

Developing people for health and healthcare



General Practice Training in Nottingham

General practice provides flexible, family-friendly routes to training and employment



Why General Practice?

If you're thinking seriously about a career in general practice – you could be about to make the best decision in your professional life since going to medical school.

General practice, without a doubt, gives you the broadest clinical opportunities of all the possible medical careers – the widest scope both to do good for your patients and to feed and satisfy your intellectual curiosity about their problems and diseases.

The East Midlands general practice training programmes are the first in the UK to offer 20 months in a general practice setting. Within each locality based programme there are a variety of training units of which you will read more about in this brochure.

You will have one-to-one and small group teaching with both your GP trainer and the key players in the general practice teams, and you will finish your training by passing exams with a broad,

international reputation for fairness, consistency and validity.

General practice provides flexible, family-friendly routes to training and employment. Currently, the range of possible working patterns in general practice – self-employed or employed – is greater than for a generation.

Choosing your career and location in which you want to work isn't easy, therefore this brochure will help guide your decision. It provides you with information on the specific programme, the local area (including location maps, leisure, schooling, house prices, health issues) and quotes from current trainees and GPs in the area.

So, are you ready to earn the respect of your patients? Are you ready to contribute to and perhaps lead your team to greater patient benefit and for satisfying, well-rewarded work?

The choice is yours!



Welcome to our programme

My name is Nicola Ogden and I am the Programme Manager for the Nottingham Programme. My role encompasses rotations, whole day release planning, GP trainee pastoral care, managing the administrative function of the training office and also organising 60 trainers and 135 GPRs.

A large part of my role is dealing with the pastoral needs of the GPRs, which is why we are based at the City Hospital Nottingham, so trainees can come to see me. I am often on hand with tea, coffee and Kleenex just in case!

Even though Nottingham is a large programme we pride ourselves that the GPRs and trainers do not feel like they are just a number, but are valued and respected.

We have a great working relationship with trainers and GPRs and engage both parties in all aspects of the programme, from organising social events to working alongside Programme Directors and Specialist Hospital Consultants in research projects to aid in innovative teaching for all.

For more information on the programme, please contact me at nicola.ogden@nuh.nhs.uk, or call the office on 0115 9627729 and one of the experienced GP training team will be happy to answer your questions.

Alternatively follow us on twitter @NottsVts.

Nicola Ogden
Programme Manager

Why Nottingham?

The Nottingham GP Specialty Training Programme is located near the city centre. There are currently 45 training practices and posts at three hospitals. We are able to offer a broad range of three year training programmes and we are fully supportive of flexible training.

Our three year rotations are planned to contain 20 months in General Practice around 16 months of hospital rotations.

Rotational Hospital posts attached to the programme are predominantly based in teaching hospitals. Specialties include Accident and Emergency / Orthopaedics, General Medicine, Paediatrics, Psychiatry, Dermatology, Obstetrics and Gynaecology and ENT.

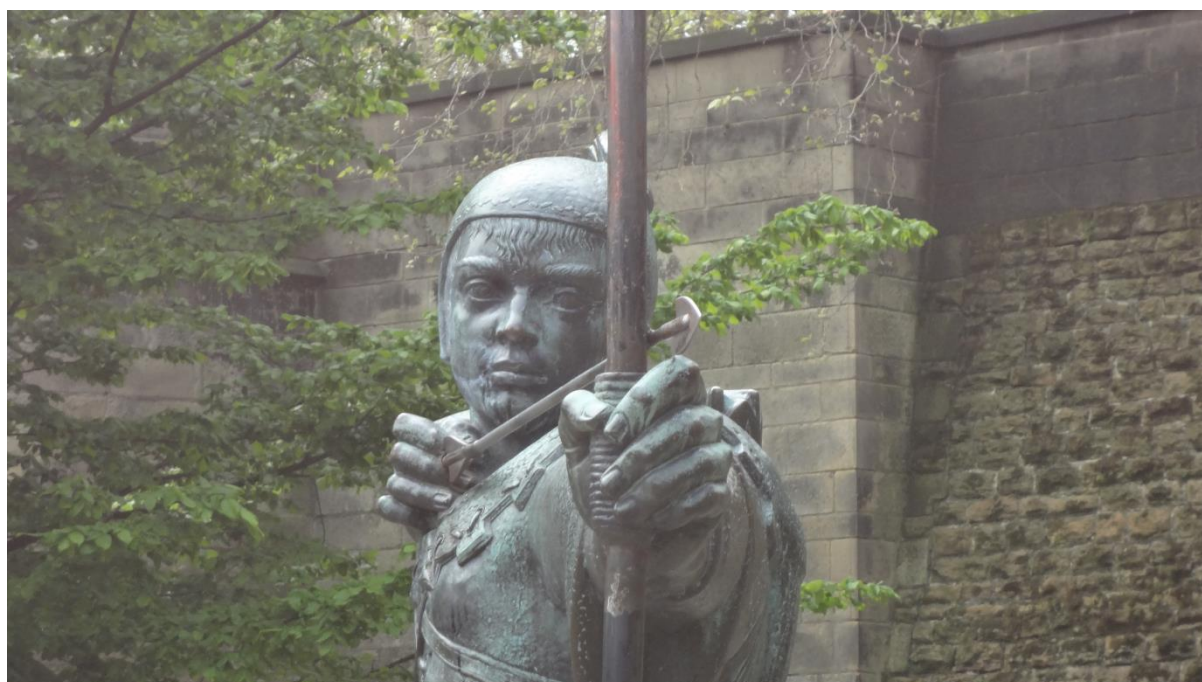
Our training practices are varied in location, patient population and partnership size. Our Trainers are highly skilled and enthusiastic and teaching standards are high.

