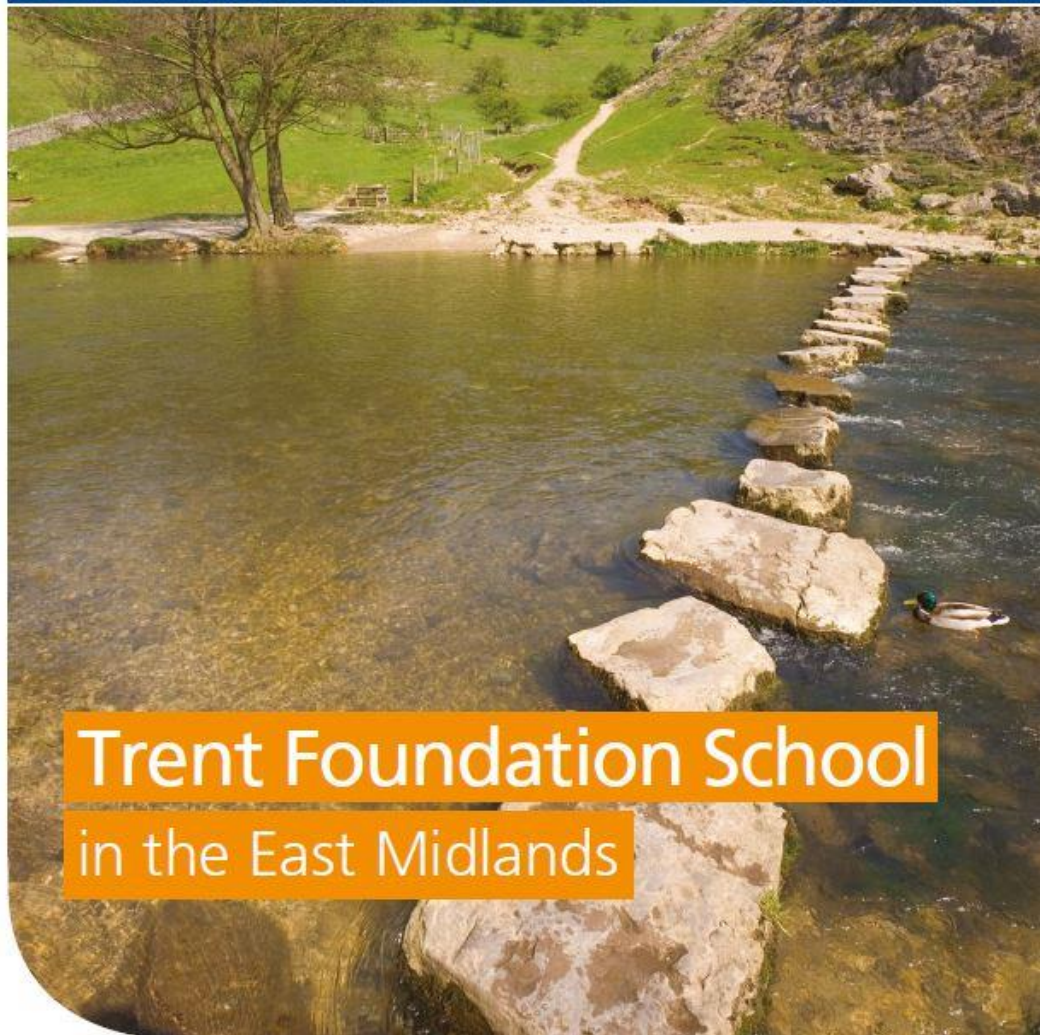


*Developing people  
for health and healthcare*



# Trent Foundation School in the East Midlands



**THE NHS**  
CONSTITUTION  
the NHS belongs to us all



*Health Education England*

# Welcome

We are pleased that you are considering embarking on your foundation training with Trent Foundation School.

We hope that our guide will help confirm your intentions or persuade you to make our foundation school the place in which you train and work. As well as introducing the foundation training programme to you it provides information on how we achieve the delivery of this training programme here in the Trent Foundation School.

