

*Developing people  
for health and  
healthcare*



## General Practice Training in Lincoln

## 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.

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

*I am dedicated to the day-to-day management of the Lincoln Programme, helping to turn your dreams of working in General Practice into reality, ensuring your programme runs smoothly.*

*Our programme is very well established within the East Midlands. Many of our GP Trainees think that it's an excellent place to learn, and continue to practice in the Lincolnshire area once completing their training.*

*I look forward to welcoming you to the Lincolnshire Programme.*



**Val Irons**  
Programme Manager

# Why Lincoln?

Train in Lincoln and experience Lincolnshire's massive skies; watch the shifting light turn the honey-coloured cathedral from rosy-pink to slate-grey; see the Red Arrows practise, creating their daringly intricate patterns; visit our famous Christmas Market; listen to skylarks as they soar out of sight above the fields.

The Lincoln Programme is very well established within the East Midlands. All GP Trainees spend a total of 20 months in General Practice and 16 months divided into 4 four-month rotational hospital posts. We feel that a particular strength of the Lincoln Programme is that our GP Trainees experience GP attachments early in their training. Many of our GP Trainees think that the Lincoln Programme is an excellent place to learn:

*"I joined the Lincoln VTS after deciding to change from my previous training programme and deanery. I noticed a real difference in the support and training I received as compared to my previous experiences, and have found that the teaching both from the training scheme and the practices I have been placed in has been excellent. Lincoln is a lovely region to train and live in and I would sincerely recommend the training scheme."*

*Previous ST2 Trainee*

For the General Practice training component, a wide choice of excellent training practices is available, including rural dispensing practices in village locations or small market towns and urban practices based in Lincoln. Our GP Trainers are extremely enthusiastic and dedicated to both the programme and the GP Trainees:

*"As a trainer, I greatly enjoy watching and facilitating the transition process from hospital doctor with much head knowledge, to the well-rounded qualified GP with excellent consultation skills, much broader and more useful knowledge who can cope with all the demands of primary care and will be a real help to their patients."*

*Retired Lincoln GP Trainer*



Rotational hospital posts attached to the Programme are based at the Lincoln County Hospital site and include Accident and Emergency; Care of the Elderly; Obstetrics and Gynaecology; Paediatrics; Palliative Care, Psychiatry; Public Health and Trauma and Orthopaedics

An introductory residential course is held each year for new GP Trainees on the

Programme and there is a regular and varied programme of postgraduate education based at the well-equipped Postgraduate Education Centre within Lincoln County Hospital.

A comprehensive programme of half-day release course and study days covering a wide variety of topics in preparation for entry into General Practice runs throughout the three years.

If you have any queries, please contact Val Irons, Lincoln GP Specialty Training Programme Manager on 01522 573875, or email [val.iron@ulh.nhs.uk](mailto:val.iron@ulh.nhs.uk).

Please also visit the Lincoln GP Specialty Training Programme website at [www.ulh.nhs.uk/for\\_staff/education\\_and\\_training/gp\\_training\\_programme/lincoln](http://www.ulh.nhs.uk/for_staff/education_and_training/gp_training_programme/lincoln).

# What is your challenge?

In Lincolnshire:

