

GP Speciality Training in the East of England

*Coming together is a beginning. Keeping together is progress.
Working together is success.*

Introduction



John Howard

Here in the East of England we pride ourselves on the high quality of training that we offer to individual trainees who want to become GPs.

All of our new trainers since 2001 have had to pass a postgraduate certificate of education as well as demonstrate how competent they are as trainers. Within the East of England we boast a wide range of geographies and social settings.

This region of England has all the advantages of city and rural life; it contrasts areas of great social need and affluence. We have training practices in all these areas offering a variety of practice styles.

There is over 300 miles of coastline running from the Thames estuary to the Wash with some famous coastal resorts and ports along its length. The region is steeped in history and has been the seat of many of the British revolutionary thinkers and activists from Boadicea to the present day.

None of our cities are large and all are surrounded by wonderful countryside, we even have some hills in our southwest corner. The transport links to London and the North are good with access to two international airports.

In the East of England we believe individual people are important; we try to ensure your learning journey from trainee to GP is a great experience. We combine innovation with consistently high standards for the delivery of education. We are sure that you will feel at home on one of the many programmes that we have to offer. Our ultimate aim is to persuade you to stay and join our GP community.

Make sure you make us your first choice.

John Howard

GP Dean East of England Multi-Professional Deanery.

Contents

- 2** Why a career in General Practice?
- 3** Vacancy and Programme Information
- 4** Isolated in beauty, abound with amenities - The East of England
- 5** GP Speciality Training in Bedfordshire
- 6** GP Speciality Training in Cambridgeshire
- 8** GP Speciality Training in Essex
- 10** GP Training in Hertfordshire
- 12** GP Training in Norfolk
- 14** GP Training in Suffolk
- 15** Contact details

Why a career in General Practice?

General Practice is a unique specialty. It offers you the opportunity to broaden and deepen your experience of clinical challenges within a remit of treating everything from pregnant women to babies, and from mental illness to sports medicine. General Practitioners help those who are acutely ill as well as those with chronic conditions and the specialty also provides an opportunity to prevent illness – not just treat it.

General Practitioners are specialist physicians trained in the principles of their discipline. They work in a patient centred, team based environment where management is essential. They are respected members of the community responsible for the provision of comprehensive and continuing care to every individual seeking medical care irrespective of age, culture, sex and illness.

The professional life of a GP is varied and dependant upon a high level of communication skills and clinical challenges. It is distinctly different from hospital life. The GP helps patients with early symptoms of illness as well as those with chronic illness and GPs must be skilled in the long term management of a large variety of physical and psychiatric problems. It is the wide mix of general practice that it is one of its major attractions. GPs have the opportunity to develop specialised skills and areas of expertise which can be clinical, educational, political or related to health service management. Areas of interest are varied and include dermatology, urology, sexual health and mental health as a few of the many specialist area being delivered by GPwSI (GP with Special Interest) services.

The East of England has opportunities for graduate GPs to work part-time, flexibly, salaried or in partnership. The range of options for working in primary care will continue to expand as the delivery of patient care develops to meet the needs of a changing society.



Vacancy and Programme Information

The East of England Deanery extends from the Wash to the Thames. It covers historic cities such as Norwich and Cambridge, extensive rural areas and varied east coast towns from Great Yarmouth and Aldeburgh to Southend.

It also includes inner city areas such as South Essex and Peterborough, 'new' towns such as Letchworth and Welwyn Garden City and leafy parts of rural Essex and Hertfordshire. There are good transport links to London and other key cities.

We challenge anybody not to feel at home in the environment of at least one of the Programmes on offer.

Tucked away far from the madding crowd, the former East Anglia Deanery co-ordinated the innovative approach of its individual Programmes. The pioneering Ipswich Programme 35 years ago set a model of self-directed and supportive learning that is still relevant today and has influenced all the more recent Programmes. Perhaps there was a danger we would rest on our laurels until we were propelled into the 21st century by our amalgamation with Essex and Hertfordshire.

Now we combine innovation with consistent high standards for the delivery of education. And we thrive on constructive feedback from those in training.



Isolated in beauty, abound with amenities...