The guide will also provide you with information about each of the acute hospitals where our trainees are based providing an introduction to the area, an overview of the hospital and feedback from current trainees about their experiences in these hospitals.

We hope that you will find the guide a useful resource and look forward to working with you in the future.

## **Dr Robert Powell**

Director of Foundation Training  
Health Education England,  
in the East Midlands



# Why choose Trent?

## The Training Programme

Introduced in 2005 the foundation training programme is the entry route for postgraduate medical training in the UK. It is a two year generic training programme offering exposure in a variety of specialties and healthcare settings. The programme is designed to bridge the gap between undergraduate and specialty training.

The first year (F1) builds upon the knowledge, skills and competences acquired during undergraduate training with a view to attaining full GMC registration, the learning outcomes are therefore based on the GMC's The New Doctor and Good Medical Practice.

During the second year (F2) the focus is on training in the assessment and management of the acutely ill patient. Successful completion of the two year programme will enable you to access specialty training in the UK.

## The Region

Trent Foundation School covers the areas of Derbyshire, Nottinghamshire and the majority of Lincolnshire, excluding the area along the River Humber corridor.

Our central location puts us in easy reach of all major UK cities. The area covered by Trent Foundation School is diverse consisting of industrial areas and beautiful rural landscapes which offer attractive leisure and recreation opportunities to suit all tastes.

## Our Hospitals and Training Programmes

There are eight different hospital sites involved in the Trent Foundation Training Programme; these include a mixture of large and smaller hospital sites.

The larger sites are the Royal Derby Hospital, Nottingham City Hospital and Queen's Medical Centre (QMC); whilst Chesterfield Royal Hospital, Grantham Hospital, King's Mill Hospital, Lincoln County Hospital and Pilgrim Hospital are our smaller sites.

Our programmes are organised geographically so that rotations are either based in the east (Grantham, Lincoln, Nottingham, Pilgrim and QMC) of our region or in the west (Chesterfield, Derby and King's Mill). Cross-trust rotations are the cornerstone of all of our training programmes; this means that you will work and train in different hospital locations in your F1 and F2 year.

For the majority of trainees this will involve working in a large hospital in one year and a smaller hospital in the other year. We believe this, coupled with the challenges presented by the rural, suburban and urban communities that these hospitals serve, affords all our trainees with an extensive range of learning opportunities.

## Allocations

Trent Foundation School has always allocated a two year programme when recruiting to its training programme. We feel this is beneficial as you will have the reassurance of knowing all your rotations at the start of your training; which we feel will help you in developing appropriate and relevant learning objectives during your foundation training.

Once allocated to Trent Foundation School you are not required to attend an interview to determine allocation to an individual training programme. We will ask you to rank the two available groups (areas); Trent East and Trent West. The foundation school will then run an algorithm on the online recruitment system to match you to a group. This algorithm uses your total score to allocate you an area on the basis of your highest available preference. The algorithm works through applicants in score order. You will then be asked to rank the programmes available in order of your preference and the algorithm will be run to allocate you a programme using your total score again.

We recognise the value that you can gain by working in a specialty during foundation training that you may be considering as a potential career pathway. To support you in this the foundation school runs a swaps process for your F2 jobs; this offers those who wish to, the opportunity to change the order or content of their F2 rotations. This opportunity is available to all trainees and is arranged early in your F1 year.

### **Work-Life Balance**

Health Education England, East Midlands Team has a number of policies in place to support work-life balance. Where a trainee has well founded personal reasons (i.e. caring commitments or an underlying health condition) they may wish to consider training at a less than full time level (LTFT). The foundation school will work with you and the employing NHS organisation to facilitate this. Other support mechanisms in place include our recently established network for parents with young children as well as on-site child care facilities at many of the hospitals in the region.

Trainees may also defer for a twelve month period between F1 and F2; this is subject to approval by the Director of Foundation Training.

### **Supervision and Support**

We value the importance doctors in training place on access to adequate supervision and support throughout their training; in the Trent Foundation School there are a wide variety of support mechanisms for you. A dedicated foundation team is based in each of the hospitals'

Postgraduate Education Centres, these act as a source of pastoral support and guidance for all foundation trainees.