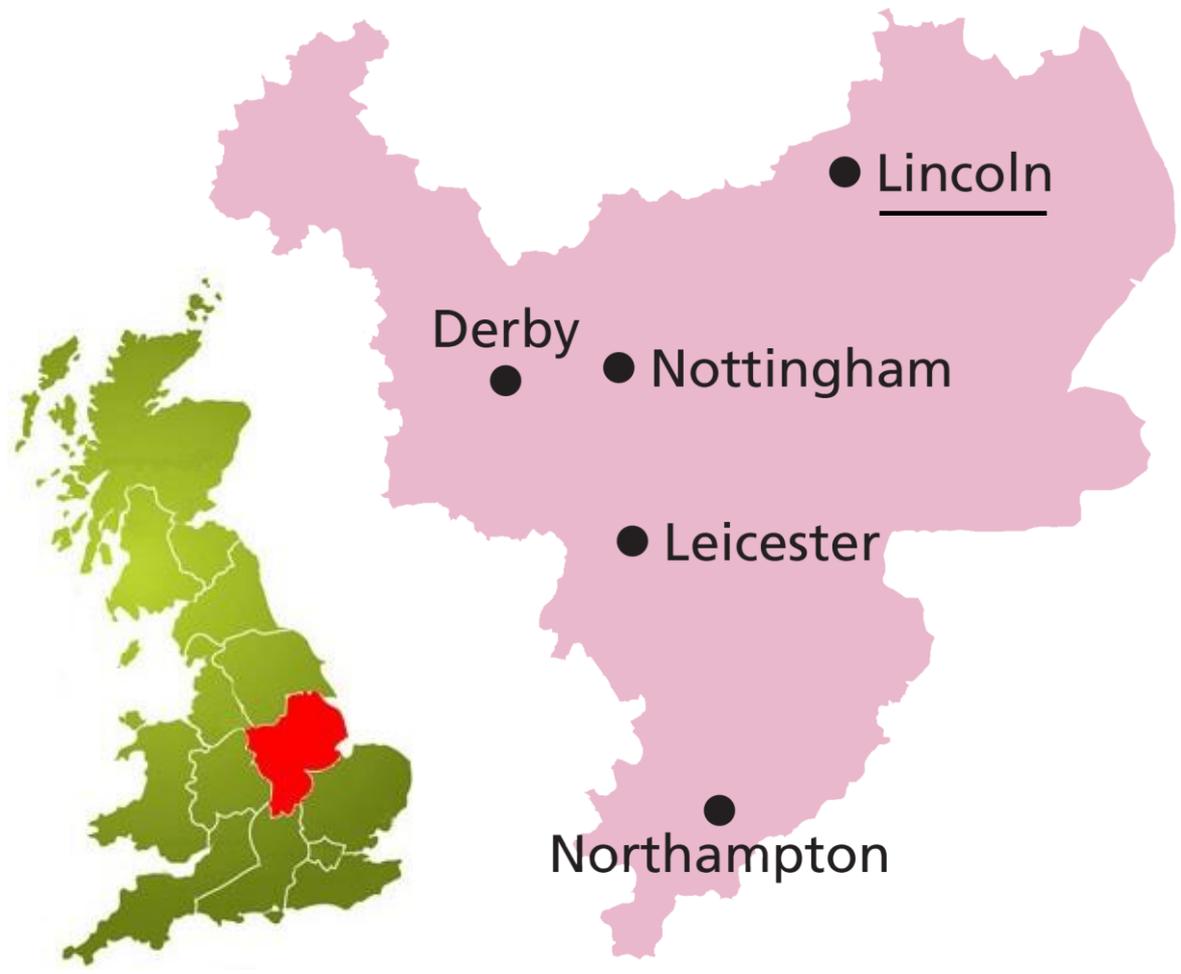
- Due to an increase in life expectancy, a small increase in the birth rate and in-migration from other countries, the population of Lincolnshire will grow from 735,000 to approximately 954,000 in the next 18 years.
- Older people make up a larger proportion of the population compared with those aged 20-64. By 2020 there will be 73,000 additional older people in the region, resulting in higher incidences of long-term health conditions.
- 30.8% people are obese – 9% higher than the average in England.
- 21% of people in Lincolnshire smoke and smoking in pregnancy is high.
- As the population grows and ages, we'll see higher incidences of long-term health conditions, including stroke, chronic obstructive pulmonary disease and cancers.