...the East of England

The East of England is nestled away in the far east of the country it may seem. However, despite its very eastern location the East of England is within easy travelling distance to most of the larger cities in England such as London and Birmingham.

There is easy access to major motorways such as the M11, M1 and M25 along with an efficient, state of the art rail service which interlinks with the rest of the country including airports so that nowhere is too far away.

By Road

The East of England is situated in a prime location for all those wishing to travel to and from London. The M11 will take you directly to London with easy links to other major cities. Also have you visited the beautiful countryside settings our region has to offer, only then will you inherit an appreciation of how wonderful our location is?

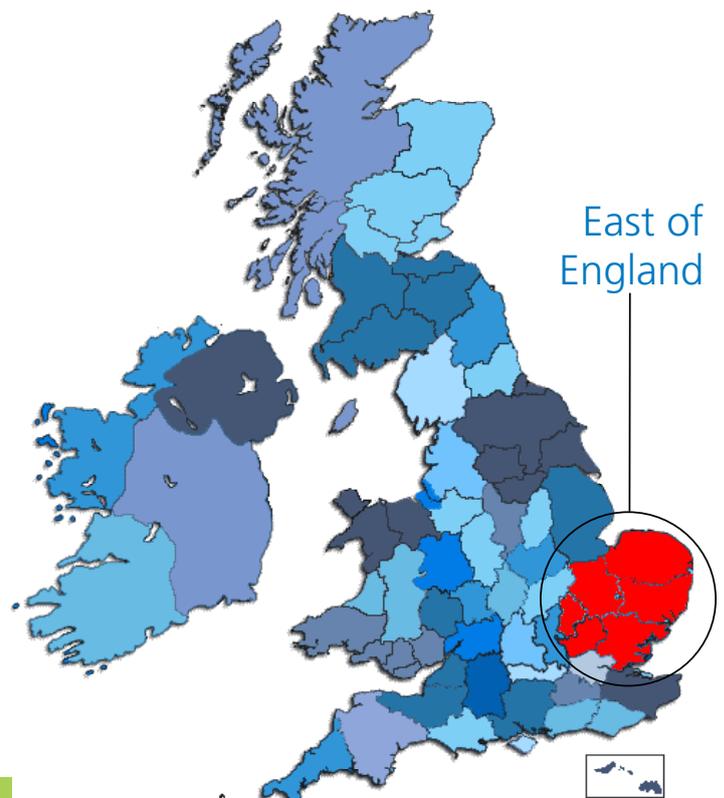
Distances (From Cambridge)

City	Kilometres	Miles
Milton Keynes	77	48
Northampton	83	52
London	102	63
Norwich	102	63
Nottingham	142	88
Birmingham	158	98
Dover	198	123

By Rail

With an exceptional Rail service from the East of England to most major cities in England, a handful of airports and St Pancras International, rail travel in the UK and Europe has never been so easy! Travelling by train can be especially cost effective if you are taking the longer haul journeys along with being quicker than driving.

Please visit for further information: www.nationalrail.co.uk



By Air

All airports can be easily accessed via the excellent motorways or by the interlinked rail service, which is proving to be very efficient and reasonably priced.

Distances (From Cambridge)

Airport	Kilometres	Miles
Stansted	50	28
Luton	61	40
Heathrow	113	70
Birmingham	147	91
Gatwick	150	93
East Midlands	155	97

GP Specialty Training in Bedfordshire

Programme Information

Within easy reach of London and the fast growing Luton, yet near to the country make Bedford a favourite place to live and visit.

Bedford

Come into Beds with us... and share our passion for general practice.

We offer you a high quality learning experience in our friendly and flexible General Practice Specialty Training. There are a range of training practices in Bedford and the surrounding villages offering excellent training facilities with enthusiastic trainers. Bedford is a pleasant county town set in attractive countryside. In the hospital there is access to an active

postgraduate centre, a library and information service, IT department and audit unit. In the town there are excellent schools and sports facilities, and the multicultural makeup of the population means that there are a fine variety of restaurants and clubs. London is within easy reach by fast train, and for wider horizons, Luton International Airport is nearby.