These teams are responsible for ensuring you are assigned a clinical supervisor for each four month placement as well as an educational supervisor to oversee your progression throughout your time at that specific hospital.

In addition to the hospital based foundation faculty the Trent Foundation School team are on hand to support you during your two years in the programme. Based at Health Education England, in the East Midlands' Ruddington office, the team includes a Director of Foundation Training and Associate Foundation School Directors.

Our trainees may also access the Professional Support Unit. To find out more about the work of the Professional Support Unit, please visit their web pages at <https://www.eastmidlandsdeanery.nhs.uk/page.php?id=901>

### **Generic Professional Skills Programme**

The foundation programme is designed around a spiral curriculum to equip you as a new doctor with the knowledge, skills and attitudes you will need to deliver high quality care to all patients. We recognise that not all of the foundation competences you need to acquire can be gained in a workplace setting. To this end we have designed a generic professional skills programme to ensure that you can attain these competences. The generic professional skills programme involves 2 skills days in F1 and 6 skills days in F2 and is a mixture of online, seminar based and taught courses. This programme is supported by regular bleep free teaching in both years of foundation training. These trust-based teaching programmes have been designed by the Foundation Programme Director at each hospital and are delivered by specialists in these hospitals.

Study leave allowance for F2s is used to fund the school's generic professional skills programme. This funds attendance at a variety of taught courses including a Simulation Training day in both the F1 and F2 year; and attendance at a Careers Workshop during F1 and attendance at an ALS course in F2.

## Taster Days

We recognise that many of our trainees have some idea about the career paths they wish to follow early in their foundation training.

We therefore make taster experiences available to you in your F1 as well as your F2 year. We advise that you use five taster days during the latter part of your F1 year and the other five days early in your F2 year prior to applying for specialty jobs.

A school wide database of taster days previously taken by our foundation trainees is currently in development.

## Salary and Banding

The basic salary for an F1 doctor is set by the terms of the new junior doctor contract. Additional allowances may apply to some of your rotations;

confirmation of any supplements will be communicated to you by your employing hospital in your contract of employment. Further information about pay supplements can be found at [www.nhsemployers.org](http://www.nhsemployers.org) or [www.bma.org.uk](http://www.bma.org.uk).

Further information about banding supplements can be found at [www.nhsemployers.org](http://www.nhsemployers.org) or [www.bma.org.uk](http://www.bma.org.uk)

## Trainee Representation

Trent Foundation School is keen to engage its trainees to further develop our training programmes. We ask each of our partner hospitals to elect an F1 and F2 trainee to represent their peer group. From this pool of representatives we nominate two trainees to represent the foundation school nationally at the Foundation Doctors Advisory Board. There are further opportunities to become involved in the programme.



***“All our trainees have  
an extensive range of  
learning opportunities.”***

# Academic Foundation Programme

## Academic Foundation Programme

The Academic Foundation Programme (AFP) is designed to allow foundation trainees to experience academic medicine while obtaining clinical competences. Similar to standard generic foundation programmes this is a two year scheme: five, four month blocks are in clinical specialties and one in an academic post where the trainee will perform a research project. The AFP provides an opportunity for trainees to pursue their own research project and is aimed at those considering an academic career or research degree during medical training.

## Trent Foundation School Academic Schemes

There are 3 distinct academic schemes in Trent Foundation School; each is associated with a division of the Nottingham Medical School:

- AFP in Academic Medicine (Division of Medicine - Therapeutics and Molecular Medicine)
- AFP in General Practice (Community Health Sciences - Division of Primary Care)
- AFP in Peri-operative Care (School of Graduate Entry Medicine and Health)

