



East Midlands – CSRH 2019 Training Post

CSRH training is well established in the East Midlands region with three trainees from ST 1-6. With this, there are strong established links with Sexual Health, Obs and Gynae, GUM and Public Health teams across the region, making training accessible and uncomplicated. In a small specialty, having other specialty trainees nearby is rare and of benefit both for advice and support but also from a social perspective. We have access to excellent local regional training in GUM, sexual health and Obs and Gynae, as well as national courses such as Basic Practical Skills and Ultrasound training within the region, meaning less travel for training.

The educational supervisors and training programme director are supportive, approachable and experienced in delivering the CSRH curriculum, offering an individual approach, to support interests and sub-specialism. The programme is also welcoming of less than full time training and flexible hours where possible. The CSRH training programme also has good contact with the School of Primary care, and from 2018 there will also be GP trainees working within the department.

Our geography spans across the East Midlands and includes Derbyshire, Leicestershire and Rutland, Lincolnshire, Northamptonshire and Nottinghamshire. We have a population of 4.5 million people. With four university teaching hospitals in the region (Leicester, Leeds, Nottingham and Derby) as well as several district general hospitals, giving exposure to a range of tertiary referral centers, world class research, and general care.

The region's relative proximity to London and its connectivity on the national motorway and trunk road networks help the East Midlands thrive as an economic hub and make it an excellent location to live. Birmingham, Manchester, London are all within an hour. The mainline train goes directly London St. Pancras and its onward connections with the Eurostar and to the South. The regional East Midlands Airport is located within an hour's drive or public transport travel from the majority of the urban hub cities, this provides easy travel for work within the region, easy access for UK training and travel and easy escape abroad.

The cities of Derby, Nottingham and Leicester have a vibrant multicultural population, excellent shopping, bars, restaurants and leisure facilities. Nottingham itself has a University with 30000 students, links to Chinese and Far Eastern Universities and a vibrant nightlife. Beyond the urban areas, the region has large expanses of countryside and The Peak District National Park and National Forest are within an hour of much of the East Midlands, attracting international tourism and extreme sports enthusiasts. Having five universities in the region we have excellent sports facilities and even an Olympic class water sports centre in Nottingham for rowing, kayaking, white water rafting, waterskiing and canoeing. Leicester offers Rugby, and surprisingly good football, and the Nottingham Derby corridor is home to several large employers including Toyota and Rolls Royce.

House prices and rent are also more affordable than in some regions of the country. The average house price in the East Midlands is £200,000 compared to London's £625,000, £327,000



in the South East and £275,000 in the South West.

Having relocated to the East Midlands, I couldn't recommend it highly enough. Its excellent amenities, recreational activities,

diverse population and connectivity make it a fantastic place for training, whilst the well-established programme and approachable experienced educational supervisors provide excellent training in the specialty.