Luton

The Luton General Practice Specialty Training is a structured programme which enables doctors to complete the required accreditation needed to become a General Practitioner.

The 3 year placement includes 18 months in hospital posts and a further 18 months in General Practice. With trainees from all over Europe and Asia it is a multi-ethnic Programme and our general practice training is spread across widely varying communities, from inner city Luton practices, through to Harpenden and villages such as rural Eddlesborough.

The area has populations of very many different cultures, giving training and life a rich and interesting mix. Luton has a comprehensive range of first rate leisure facilities providing many services including arts, sports, children's activities and libraries.

Luton is a bustling and lively place with a strong cosmopolitan feel. It's a town with its own international airport and great road and rail links to the rest of the UK.

Big improvements have been made to the town centre, with more set to follow. Historic areas and listed buildings are being restored, including the town's 19th century hat factories and some fine examples of art deco architecture. Shopping is good, and the Mall Arndale, home to many national high street retailers, is about to undergo a further major upgrade. Many of the surrounding streets and squares offer a rich variety of specialist stores and pavement cafes in an attractive, pedestrian-friendly environment.



GP Specialty Training in Cambridgeshire

Programme Information

Cambridgeshire is a County of contrasts, with a variety of enticing things to see and do and places to visit.

Cambridge

Train in a centre of excellence based in the historic city of Cambridge. We offer a weekly General Practice Specialty Training session that will help prepare you for life as a GP.

Learn educational principles that you can apply throughout your career. We encourage active learning and the development of Personal Learning Plans throughout the Programme, as an essential part of GP education. Home of the famous University, carols in King's College Chapel and punting on the river Cam.

Cambridge is a compact cosmopolitan city with outstanding architecture old and new.



The beauty of its ancient centre is preserved with its walkable medieval streets, college courts, gardens and bridges. Relax in its many pubs, restaurants and cafes whilst exploring the independent shops around the historic market place.

There are brand new shopping areas too, with all the high street favourites that you would expect. Cambridge is easy to get to by road, rail or air - just 50 minutes from central London and 20 minutes from London Stansted Airport.



Punting on the River Cam

GP Specialty Training in Cambridgeshire

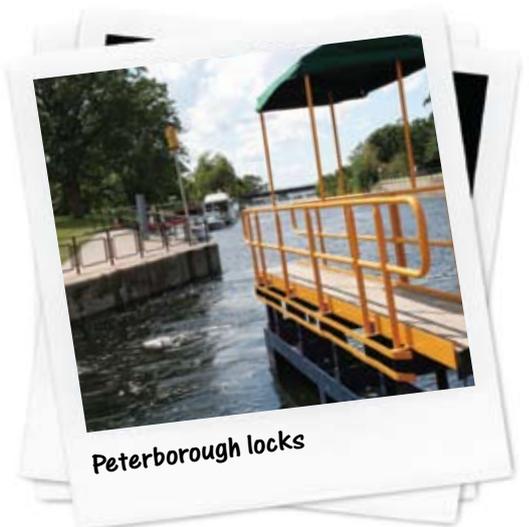
Programme Information

Peterborough

The Peterborough Programme started in 1973 and took its first Trainees in 1974.

It is one of the oldest Programmes in the country. It is based at Peterborough District Hospital with General Practice involvement from a number of practices both within Peterborough and the surrounding area. Peterborough is a city of approximately 200,000 inhabitants and continues to expand. A new township, "Hampton", is almost complete and includes a school, shopping centre and medical centre.

Near to Peterborough are a number of picturesque villages and market towns. It is a mixture of urban together with local rural and agricultural communities. Peterborough is easily accessible from the A1, which lies just to the west, and the A47 link to Leicester. There is a well-developed ring road system (the "Parkways") which help in improving access around the city. Both Cambridge and Leicester are easily reached by road from Peterborough. There is a centrally located railway station and there are plans to develop a new station quarter and supporting facilities, including shops and apartments. By rail link London is only about 50 minutes away and Edinburgh can be reached within 4 hours. Peterborough is on the main East Coast Line and also has cross county connections, e.g. to Stansted Airport as well as to the west.