F1 Year	F2 Year	Academic Supervisor
<b>Royal Derby Hospital</b> Urology General Medicine Emergency Medicine	<b>Queen's Medical Centre</b> Academic Research (Medicine/Surgery) Trauma & Orthopaedics Geriatric Medicine	Professor Jon Dorling
<b>Royal Derby Hospital</b> General Medicine General Surgery Haematology	<b>Queen's Medical Centre</b> Academic Research (Medicine/Surgery) General Practice Emergency Medicine	Professor Jon Dorling
<b>King's Mill Hospital</b> General Surgery General Medicine Obstetrics & Gynaecology	<b>Queen's Medical Centre</b> Academic Research (General Practice) Emergency Medicine Acute Medicine	Dr T Coleman
<b>Queen's Medical Centre</b> General Surgery General Psychiatry General Medicine	<b>Royal Derby Hospital</b> Academic Research (Peri-operative Care) Urology General Medicine	Dr J Williams

## Further Information

Further information about each of the academic schemes on offer in Trent can be found at [www.eastmidlandsdeanery.nhs.uk/page.php?id=1718](http://www.eastmidlandsdeanery.nhs.uk/page.php?id=1718). The UK Foundation Programme Office website [www.foundationprogramme.nhs.uk](http://www.foundationprogramme.nhs.uk) also has two useful documents for those considering academic training (Rough Guide to the Academic FP and the Academic Compendium).

# Chesterfield Programme

Chesterfield Royal Hospital is a modern district general hospital located on the eastern side of Chesterfield approximately 5 miles from junction 29 of the M1.

The hospital opened in 1984, following a seven-year building programme. It is sited one mile outside of Chesterfield, close to the M1 on a greenfield site. It replaced cramped and outdated facilities in the centre of the town.

Serving North Derbyshire's population and beyond – a catchment population of around 375,000 - Chesterfield Royal Hospital NHS Foundation Trust provides a full range of acute services - plus 24-hour accident and emergency care and specialist children's services. Around 3,400 staff are employed by the Trust and its annual budget is £180m. The Trust also manages a small birth centre in the Derbyshire Dales.

Chesterfield Royal Hospital NHS Foundation Trust

Calow, Derbyshire S44 5BL; Tel: 01246 277271 [www.chesterfieldroyal.nhs.uk](http://www.chesterfieldroyal.nhs.uk)  
Foundation Faculty Team

Foundation Programme Directors:  
Miss Becky Aspinall and Dr Chris Medd  
Medical Education Manager: Wendy Ridley  
Foundation Programme Coordinator: Deborah Couzens ([deborah.couzens@nhs.net](mailto:deborah.couzens@nhs.net));  
Tel: 01246 512902

Child Care Facilities: On-site nursery available; holiday clubs for school-aged children.

Parking: On-site secure parking available.

Hospital Accommodation: Staff accommodation available on-site. Further details available through Residencies Coordinator.

Transport: Chesterfield Railway Station is located 1.6 miles from the hospital providing frequent services to Sheffield, Nottingham, Derby and London. The hospital is well served by bus routes.

The hospital and linked posts have keen educational and clinical supervisors and receive excellent feedback from trainees. F1 trainees attend a weekly problem based teaching session, and during the F2 year trainees attend ten days of generic education. There are also excellent directorate delivered teaching programmes and a weekly postgraduate lecture.

## Why Chesterfield?

Chesterfield is a historic market town in north east Derbyshire, perhaps its most famous landmark is the church's Crooked Spire. The west of the town lies next to the boundary of the Peak District National Park providing excellent outdoor leisure opportunities along with tourist attractions such as Chatsworth House which are all within 10 miles of the hospital. There are many bars and restaurants to cater for all tastes, all located within a relatively compact area in the town centre.

## What our trainees say

*"I am an F2 currently working in a GP surgery in Eckington, Chesterfield. I have found the staff to be very helpful and understanding during my transition from F1 to F2. There is a lot of support available, with weekly teaching and regular debriefing sessions to assist and encourage my progress and development. In addition to this, I attend various teaching sessions and courses at Chesterfield Royal Hospital and have found it a really friendly place, and easily accessible by train or by car from my home in Sheffield. My next F2 rotations are both at the hospital and having asked for feedback from F2s currently working there, the positive comments I have received make me certain that it will be a brilliant place to work!"*