"We believe that General Practice is a great career choice for young doctors, it offers a large variety of options for a 'portfolio' career and remains flexible.

The Programme in Nottingham is a large scheme. We are able to offer a variety of GP placements, ranging from rural to inner city, and have a group of keen and committed trainers.

Nottingham itself is a vibrant city with great facilities and is a regional centre. Many of our hospital training posts are based at either the Nottingham City Hospital or QMC, which are both centres of excellence."

*Phil Rayner
Nottingham Programme Director*



We concentrate on the core issues of General Practice and emphasise the importance of consultation skills. As a scheme we are fortunate to have a number of MRCGP examiners on board and their expertise has been invaluable in providing above average success in exams, in particular the MRCGP.

If you have any queries, please contact Nicola Ogden, Nottingham GP Specialty Programme Manager, on 0115 9627729, or email nicola.ogden@nuh.nhs.uk. Please also visit the Nottingham GP Specialty Training Programme website at www.nottinghamgptraining.co.uk.



What is your challenge?

Nottinghamshire is a dynamic and diverse county, rich in culture and history. It has areas of growing prosperity and is an exciting place to live and work. Yet the county also faces significant difficulties:

- There are pockets of severe deprivation, leading to serious inequalities.
- High rates of smoking, drinking and poor diet have been key factors in a cycle of ill health.
- There are rising levels of obesity in children and adults.

Nottingham City has big health inequalities:

- Life expectancy is four years less than the national average and people's lives are on average 10 years shorter in some parts of the city than in others.
- These differences are largely due to people dying earlier from heart disease, stroke, respiratory disease and cancer.

Take on the challenge and make a difference.

By joining the Nottingham Programme, you could be part of working towards the following goals of the NHS in Nottingham and Nottinghamshire:

Nottinghamshire

- To improve health by reducing smoking and obesity levels.
- To promote sexual health and reduce unintended pregnancies.
- Reduce alcohol and falls related hospital admission rates.
- Reduce mortality from stroke within 30 days of admission.
- Improve access to end of life and cancer services.

Nottingham

- To tackle health inequalities.
- To ensure that the quality of health and care is not determined by where people live.
- Improving access to quality care, giving care closer to home and encouraging people to make healthier choices and lead healthier lives.

How to find us



Wollaton Hall, Nottingham



Plenty to see and do

Nottingham combines a rich history with being one of the most stylish and vibrant cities in the UK, and one of the best for shopping. Day and night, Nottingham buzzes with life thanks to the great choice of shops, bars and pubs, restaurants, theatres and galleries, fine hotels, international sporting events and its reputable Universities. History is never far away however, with reminders of Nottingham's legendary hero, Robin Hood, and his historic adversary the Sheriff of Nottingham.

The historic Lace Market area has been renovated into an elegant cultural, educational and residential quarter, with companies, students and home owners now working and living in buildings designed and built by Victorian lace barons. The National Ice Centre and Nottingham Arena provide the most modern ice-sports facility in the country and a large-scale concert venue. Nottingham's contemporary art gallery has held many ground-breaking exhibitions since opening.

Moving to the area

There are a number of websites you can visit that will help you find information about moving to Nottingham. Useful links for accessing information about schooling, housing and the local economy are the Nottingham City Council, visit www.nottinghamcity.gov.uk, and the Nottinghamshire County Council website, visit www.nottinghamshire.gov.uk.

We welcome you to Nottingham

If you have any queries, please contact Nicola Ogden,
Nottingham GP Specialty Programme Manager, on 0115 9627729, or email
nicola.ogden@nuh.nhs.uk.

Please also visit the Nottingham GP Specialty Training
Programme website at: www.nottinghamgptraining.co.uk.



Health Education East Midlands

About HEEM

Health Education East Midlands' goal is to develop a high quality, safe and sustainable workforce to meet the healthcare needs of the people of the East Midlands.

By working closely with stakeholders, we act as a regional 'convenor', bringing people together across NHS, social care and the third sector to deliver the best possible services and outcomes for patients.

HEEM covers the counties of Derbyshire, Leicestershire and Rutland, Lincolnshire, Northamptonshire and Nottinghamshire.

Published October 2014

Health Education East Midlands

1 Mere Way
Ruddington Fields Business Park
Ruddington
Nottingham
NG11 6JS

Tel: 0115 823 3300

Email: hee.eastmidlands@nhs.net

Visit: www.em.hee.nhs.uk

Follow: @EastMidsLETB

Quotes supplied by GP
Trainees and Programme
Managers.

Photographic credits

Front cover *Council House* –
courtesy of Martine Hamilton
Knight

Nottingham images courtesy
of www.visitnotts.com.

Own the
Solution



Inspire and
Innovate



Put
People First



Listen to and
Value Everyone