Peterborough locks

West Cambridgeshire

The West Cambridgeshire General Practice Specialty Training Programme is located in the Oak Tree Community Health Centre and at Hinchingsbrooke Hospital, both in the market town of Huntingdon, situated in a lovely area of meandering rivers, villages and small towns and two of the largest artificial lakes in England.

We are near the University City of Cambridge and shortly to be linked by a new guided bus transportation system—yet only an hour away by train from London and by car from Stansted and Luton Airports.

Huntingdon has much to offer, with a pedestrianised high street and many nationally known brands, complemented by some excellent coffee shops and pubs. Castle Hills, Huntingdon, was once the site of Huntingdon Castle built in 1068.

It is now a public open space and is the site of the Castle Hills Beacon. Portholme is the largest lowland meadow in England and was once the site of the racecourse. It is situated between Godmanchester and Huntingdon.



A river scene in Huntingdon

GP Specialty Training

in Essex

Programme Information

This ancient Saxon county is located north east of London. As you travel from west to east the landscape in this vast county transforms from historic woodlands, through rolling wheat-fields.

Basildon

Our ST1 and ST2 posts comprise six months in 3 out of Paediatrics, O+G, Medicine, A+E and Psychiatry and all on the programme do a 6 month post based in primary care and including involvement in outpatient and community clinics (Innovative Training Posts).

ST3 posts are in Training Practices across South West Essex. Attendance at the half day release teaching sessions is for all three years.



Photograph by Dot, www.dotco.co.uk
Sculpture by Robert Worley
**The White Hart Sculpture at
Wat Tyler Country Park, Basildon**

Basildon was once a series of villages until the new town

was built, started in 1950, after some local opposition. With one of the largest pedestrianised areas in the country, covering much of the town centre. Shopping is concentrated in two major centres, Eastgate and Westgate. The town has a theatre with occasional art exhibitions, a multi-screen cinema, bowling, and pubs and clubs.

Chelmsford

The Chelmsford General Practice Specialty Training Programme was established in 1971 and has weathered the changing face of general practice and medical education which has evolved over the 37 years.

The Programme is based at Broomfield Hospital with some GP hospital training posts based at St. John's Hospital or The Linden Centre. All our training practices are of a high standard and these are continually monitored both from within and outside the Programme. Trainers undergo a regional selection process and are also subject to regular re-approval.

There are a wide variety of practices, from those situated in Chelmsford City centre to those in the heart of the Essex countryside.

There should be a training practice to suit most people's tastes!

Chelmsford is the county town of Essex, 30 miles northeast of central London.

This is officially the UK's hottest spot, and we're not talking nightlife or curry houses - we mean microclimate. Summers here have hit the heights of 35.2 degrees C, and there's a distinctive lack of clouds over the local economy.



Chelmsford Cathedral

GP Specialty Training in Essex

Programme Information

Colchester

There has been a General Practice Specialty Training Programme in Colchester for nearly 30 years.

The Programme has always been friendly and flexible, trying to cater for the individual needs of the training doctor rather than to any rigid preferred plan. Colchester is England's oldest recorded town dating back to pre-Roman times.

In fact, the Romans took full advantage of its location and easy trade routes to make it their first capital. The town's current population stands at over 100,000 people and because of its easy commuting distance to London (55 minutes by train) is ever expanding. Nevertheless, Colchester remains a pleasant thriving country town on the Essex/Suffolk border surrounded by countryside that inspired John Constable in many of his paintings.



Colchester Zoo

Harlow

West Essex has beauty, a favourable situation lying between Cambridge and London, with good transport links.

It also has excellent GP Training Practices, excellent release courses focussed on today's and future General Practice and a hospital with a high turnover of a variety of clinical material relevant for a good General Practice training. A friendly welcoming Programme that places a high value on cross-year peer West Essex Specialty

Training Programme is attached to the East of England Deanery in Cambridge. The Programme has about thirty trainees with six Training Practices and twelve General Practice Trainers. The hospital component has four rotations; each consists of four six-month appointments, in A&E, Paediatrics, O&G, Medicine, Psychiatry, ENT/Eye, Orthopaedics/ Urology/ Rheumatology. The community training involves Palliative care, Women's Health, Dermatology/ Rheumatology as SHOs and the final year is spent in the General Practice as a Trainee. We also have flexible trainees and Specific Skills Registrar (SpGPR) training.