**Dr S Khan**  
Sheffield Graduate  
Chesterfield F2

# Derby Programme

## Welcome to Derby Teaching Foundation Trust.

Pride in our hospitals, clinical care and our staff comes from within - that's what makes Derby Teaching Hospitals such a special place to work. In 2012 and 2013 the Trust was successful in a range of national awards highlighting the clinical excellence and care we provide. For example, Derby was the winner of the first Department of Health Award for Compassionate Patient Care (November 2013). The Trust was praised for a values-driven approach and culture of compassionate care from staff at all levels caring for older people and patients with dementia. These awards help hospitals to share best practice and our success demonstrates Derby Teaching Hospitals' reputation as a beacon of all that is best across the NHS.

The dedicated and enthusiastic foundation faculty team at Derby have made a commitment to equip all their foundation trainees with the core clinical skills that are

necessary to deal with acutely unwell patients. There are excellent dedicated F1 and F2 teaching programmes in place at Derby. All foundation doctors can expect to receive a focused approach to their learning through these dedicated teaching sessions; individual and committed clinical and educational supervisors as well as an excellent Education Centre equipped with a modern Simulator Suite.

## Why Derby?

A modern and multi-cultural university city, Derby is bursting with a wealth of entertainment venues, attractions, parks and shopping facilities and is just 15 minutes away from the Peak District National Park. Derby is also within easy reach of East Midlands Airport and has excellent rail and road links with many parts of the country.

## What our trainees say

*"I am currently an F1 at Derby and have so far worked in paediatrics and vascular surgery. Having been to Nottingham medical school, I knew the hospitals in the Trent Foundation School fairlywell. As a result, I knew Derby's reputation of being a relatively new hospital, as well as excellent both clinically and educationally, would make it a popular choice among those who knew the Foundation School. There is very good senior support across all specialities but simultaneously you are given enough responsibility to prepare you well for your F2 year as a doctor. Mandatory weekly teaching for F1s is very organised and relevant to the curriculum, and support is always available from the postgraduate team. Overall, junior doctors have an integral role at Derby, and one which you'll definitely enjoy".*

## Dr Sneha Bolloju

Derby Teaching Hospitals NHS Foundation Trust  
Royal Derby Hospital, Uttoxeter Road, Derby DE22 3NE Tel: 01332 340131  
Website: [www.derbyhospitals.nhs.uk](http://www.derbyhospitals.nhs.uk)  
Foundation Faculty Team  
Foundation Programme Directors: Dr Gill McCulloch Lead Co-ordinator; Navrose Chappell ([Navrose.Chappell@nhs.net](mailto:Navrose.Chappell@nhs.net))  
F1 Lead: Amy Hirst ([Amy.Hirst@nhs.net](mailto:Amy.Hirst@nhs.net))  
F2 Lead: Zoe Spencer ([Zoeie.Spencer@nhs.net](mailto:Zoeie.Spencer@nhs.net))  
Child Care Facilities: Please contact the Employee Benefits Manager.  
Parking: Off-site parking  
Hospital Accommodation: Please email all enquiries to: [dhft.accommodation@nhs.net](mailto:dhft.accommodation@nhs.net)  
Transport: Train Station: approx 5 miles away from Royal Derby Hospital site.



# King's Mill Programme

**King's Mill Hospital has invested over £320 million into a redevelopment scheme to create state of the art healthcare facilities. The ultra-modern King's Treatment Centre began delivering outpatient services in August 2008.**

The hospital is run by Sherwood Forest Hospitals NHS Foundation Trust which also runs Newark Hospital situated in the picturesque town of Newark.

Perhaps one of the main advantages of being a foundation doctor in a district general hospital like King's Mill is that you have access to a large amount of clinical cases with little competition. We offer a vast amount of learning opportunities including one-to-one consultant contact. Regular lunchtime teaching is undertaken in the Education Centre.

