



Our Newsletter – Spring/Summer 2019



Drs Chaand Nagpaul, David Wrigley, Gary Calver and Eugene Deeny at this year's UK LMC Conference

“Conference, The Cameron Fund, Your Charity”

Back in March, at this year's UK LMC Conference held in Belfast, as well as having a stand at the event, our Chairman Dr Gary Calver was able to address his GP colleagues.

It was noted that on the previous day Conference had passed as its first substantial motion: a very important statement to put in place actions to help prevent GP suicides. However, as Dr Calver pointed out, *“that a notable absence from the list of actions was a statement to address financial hardship”*.

He reminded everyone that this was already in place thanks to Conference setting up the Cameron Fund nearly fifty years ago. Sir James Cameron (the Chair at the time) had suggested that money originally ring-fenced for the development of practice properties, but not allocated, could be used to set up a benevolent fund for the profession, offering help and support to struggling colleagues.

Dr Calver reported that *“the Fund, the GP Charity, YOUR Charity is in good health”*, after what had been a year in transition: with the previous Chief Executive David Harris leaving and the new appointee deciding after six months that he had to resign for personal reasons. During this time the Fund had continued to function effectively – *“supporting our colleagues and their dependent families in times of financial distress”* – with the total of charitable activities being at a very similar level to the previous year.

He also thanked all those who had contributed to the collection at the Conference Dinner, raising funds for the Cameron Fund, which had raised £3,452, and thanked LMCs for their donations throughout the year.

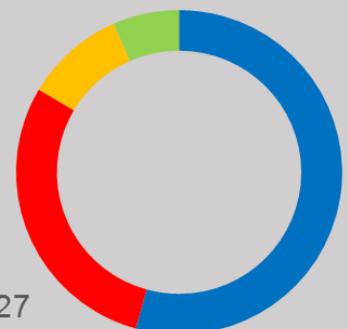
Dr Calver assured colleagues that the Fund's Trustees would put these funds to good use and said thank you on behalf of all of those that had benefitted from support. He stressed that the Fund would continue to support those colleagues in financial hardship.

The Fund's Final Figures for 2018

Last year we received applications from 173 individuals and gave out £220,455 in grants, loans and Money Advice (this compares to £223,570 the previous year). The Fund's overall expenditure for 2018 was £322,389, around £18,000 more than 2017 – but we always strive to keep running costs to a minimum.

INCOME STREAMS 2018

- Investment Fund £210,758
- LMC donations £113,484
- LMC Levy donations £38,489
- Other donations & grants £25,527

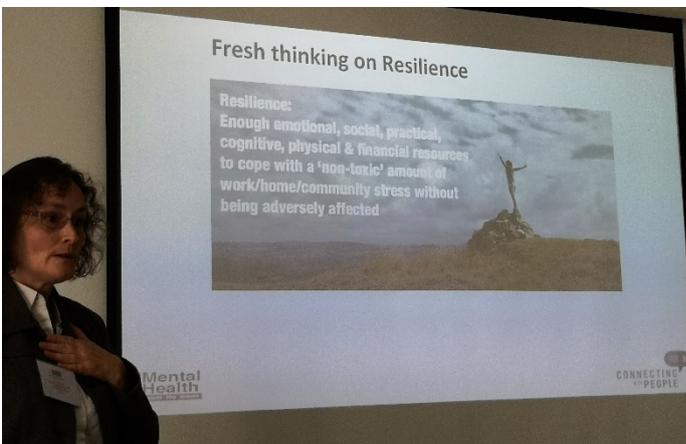


The invested Fund, which accounts for half of income, performed well, despite there being a rather unsteady world economy. **Total income for 2018 was £388,258 – unfortunately, some £50,000 lower than the previous year.**

“Without this help to “steady the ship” I do not think I could have weathered the storms of these last very painful eleven years without more lasting damage!”

Welcome to our new CEO, Jill Rowlinson

Jill is a Chartered Secretary, who has previously worked as a governance professional and manager in the private and not for profit sector. Most recently she has worked in local government and was previously Town Clerk for Ware Town Council in Hertfordshire. In her spare time, Jill plays in brass bands and is also a Trustee and voluntary Company Secretary for a local hospice.



Encouraging doctors to seek help

In May the Fund attended a one-day conference organised by Healthcare Conferences UK's, entitled: ***"Improving Doctors Mental Health and Supporting Doctors with Mental Health Problems."***

Held in Birmingham, the Fund had a stand at the event, alongside a number of other medical charities and doctors' support groups, and exhibitors were able to attend the conference itself with the delegates.

Dr Alys Cole-Cook and her team have updated the much-misused term: Resilience

and Dr Alys Cole-Cook, Consultant Liaison Psychiatrist & Clinical Director of 4Mental Health, who spoke about encouraging vulnerable doctors to be suicidal aware, owning their vulnerability and introducing coping strategies that could distract them from having suicidal thoughts. Doctors need to be reached at the earliest opportunity and prevent the tragedy of those who take their own life.

Speakers included: psychiatrist, trainer and founder of The Joyful Doctor, Dr Caroline Walker; Dr John Smyth, Assistant Director of the GMC's Case Examination Team

It was agreed that there has been a *"tide of change"*, where the profession is now *"recognising the priority of mental wellbeing"*. The fact that the delegates were attending a wellbeing day, was probably unthinkable not so long ago. One of the most positive changes to the support available has been the introduction of the NHS England's GP Health Service, which it is hoped will roll out nationwide.

The Fund forms part of a growing network of support for GPs

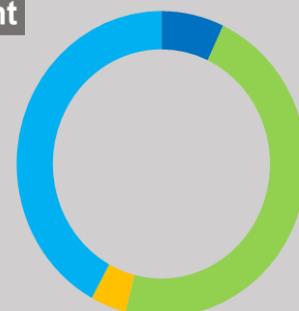
A positive trend is that a large number of applicants to the Fund are already receiving mental health support and treatment, many via the GP Health Service. More and more of these GPs are being referred to the Fund, as they are struggling at work, which in turn affects their earning capacity and financial worries impacting on mental health.

Everyone's situation is unique and each application is given careful consideration, with the level of support based on an applicant's financial position at that time. In our quarterly Council Meetings new applications, ongoing support or further requests are considered by all the Trustees in attendance.

Employment Status - Main Applicant

- GP Trainee 7%
- Registered GP 47%
- Retired GP/Not longer registered 4%
- Dependant of GP 42%

Based on those supported in 2018



As such a large percentage of those we help are of working age we try to work with other organisations in the profession to get GPs back to work whenever possible and families to the point where they have a sustainable income.