Southend

Taking its name as the 'south end' of Prittlewell village, it became a popular seaside resort for Londoners during the Victorian era.

Only 30 miles from London and with easy access by train and road, the town's economy has largely been based on tourism ever since. Southend Pier is the world's longest pleasure pier at 1.34 miles long, it hasn't enjoyed the best of health, with a number of incidents and injuries over the years, most recently a further fire in October 2005. Southend area has the usual selection of theatres and cinemas, a wider than average range of restaurants and eateries, and very easy transport links with central London for an evening at the West End.



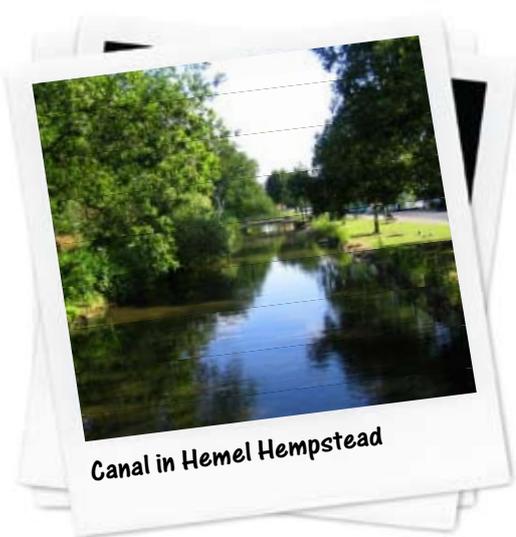
Southend-on-Sea

GP Training in Hertfordshire

Programme Information

Hertfordshire is one of the smallest Counties in England, containing much of England's heritage, whilst encompassing the requirements of south east England today.

Hemel Hempstead and Watford



Canal in Hemel Hempstead

The West Herts General Practice Specialty Training Programme is one of the biggest Training Programmes within the East of England Deanery and we admit about 20 new learners every year.

Although most of the hospital jobs, and the teaching programme are based at Watford Hospital our Training practices also cover a much very wider area including Hemel Hempstead, St Albans, Bushey, Berkhamsted and Chorleywood and everywhere in between! Everybody spends 18 months of the 3 year programme in GP and all the rotations include 4 months of paediatrics and 4 months of obstetrics. There are a vast array of other posts including general medicine, A& E, GUM, Dermatology and Psychiatry. The four Programme Directors are all very experienced teachers and two of them are CSA examiners and we believe that one of our stand out features is the quality of our teaching and preparation for the CSA exam. Hemel Hempstead is positioned centrally, not far from the M25, just west of the M1, to the North lie the Chiltern Hills and a mainline rail link passes through from London to Birmingham.

There are many hotels, restaurants and cafes in Hemel Hempstead but there is also a large retail park containing an 8-screen cinema, ten pin bowling, an ice rink, water park and 2 nightclubs and there is a dry ski slope located nearby too. Watford is a busy area to the northwest of London but inside the M25, originating from Saxon times on the banks of the River Colne is the large town with a diversity of attractions. A large mainline railway station partners superb road access. There are many cafes, pubs, and entertainment venues.

Stevenage

We are a small and friendly Programme who believes that learning should be fun. An indication of our success is that a high proportion of our ex-trainees now work in local practices.

A half day release programme operates on Wednesday afternoons, which consists of three 13 week terms per academic year. A minor Surgery Course is run - a rolling 3 year programme (2 Specialty

Training afternoons per year) designed to cover the basic minor surgical techniques in a workshop environment. There are also established opportunities to be taught in ENT, Rheumatology and Dermatology in Out Patients and the Programme is well supported by all the hospital departments. Stevenage is convenient for London and Cambridge, we feel sure that you will appreciate beautiful and historic Hertfordshire with its wealth of amenities, cinemas, theatres, schools, restaurants, pubs and places of interest to visit.

