



Resources for Mentees

Mersey Orthopaedic Mentoring 'MOM'

The Mersey Orthopaedic Mentoring Programme has been set up to benefit new trainees within the Orthopaedic Training Programme. Specialty training can be challenging especially balancing work and personal commitments. The aim of the programme is to support new trainees (ST3 and ST4) by pairing with a senior mentor (ST6 and above).

The senior mentor can be a source of information and support through the early years of training. This can include support for training itself but also pastoral support. Pairing is arranged by the MOM supervisors after completing questionnaires on individual personalities and needs. This is an opt-in service and pairings can be changed if needed. All mentors have attended a mentoring course and have a wealth of experience within Orthopaedic training.

More information can be found on: <http://58society.com/58-society/MOM>

MOM Supervisors:

Ben Fischer (Consultant Orthopaedic Surgeon at Aintree Hospital)

Danielle Wharton (Consultant Orthopaedic Surgeon at Whiston Hospital)

MOM team:

Mike Grant (Chair)
Fatima Rashid (Secretary)
Laura-Ann Lambert (Treasurer and Head of Profiling)
Mohammed Al-Sultany (Website Developer)
Will Harrison (Head of Research)
Sophie Miller (Head of Updates on Guidance)



Orthopaedic Training in Mersey

Any issues, both personal or work related, that arise whilst training should be raised in the first instance to your Educational Supervisor or Clinical Supervisor or your mentor.

The mentor can guide you on who to contact depending on the issue raised. If required it may also need to be discussed with the Training Programme Director, Cronan Kerin.

Alison Waghorn is overall in charge of all the surgical trainees in the North West region. Their details can be found below.

Head of School: Alison Waghorn Email: Alison.waghorn@rlbuht.nhs.uk

Training Programme Director: Cronan Kerin E-mail: cronan.kerin@nhs.net

Associate Head of School: Nadeem Khwaja
Email: nadeem.khwaja@mft.nhs.uk

Associate Postgraduate Dean: Prof Pramod Luthra
Email: pramod.luthra@hee.nhs.uk

Further information can be found on: https://www.nwpgmd.nhs.uk/Specialty_Schools/Surgery/Trauma_and_Orthopaedic/West

North West PGMD > Specialty Schools > School of Surgery > Trauma & Orthopaedic Surgery > West



School of Surgery Home Trauma & Orthopaedics Overview East (North Western) West (Mersey)
Trauma & Orthopaedic Surgery ARCPs (East Sector) Trauma & Orthopaedic Surgery ARCPs (West Sector)



The West Sector of Health Education England, North West (HEE NW) covers Cheshire & Merseyside.

Resources

There are numerous organisations that have been developed to offer all types of support. Some are specific to the needs of doctors. Please find below a selection of these organisations. A comprehensive list can be found on the BMA website listed below.

Addiction

British Doctors and Dentists Group.

A service for recovering alcoholic and drug dependent doctors, dentists and students.

Telephone: 07850 125 119

Email: natsecretary@bddg.org

Website: <http://www.bddg.org/>



Sick Doctors Trust

Support and help for doctors, dentists and medical students who are concerned about their use of alcohol and other drugs.

Telephone: 0370 444 5163

Email: help@sick-doctors-trust.co.uk

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



Bereavement

Survivors of Bereavement By Suicide

Helpline, support groups and information for those bereaved by suicide.

Telephone: 0300 111 5065

Email: email.support@uksobs.org

Website: <https://uksobs.org/>



Disabilities

Disabled Doctors Network

Supports the welfare, rights and inclusion of chronically ill and physically disabled doctors and medical students.

Website: <https://www.disableddoctorsnetwork.com/>



Hope for disabled doctors



A support group for doctors with disabilities.

Email: info@hope4medics.co.uk

Website: <http://www.hope4medics.co.uk/hope.php>

Finances

BMA Charities

A group of charities established to help all doctors and their families in times of need.

Telephone: 020 7383 6142



Email: info.bmacharities@bma.org.uk

Website: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/sources-of-support>

Royal Medical Benevolent Fund

UK charity for doctors, medical students and their families. Provide financial support, money advice and information when needed due to age, ill health, disability and bereavement.

Telephone: 020 8540 9194

Email: info@rmbf.org

Website: <https://rmbf.org/contact/>



Royal Medical Foundation

A medical benevolent charity which assists UK medical practitioners and their dependants who find themselves in financial hardship.

Telephone: 01372 821010

Email: rnf-caseworker@epsomcollege.org.uk

Website: www.royalmedicalfoundation.org/



Counselling and Support/Mental Health

BMA Wellbeing support services

Confidential, 24/7 telephone counselling and peer support. Free of charge to all doctors and medical students.

Telephone: 0330 123 1245

Email:

wellbeingsupport@bma.org.uk

Website: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>



DocHealth

DocHealth is a confidential, not for profit, psychotherapeutic consultation service for all doctors.

Telephone: [020 7383 6533](tel:02073836533)

Email: enquiries@dochealth.org.uk

Website: <https://www.dochealth.org.uk/>



Samaritans

Available 24 hours a day

Telephone: 116 123

Email: jo@samaritans.org

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



Doctors' Support Network

Peer support for doctors and medical students with mental health concerns

Website:

<https://www.dsn.org.uk/>



Royal College of Surgeons: Surgeon to Surgeon Helpline

Telephone helpline from the Royal College of Surgeons which provides a point of personal contact between surgeons, where they can discuss issues of concern with a professional colleague or peer. Besides offering a listening ear, the helpline acts as an informed signpost to appropriate sources of advice and help.

Telephone: 020 7405 3474

Website:

<https://www.rcseng.ac.uk/careers-in-surgery/csas/surgeon-to-surgeon-helpline/>



Practitioner Health Programme

The NHS Practitioner Health Programme is a confidential self-referral service for doctors and dentists with issues relating to a mental or physical health concerns or addiction problems, in particular where these might affect their work.

<https://php.nhs.uk/>

Health Education England

Learner health and wellbeing. The Department of Health and Health Education England recognised the need to support learners with their health and wellbeing. Empowers trainee doctors with information and tools to improve their health and wellbeing.

<https://www.hee.nhs.uk/our-work/learner-health-wellbeing>

Comprehensive resource guide can be found:

Website: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/sources-of-support>

Apps

Headspace

Meditation app



Calm

Meditation app



Books

The Chimp Paradox: The Mind Management by Prof Steve Peters

Thinking Fast and Slow by Daniel Kahneman

Black Box Thinking by Matthew Syed

7 Habits of Highly Effective People by Stephen R Covey

The Stress Solution by Dr Rangan Chatterjee

Get Some Headspace: 10 Minutes Can Make All the Difference by Andy Puddicombe

Online

PDF Power-point: Work Life Balance by Mrs Scarlett McNally
Consultant Orthopaedic Surgeon



If you are a doctor or dentist experiencing a mental health crisis, you can now use the 24/7 crisis text line. Trained respondents will try to help you feel safe and stable. **Text PHP to 85258** All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from all major mobile providers **Find out more**