general advice, mentoring, counselling, help with mental health issues, CBT)

**Sunderland LMC**

Tel: 0191 414 8962

Email: [Maxine.allan@g-stlmc.co.uk](mailto:Maxine.allan@g-stlmc.co.uk)

Website: [www.sunderlandlmc.co.uk](http://www.sunderlandlmc.co.uk)

**Lancashire and Cumbria LMC**

Tel: 01772 863806

Email: [marion.wright@nwlmcs.org](mailto:marion.wright@nwlmcs.org)

Website: [www.nwlmcs.org](http://www.nwlmcs.org)

**Communication Skills:**

***National:***

CFEP surveys, [www.cfepsurveys.co.uk/products/general-practice/360.aspx](http://www.cfepsurveys.co.uk/products/general-practice/360.aspx)

Edgecumbe, [www.doctor360.co.uk](http://www.doctor360.co.uk)

360 clinical, [www.equiniti360clinical.com](http://www.equiniti360clinical.com)

***Local:***

Effective Professional Interactions, Dr Malcolm Thomas

Tel: 01670 528 468

Email: [enquiries@effectivepi.co.uk](mailto:enquiries@effectivepi.co.uk)

Website: [www.effectivepi.co.uk](http://www.effectivepi.co.uk)

Telephone Consultation Services – provide training to clinicians and administrators

[www.telephoneconsultationservices.co.uk](http://www.telephoneconsultationservices.co.uk)

**Coaching:**

***Local:***

Dr Steve Blades Coaching

Tel: 07764 196398

Website: [www.stevebladescoaching.co.uk](http://www.stevebladescoaching.co.uk)

**Drug and Alcohol Issues:**

***National:***

Sick Doctors Trust (see Mental Health Issues)

British Doctors and Dentists Group

Tel: 07792 819966

Email: [bddg@btinternet.com](mailto:bddg@btinternet.com)

Website: [www.bddg.org](http://www.bddg.org)

**Mental Health Issues:**

***National:***

Sick Doctors Trust, <http://www.sick-doctors-trust.co.uk>

0370 444 5163 (24 hours)

***Local:***

House Concern, [houseconcern@ntw.nhs.uk](mailto:houseconcern@ntw.nhs.uk)

0191 230 0043

The Road Centre, [info@theroadcentre.com](mailto:info@theroadcentre.com)

0191 389 1188

**Employment Issues and Professional Support and Guidance:**

***National:***

British Medical Association [for members]

[www.bma.org.uk](http://www.bma.org.uk)

RCGP [for members]

[www.rcgp.org.uk](http://www.rcgp.org.uk)

***Local:***

Local Medical Committees:

**Cleveland LMC**

Tel: 01642 745 811 Fax: 01642 745 812

Email: [janice.foster@nhs.net](mailto:janice.foster@nhs.net)

Website: [www.clevelandlmc.org.uk](http://www.clevelandlmc.org.uk)

**County Durham and Darlington LMC**

Tel: 01207 588597

Email:[admin@cddlmc.org.uk](mailto:admin@cddlmc.org.uk)

Website: [www.cddlmc.org.uk](http://www.cddlmc.org.uk)

**Gateshead and South Tyneside LMC**

Tel: 0191 414 8962

Email: [Maxine.allan@g-stlmc.co.uk](mailto:Maxine.allan@g-stlmc.co.uk)

Website: [www.g-stlmc.co.uk](http://www.g-stlmc.co.uk)

**Newcastle and North Tyneside LMC**

Website: www.nntlmc.co.uk

**Northumberland LMC**

Tel: 07802 219208

Email: [jane.lothian@nhs.net](mailto:jane.lothian@nhs.net)

Website: [www.nntlmc.co.uk](http://www.nntlmc.co.uk)