GP Training in Hertfordshire

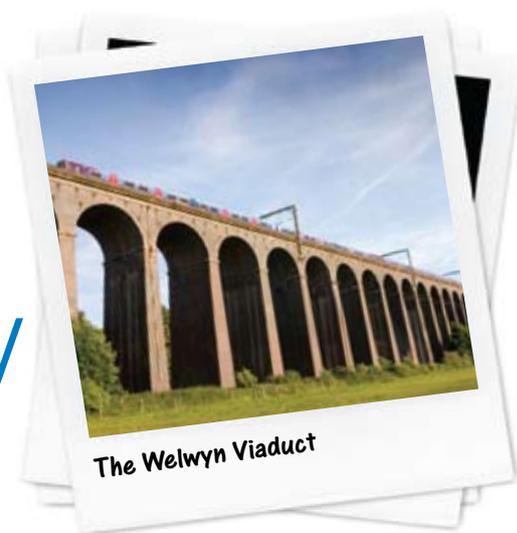
Programme Information

The history of the Welwyn STGP Programme goes back a fair way - the Programme first existed with the arrival of the vocational training schemes nationally in the early 1970s.

Welwyn Garden City

For a while, the Programme had an entry of 4 new members each year, rotating through the 4 designated hospital posts at 6 monthly intervals - A&E, paediatrics, O&G & psychiatry, before completing the final year as a GP trainee.

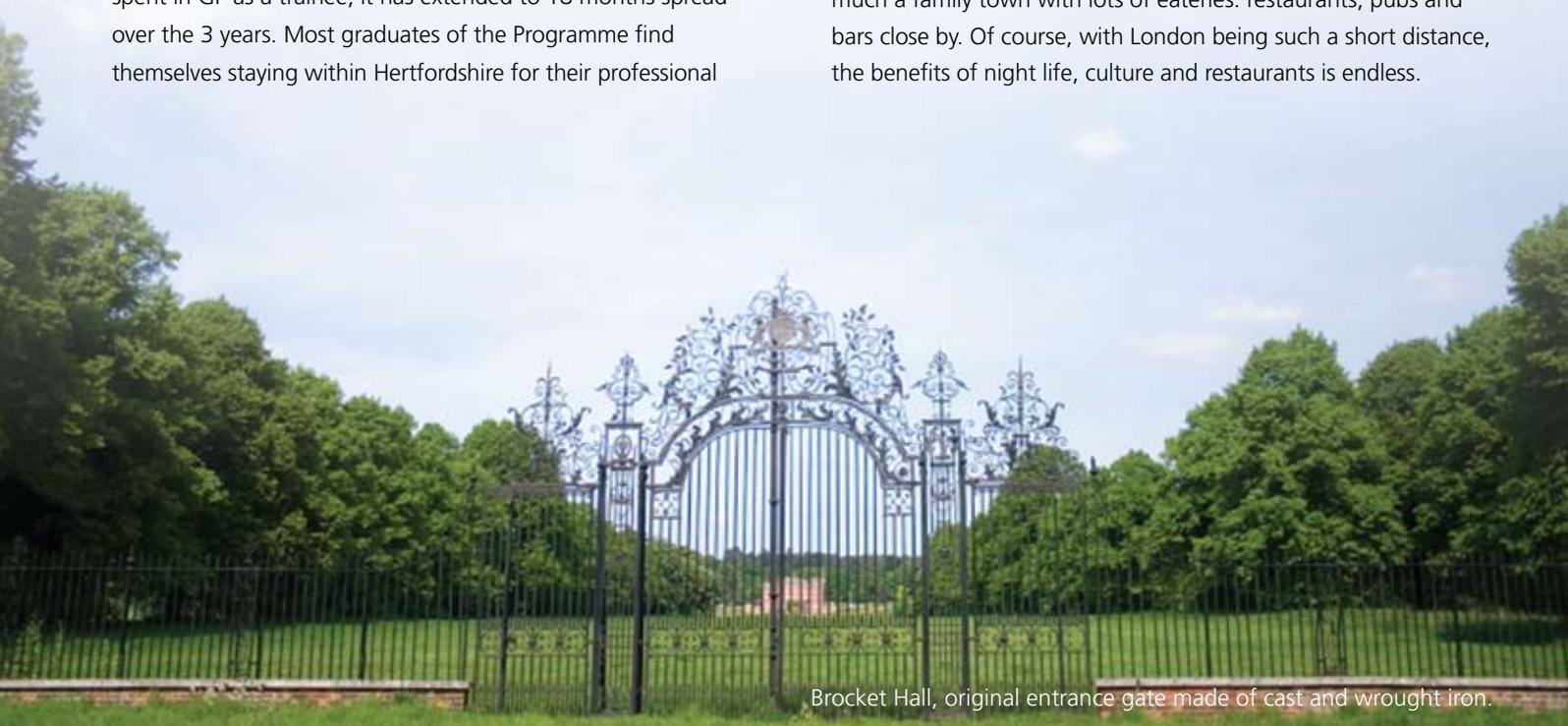
The Programme has changed out of all recognition now - there is an annual intake of between 10 & 12 doctors each year, the hospital placements are now 4 months in duration, with additional posts offered including - care of the elderly medicine, palliative care, ophthalmology, oncology - and with more time spent in GP as a trainee, it has extended to 18 months spread over the 3 years. Most graduates of the Programme find themselves staying within Hertfordshire for their professional