The Education Centre team are friendly and approachable and are willing to help and

Sherwood Forest Hospitals NHS Foundation Trust  
King's Mill Hospital, Mansfield Road, Sutton in Ashfield NG17 4JL.  
Tel: 01623 622515 Website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)  
Foundation Faculty Team  
Foundation Programme Director: Dr Owain Thompson  
Medical Education Manager: Sue Elliott  
Postgraduate Coordinator: Tracey Clarke ([tracey.clarke2@sfh-tr.nhs.uk](mailto:tracey.clarke2@sfh-tr.nhs.uk))  
Child Care Facilities: On site nursery available.  
Parking: There are various staff car parks on-site.  
Hospital Accommodation: On-site accommodation available. Further details available through the Hospital Accommodation Officer.  
Transport: Train station: less than 2 miles from King's Mill Hospital with a ½ hourly service from Mansfield to Nottingham. Trent Barton buses run regular services to and from Nottingham; "Pronto" runs every 15 minutes to Nottingham Victoria Centre Bus station.

support you throughout your time at the hospital. Trainees' feedback is that King's Mill Hospital is a very friendly place to work.

## Why North Nottinghamshire?

Mansfield town centre has a large market square encircled by a shopping mall and numerous leisure facilities including a theatre, museum and art gallery as well as bars and nightclubs.

There are a variety of restaurants and fast food establishments as well as a 2,000 seat Odeon Multiplex Cinema, and there is also a bowling alley less than 1 mile from the cinema. You will be able to visit the town's swimming baths which were recently renamed 'The Rebecca Adlington Swimming Centre' after the Mansfield born, double Olympic gold medalist.

For the fashionistas there is the East Midlands Designer Outlet, just off junction 28 of the M1 where you will find a shopping complex with over 60 stores. For those who enjoy the outdoors Sherwood Forest is right on your door step; this historic royal hunting forest is home to an ancient patchwork landscape of woodland, heath, farms and settlements.



# Map of the Region



# Grantham Programme

**Grantham & District Hospital is located in a welcoming and historic market town with excellent road and rail connections to London, the North and nearby Nottingham and Leicester. The hospital is part of the United Lincolnshire Hospitals NHS Trust.**

Small really is beautiful! Trainees are made to feel very welcome, and our friendly and approachable consultants provide a very supportive working environment. We have an enthusiastic and innovative approach to medical education with frequent teaching activities to supplement core Foundation teaching programme, supported by IT innovations such as videoconferencing and the use of smartphone applications.

The Grantham site has 115 beds and serves a catchment population of around 120,000 people. Recent initiatives and investment on the Grantham site include the building of a brand new Ambulatory Care Unit, and the recent opening of an innovative hospice-within-the-hospital for Palliative Medicine.

Grantham & District Hospital  
101 Manthorpe Road, Grantham NG31 8DG  
Tel: 01476 565232 Website: [www.ulh.nhs.uk](http://www.ulh.nhs.uk)  
Foundation Faculty Team  
Foundation Programme Director: Dr Rashmi Mathur  
Foundation Programme Coordinator: Wayne Cross ([wayne.cross@ulh.nhs.uk](mailto:wayne.cross@ulh.nhs.uk))  
Parking: Ample on-site car parking which is CCTV protected.  
Hospital Accommodation: On-site accommodation with en suite facilities available. Further details available through Hospital Accommodation Officer.  
Transport: Grantham Train Station is 1.2 miles (25 minute walk) from the hospital, with frequent services to Nottingham (journey time 40 mins) and London (journey time 70 mins). Grantham is also conveniently situated on the A1 and A52.

With just nine F1 and six F2 trainees on the site, there are plenty of opportunities for bedside teaching and hands-on experience. Our educational activities are supported by a modern Postgraduate Education Centre and a well-stocked library on site.

## Why Grantham?

Dominated by the 65 metre spire of the magnificent St Wulfram's church, Grantham is an attractive market town with a long history. The town was the birthplace of the UK's first female Prime Minister, Margaret Thatcher, and is where Sir Isaac Newton lived and attended school in the 1650s. The Angel and Royal Hotel on the high street is one of the oldest inns in England and was where King John held court in 1213. Grantham and its surrounding villages offer a wide range of shops, bars and restaurants, and the excellent road and rail connections mean that major cities such as London, Nottingham and Leicester can be reached quickly and easily.

