



Our Newsletter for LMCs - Autumn/Winter 2018

A note from the Chairman:

"First of all, I'd like to thank the profession for its continued support of the Fund again this year. If you have not given a donation so far, please consider giving a gift to our Christmas Appeal? We literally can't do our work – offering financial support to struggling GPs and their families – without you.

As well as grants to top up a reduced income, and help with the cost of a return to work, Trustees often agree to help cover the cost of essential items and repairs. This year, for instance, we have paid for window repairs, a downstairs shower, roof repairs, replacement carpets, new beds and bedding, decorating materials, a television, a vacuum cleaner and vital car repairs to enable a GP to travel for work.

Each summer the Fund invites any dependents, who will be beginning or continuing a university degree course, to apply for a Student Allowance. These grants help take some of the burden off their parents, who are already struggling financially. A student award is £3,000 per academic year, payable as £1,000 per term. For this academic year 2018-19 we are helping twenty students with grants totaling £60,000.

As the end of the year is fast approaching, the Fund also has the tradition of giving a Christmas cheque to all current and a few past beneficiaries, so we can stay in touch and check how they are coping at present. Many beneficiaries really appreciate receiving a gift and hearing from us (as you can see to your right).

We urge any GP who is unable to work – for whatever reason – to make contact with the Fund without delay. If you are in the position of not receiving full sick pay, regular income protection insurance payments or you have minimal savings and are struggling to pay your bills please get in touch".

G. P. Calver

Dr Gary Calver, Chairman of the Cameron Fund



A message we received last Christmas, from a beneficiary who was able to return to practice after three years:

"Thank you very much for the card and cheques... For supporting Lauren and making a real difference to all our lives... Eternally grateful for everything you wonderful people do... I know this will be one of the best Christmases ever for us!"*

* name has been changed for reasons of confidentiality

Coming together to support distressed GPs and other practitioners

The International Practitioner Health Summit 'The Wounded Healer', was held in PHP's 10th Anniversary year, on 4 and 5 October at the Royal College. A wide range of medical health practitioners attended, from Consultant Psychiatrists and Physicians to GPs and other specialty doctors, with 358 delegates and 72 speakers all there to discuss mental health and well-being.

The Fund had a stand at the event and not only was it a good opportunity meet so many practitioners – some who were attending from Europe, the US and Australia – it was an excellent opportunity to talk to the other support groups exhibiting at the event. One such initiative is the [Tea & Empathy \(public group\)](#) Facebook page where healthcare professionals look to help each other. The page looks to foster "an atmosphere of kindness and support, offer an empathic ear to anyone struggling and signpost to further help if needed".



GP research team gives their support to the Fund

We were pleasantly surprised to be contacted by Professor Carolyn Chew-Graham who is a co-author of a paper which has won this year's RCGP Research Paper of the Year in the Mental Health Category. The research was entitled ['Barriers, facilitators, and survival strategies for GPs seeking treatment for distress: a qualitative study'](#) It was announced that Carolyn and her colleague had won the award at the RCGP Annual Conference in Glasgow.



Professor of General Practice Research at Keele University, and Honorary Professor of Primary Care Mental Health at South Staffs and Shropshire Foundation Trust, Carolyn and her authorship team have decided to donate their prize money to the Cameron Fund.

The Trustees offer their grateful thanks, on behalf of beneficiaries, to Professor Chew-Graham and her colleagues for their generous donation.

Increasing the profile of the 'GP's Own Charity'

There are still many GPs out there who don't seem to be aware of the Fund's existence. We were pleased to have had the opportunity to have a stand at various events held through the year. As well as thanking the BMA for allowing the Fund to have a stand at the national event in Liverpool and the English LMC Conference and Exhibition on 23 November (*Dougy Moederle-Lumb, Trustee and Gary Calver, Chairman on our stand on the left*). We also attended the Scottish LMC Conference on 30 November.

We'd also like to thank the BMA Wales for holding a collection at the Welsh LMC Conference Dinner on 10 November which raised £355 (the second Welsh conference of the year), and BMA Scotland, who were holding a collection at the Scottish LMC Conference Dinner and fundraising on behalf of the Cameron Fund.

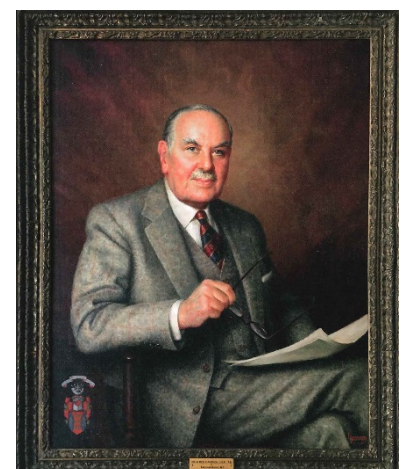
Next year we will also be making an appearance at the MLL Live Conference, which will be held at Olympia in June 2019. The organisers of the event are planning to have a Mental Health stream aimed at General Practitioners and hope to welcome in excess of 650 GPs as delegates. It is hoped that we can reach out to many of those who may not have heard about the Fund's work within the GP profession.

Sir James Cameron's contribution to General Practice remembered

During the summer we were delighted to hear from Sir James Cameron's son, who informed us that his son Alastair, who studied at St Andrews University just like his late grandfather, was writing an article about the life of Sir James, in [St Andrews in Focus](#).

His son, Dr Hamish Cameron, wrote to congratulate the Fund:

"I know that my late father would have been quietly pleased that the charity that bears his surname continues to bring relief to GPs and their families facing hardship"



Sir James Cameron
1905-1991

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