The Welwyn Viaduct

careers - several being offered partnerships either at their training practices or within the locality!

Welwyn Garden City was designated a 'New Town' in 1948 and is conveniently situated about 20 miles from London. It is close to the M25 London Orbital Motorway and the A1(M). As well as having excellent road links a 20-30 minute short train journey will take you to London, King Cross. Welwyn Garden City is very much a family town with lots of eateries: restaurants, pubs and bars close by. Of course, with London being such a short distance, the benefits of night life, culture and restaurants is endless.



Brocket Hall, original entrance gate made of cast and wrought iron.

GP Training in Norfolk

Programme Information

Norfolk offers a refreshing escape from the hustle and bustle of busy Britain.

Great Yarmouth

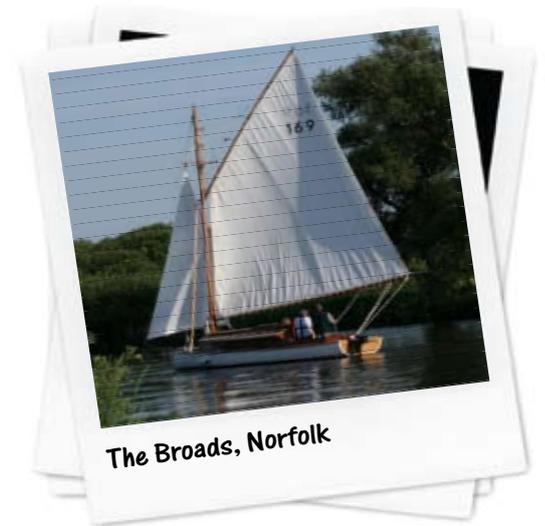
We are a friendly and informal GP Specialty Training Programme based on the Norfolk/Suffolk coastal border.

The Programme is based at the James Paget Hospital, a modern District General Hospital built in 1982 to serve the populations of Great Yarmouth and Lowestoft. During your time with us, Trainees are part of a friendly and interactive group consisting of Trainees at various stages of their training. The group meets weekly for half a day and attendance from Trainees in hospital posts as well as general practice is expected.

The posts are recognised for DRCOG, DCH and MRCP. Regular social events are held through the year and integration of the group is held to be of the highest importance. The coastline of

East Anglia is renowned for its unspoilt natural beauty, miles of sandy beaches and sporting opportunities.

All forms of water sports are catered for including sailing, canoeing, fishing and also the area is famous for its bird watching. Close by are the Norfolk Broads, an area of outstanding scenery and tranquillity with superb recreational facilities. Twenty miles inland is the fine city of Norwich, with its excellent shops, restaurants, theatres and pubs. London is easily accessible by train and Norwich airport provides good European links.