## What our trainees say

*"My first rotation was A&E and it has been really exciting. Grantham is a small district hospital where you have access to every department. You can walk over to microbiology, pharmacy and radiology for advice. Everyone is always willing to help. I have enjoyed my first three months here and am looking forward to my next post in orthopaedics. It has some of the best accommodation on site that I have seen, and generally accommodation in town is very reasonable. Grantham has a number of pubs and restaurants for a good social life."*

## Overseas Graduate

Grantham F2

# Lincoln County Programme

**Lincoln County Hospital is the largest medical centre in Lincolnshire and provides access to all major specialties with a 24 hour Accident and Emergency service which has also benefitted from an expansion to improve privacy for patients.**

Other new developments include new wards to increase bed capacity, negative pressure rooms to aid infection control, a state of the art Endoscopy Unit and a £1.5 million development of interventional radiology services. We provide undergraduate teaching to both Leicester and Nottingham medical students. The hospital's achievements include the county's first ever prostate removal procedure using keyhole surgery, a groundbreaking new cartilage repair procedure, and a new heart centre providing 24/7 post chemotherapy cognitive impairment treatment and thrombolysis services for stroke patients.

## Why Lincoln?

Lincoln is an attractive cathedral and university city with many historical sights of interest, dominated by the beautiful medieval cathedral. The historic Bailgate

Lincoln County Hospital  
Greetwell Road, Lincoln LN2 5QY  
Tel: 01522 512512 Website: [www.ulh.nhs.uk](http://www.ulh.nhs.uk)  
Twitter: @ULHTNews  
Foundation Faculty Team  
Foundation Programme Director (F1): Dr Aditya Mandal  
Foundation Programme Director (F2): Dr Akila DeSilva  
Foundation Programme Coordinator: Mandy Deane ([mandy.deane@ulh.nhs.uk](mailto:mandy.deane@ulh.nhs.uk))  
Child Care Facilities: On-site day nurseries for children aged from 6 weeks to 5 years.  
Parking: Permits are issued to staff on arrival.  
Hospital Accommodation: Further information available via medical staffing.  
Transport: Lincoln Train station is approx 1.5 miles from Lincoln County hospital. Regular bus services operate between the Hospital to City Centre.

area, quaint boutiques and the unforgettable 'Steep Hill' give Lincoln its unique character. The University of Lincoln is based in a modern complex around Brayford Wharf; this area also offers vibrant entertainment with night clubs, restaurants and a multiplex cinema.

## What our trainees say

*"My F2 year in Lincoln has been spent working in Anaesthetics and Geriatric medicine at Lincoln County Hospital, and in a GP surgery with a very varied population. I chose my pairing of Lincoln and Nottingham hospitals as I thought it would give me a mix of experience, with placements in a district general hospital and a large teaching hospital.*

*Working at Lincoln has been a really enjoyable experience. As it is a small hospital, you get to know lots of people in many different departments and the seniors are always keen to teach. My anaesthetics job was excellent for improving my practical skills and management of critical patients.*

*The majority of the F2 doctors moved into hospital accommodation, which is only a short walk to work, and it's a very sociable place to live. Even if you didn't live in hospital accommodation, rental properties are very affordable and close to Lincoln hospital. The cost of living means you can also afford to go out to eat and drink at the many restaurants, cafes and bars that Lincoln has to offer. It's a very sociable place to live.*

*The teaching programme at Lincoln is of a high standard, with varied topics. The foundation programme administrators are supportive in ensuring the teaching is bleep-free, and they also remind you of which teaching courses you need to attend during the year, and make sure you keep up to date with your e-portfolio."*

**Olivia Mitchell**

F2 in Lincoln 2014-15

# Pilgrim Programme

**The United Lincolnshire Hospitals NHS Trust was formed in April 2000 by the merger of the three former acute hospital trusts in Lincolnshire, creating one of the largest trusts in the country.**

Pilgrim is a district general hospital which opened in 1976. It serves South and South East Lincolnshire with a 24 hour major Accident and Emergency Department and all the main specialties. It provides excellent teaching and training within its specialties in a friendly environment where every member of the team counts. The hospital has an excellent staff restaurant, a shop, hairdressers, coffee shop, and a thriving doctors' mess.

