External Counselling Support

A fixed number of counselling sessions will be financed by GP Choices. All medical and dental staff can self-refer (identification of employment must be produced) to the following providers:

The Road Centre
An independent counselling and training agency.
Tel: 0191 389 1188
21a North Burn, Chester Le Street, DH3 3TF
www.theroadcentre.com

Alliance Psychological Services Ltd
An independent provider of counselling and psychological solutions.
Tel: 0800 107 5880
20 Yarm Road, Stockton on Tees, Cleveland, TS18 3NR
www.alliancepsychology.com

Psychotherapy and CBT services
these services may be available after initial contact with GP Choices, depending on individual circumstances. A fixed number of sessions will be agreed whilst awaiting onward NHS/Private referrals.

Support for addiction problems
Strictly confidential self-support group for Doctors and Dentists

British Doctors and Dentists Group
www.bddg.org

GP Choices Team

GP Choices Manager
Carol Hartman-Andersen
0191 371 3539
0771 788 2103
carol.hartman-andersen@nhs.net

Occupational Health Nurse Specialist
Pauline Cranney RGN BSc
0191 371 3538
0790 989 3088
pcranney@nhs.net

Occupational Health Nurse Advisor
0191 371 3537
cdda-tr.gpchoices@nhs.net

GP Advisors
Dr Robin Wade
07801 462 474
robinwade@nhs.net

Dr Philip LeDune
0782 353 6197
philipledune@nhs.net

GP Facilitator and Mentor Co-ordinator
Dr Christine Laidler
christine.laidler@nhs.net

GP Choices
Occupational Health and Safety Service for Medical and Dental Practices
Appleton House, Lanchester Road, Durham, DH1 5XZ
Telephone: 0191 371 3535
Fax: 0191 371 3536
E-mail: cdda-tr.gpchoices@nhs.net

Opening times:
Monday – Friday 8.30am – 5.00pm
(Excluding Bank Holidays)

Needlestick/Exposure Reporting
Office hours: 8.30am – 5.00pm
Tel: 0191 371 3535

A confidential support and Occupational Health and Safety Service for medical and dental practices across County Durham and Darlington.
GP Choices believes in the importance of confidentiality. You can contact any member of the GP Choices team anonymously for advice and support for both personal and professional issues.

**GP Choices Support Service provides:**
- a rapid response to individual enquiries
- access to GP Advisors
- salaried GP placement
- trained mentors and mentoring scheme for GPs
- support network and educational evenings for sessional GPs
- recovery/rehabilitation advice for GPs and Dentists
- professional counselling services

**Occupational Health and Safety Service (OH & SS)**

The OH & SS is a comprehensive resource and is delivered by our Occupational Health Nurse Specialist and Nurse Advisor. They are committed to health and wellbeing at work and will support education and promotion of health. Our portfolio of services includes:
- Work Health Assessments
- occupational health advice and needlestick injury/advice
- workplace assessments
- Health and Safety advice
- sickness absence and management referrals
- rehabilitation and return to work advice
- referrals to OH Physician/Consultant

**You can expect that our staff will:**
- respect your confidentiality
- have a non-judgemental approach and will treat you with courtesy
- be accessible, flexible and understanding
- adhere to our Equality and Diversity policy in relation to your contact with the service
- retain your OH records safely and securely
- ensure a safe, clean and comfortable environment
- provide an explanation for any delays in your appointments
- advise which staff member you will see and the remit of their role
- deal with feedback and complaints promptly

**Administration team** are the first point of contact for our clients and signpost to the appropriate specialists.

**GPC Manager** is responsible for supporting individual staff members with issues relating to personal and work environments, whilst managing and coordinating the team and its approach to the business provision of the service.

**OH Nurse Specialist/Advisor** coordinates and delivers the occupational health and safety service to all GP Choices clients.

**GP Advisors** bring a wealth of experience and provide advice and support to Health Care Professionals.

**GP Facilitator & Mentor Co-ordinator** is responsible for educational events for sessional GPs and co-ordinates mentorships for all GPs.

**Salaried GPs** provide a valuable service to general practices experiencing GP shortages due to illness and unplanned events.

**The Practice Nurse Link (PNL) and Career Start Practice Nurse (CSPN) schemes complement our services to General Practice.**

The PNL nurses are a comprehensive resource to General Practice and are the first point of contact for Practice Nurses and Health Care Assistants (HCAs). They will:
- provide regular update meetings
- identify and organise training
- promote collaborative working across the wider teams countywide
- line manage and provide supervision to the Career Start Nurses
- work closely with the Clinical Commissioning Groups (CCGs) on future nurse development

**Practice Nurse Link Lead (Strategic) - Susan Shine**  
susan.shine@nhs.net

**Practice Nurse Link (North Durham & Easington) - Lesley Young**  
lesley.young6@nhs.net

**Practice Nurse Link (Darlington, Durham Dales & Sedgefield) -**

The CSPN scheme currently operates in Derwentside, Easington and Durham Dales. This role is a 30 month training programme and will support General Practice and the CCGs in future workforce planning. In addition, the CSPNs will provide sessional support to GP Practice Nursing teams to enable planned professional development.