Norfolk Broads

GP Training in Norfolk

Programme Information

Kings Lynn

The King's Lynn GP Specialty Training Programme caters for all GPS Trainees. Support and advice is readily available, and help, wherever possible, is given to all GPS Trainees with regard not only to training practices, but also to suitable ST posts.

Our 9 Training practices are a mix of urban and rural and the trainers have a wide range of interests. King's Lynn is a busy and friendly town enjoying the best of both worlds - a modern vibrant commercial centre set in a town steeped in history. The town is the major focus of an extensive area of West Norfolk serving numerous small villages making up a total population of nearly 140,000 people. A large area of the town centre has just undergone a multi-million pound redevelopment giving it a bright new look more in keeping with the twenty-first century style retail architecture. In summer months there is much to attract the tourist, with the renowned King's Lynn Festival each July and tours of the town's "historic core". In recent years the old Corn Exchange in Lynn's historic Tuesday Market Place has been transformed to become a top entertainment venue, with concerts and sell-out performances by the country's top performers.



Norwich

A long established GP Specialty Training Programme, the Norwich Programme is centred at the Norfolk and Norwich Hospital, but has General Practice at its heart.

There are 28 General Practices that host GP Trainee placements. Each Trainee will spend 18 of the 36 months training within General Practice. The Programme operates a fortnightly day-release course which both GP Trainees in practice and hospital placements attend. The City of Norwich is home to 125,000 people. It is a vibrant cosmopolitan university city, with an expanding range of shopping, restaurants and nightlife. Norwich has an international airport which, as well as a favourite departure point for package holiday destinations, also has frequent flight connections to international hubs at Manchester & Amsterdam Schipol.



GP Training in Suffolk

Programme Information

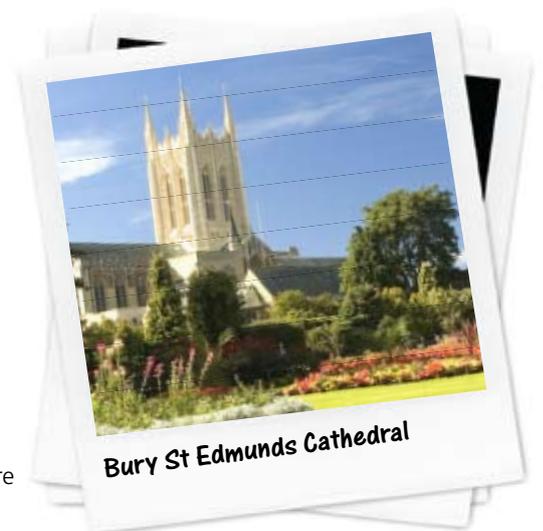
Suffolk will bring your senses to life, offering you an authentic experience in an inspiring setting.

Bury St Edmunds

We strongly believe that the place to learn about General Practice is in General Practice.

That is why we are very pleased to have been the first General Practice Specialty Training Programme in the Eastern Region to be able to offer a 3 year training programme, 18 months of which is spent in general practice. The other half of the Programme is spent in different Hospital posts in the West Suffolk Hospital.

Bury St. Edmunds is a lovely cathedral and market town with a famous Abbey. It was here that the Barons confronted King John with the Magna Carta. The town has good access to London, Cambridge, the coast, and the Midlands. It is surrounded by delightful villages.



Ipswich

Our three-year programme was one of the first to be introduced in this country in 1967. It offers an excellent rotation of hospital posts, and a high standard of training in a variety of teaching practices.



The Programme usually takes up to 13 trainees every August and this group goes through the three year training programme together. We aim to support our trainees both at work and with their personal life. We will ensure that your individual learning needs are addressed throughout the three years you are with us.

Ipswich is becoming one of THE places to live, and offers affordable housing, (even before the property crash!), good schools, and close proximity to the Suffolk coast which has been featured as one of the top 10 places to live in the country. There is a vibrant nightlife developing around the old waterfront with many high quality restaurants and several clubs, and central London is only 1 hour away on the east coast line, if you need more.

Contact us...

For more information and to apply please visit
www.gprecruitment.org.uk

or call us on
01223 743351

or email us at
recruitment.helpdesk@eoe.nhs.uk