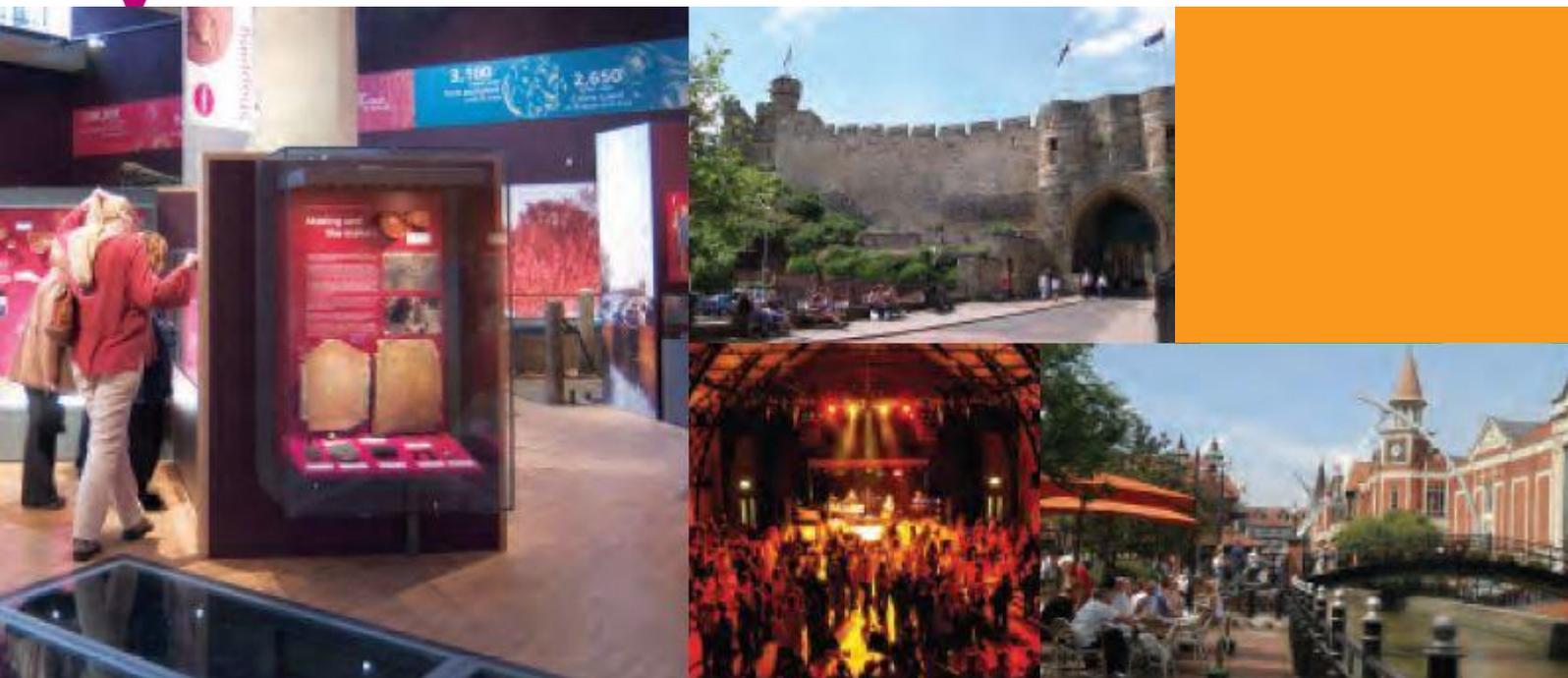
**Take on the challenge and make a difference.**

You could be part of working towards the following goals of the NHS in Lincolnshire:

- Increased life expectancy.
- Fewer deaths from conditions that can be treated.
- More breast cancer screening.
- Increased breast feeding, for longer.
- A reduction in smoking.
- Improved access to mental health services.
- Better care for those who experience strokes.
- Better care for those with diabetes.
- Improved health care and better health, irrespective of social background.
- A better, friendlier experience when receiving NHS care.

# How to find us





## Plenty to see and do

Lincoln is a city of contrasts. The uphill area, with cobbled streets, fascinating old architecture, and the Norman castle housing a copy of Magna Carta, is dominated by the beautiful medieval cathedral.

The renowned Lincoln Christmas Market runs from Thursday to Sunday during the first week in December each year, featuring local and continental stalls, as well as a Victorian funfair.

The University of Lincoln, based downhill in modern accommodation around the historic Brayford Wharf area, continues to develop and bring a new vibrancy to the city.

Arts and entertainment provision includes the Victorian Theatre Royal, as well as new and rapidly developing venues, including The Collection and The Drill Hall, and there are excellent sports facilities.

Lincolnshire is scenically and geographically varied and attractive, featuring the North Lincolnshire Wolds and the extensive beaches of the coastal strip.

With endless countryside, a far reaching skyline, great schools, a low crime rate and relatively affordable housing, it is not surprising that local people view Lincolnshire as a great place to live and a large number of our GP Trainees go on to work within Lincolnshire.

## Moving to the area

Family life in Lincolnshire is more pleasant and less expensive on a national scale (including housing), with good primary and secondary education. For more information about schooling, housing and the local economy, visit [www.lincolnshire.gov.uk](http://www.lincolnshire.gov.uk) and [www.lincoln.gov.uk](http://www.lincoln.gov.uk).

# We welcome you to **Lincoln**

If you have any queries, please contact Val Irons, Lincoln GP Specialty Training Programme Manager, on 01522 573875, or email [val.ironis@uhl.nhs.uk](mailto:val.ironis@uhl.nhs.uk).

## About Health Education England

Health Education England's (HEE) goal is to develop a high quality, safe and sustainable workforce to meet the healthcare needs of the people of England.

In the East Midlands we work closely with stakeholders, acting 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.

HEE's East Midlands office covers the counties of Derbyshire, Leicestershire and Rutland, Lincolnshire, Northamptonshire and Nottinghamshire.

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Trainees and Programme  
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