Pilgrim has an excellent education centre equipped with a lecture theatre, seminar and computer rooms, a resource and study area, as well as 24 hour access to the library and a fully fitted Clinical Skills Laboratory to enhance and hone your skills.



A small staff team based in the centre will be pleased to help with any enquiries you may have during opening hours (see above).

The Education Centre organises training programmes for undergraduate trainees from Nottingham.

## Why Boston?

Boston's traditions, cosmopolitan vibrancy and open space means we have something for everyone. Boston is unique; full of history, heritage and art including the 12th Century, 272 feet high St Botolph's Parish Church (Boston Stump); Maud Foster, England's oldest working mill as well as offering you the opportunity to retrace the steps of the Pilgrim Fathers. If open spaces are your passion then visit the RSPB Frieston Shore Nature Reserve or walk or cycle around the Witham Way Country Park or get blown away by visiting the fens which define the landscape of Southern Lincolnshire. Boston is the perfect place to recharge your batteries and take advantage of the great outdoors.

Pilgrim Hospital  
Sibsey Road, Boston PE21 9QS  
Tel: 01205 364801 Website: [www.ulh.nhs.uk](http://www.ulh.nhs.uk)  
Foundation Faculty Team  
F1 Foundation Programme Director: Dr S Joachim  
F2 Foundation Programme Director: Dr T Ashraf  
Medical Education Manager: Kate Skipp  
Foundation Programme Coordinator: Wendy Mulraney ([wendy.mulraney@ulh.nhs.uk](mailto:wendy.mulraney@ulh.nhs.uk))  
Child Care Facilities: On-site nursery.  
Parking: Staff car parking available.  
Hospital Accommodation: On-site flats and family houses available; for further information please visit:  
[www.progressgroup.org.uk/booking](http://www.progressgroup.org.uk/booking)  
Transport: Boston Train station is situated 1.5 miles from Pilgrim Hospital; town bus services are provided by Brylaine and Kimes.  
Opening Times: 8.00am-5.00pm Mon-Thurs  
8.00am-4.30pm Fri

# Nottingham Hospitals Programmes

**Nottingham University Hospitals (NUH) is a centre of excellence in patient care and research.**

As a Foundation trainee with NUH you may be based at either Nottingham City Hospital or Queen's Medical Centre. Some placements involve working across site at both campuses. Nottingham City Hospital is the older of the two campuses and is located on a large site on the ring road to the north of the city centre. The QMC site is situated west of the city centre in close proximity to the University of Nottingham and was the first purpose built teaching hospital in the UK. The two sites are connected by a link bus which provides a free shuttle service for patients and staff.

NUH enjoys close links with the region's universities and attracts and develops the highest calibre of staff. The work being carried out by NUH researchers has led to a reputation for excellence and is making a very real difference to people's lives.

## Why Nottingham?

Nottingham is a city that is large enough to be vibrant and interesting, while small enough to be manageable and friendly.

Nottingham has two world class universities and has developed into a dynamic, student friendly and cosmopolitan city. It boasts all the buzz of big city living while retaining its strong sense of community.

The compact city centre combines heritage and history with contemporary culture – from the world's oldest pub to stylish bars. Nottingham is one of the UK's top shopping destinations with many designer boutiques and high street favourite stores.

Nottingham University Hospitals NHS Trust  
[www.nuh.nhs.uk](http://www.nuh.nhs.uk) [www.nuh.nhs.uk/pgce/](http://www.nuh.nhs.uk/pgce/)

Nottingham City  
Hucknall Road, Nottingham NG5 1PB Tel: 0115 969 1169  
Foundation Faculty Team  
F1 Foundation Programme Director: Dr Senthil Raghunathan  
F2 Foundation Programme Director: Dr Sachin Jadhav  
Medical Education Manager: Alison Lawley  
F1 Coordinator: Toni Armstrong  
([toni.armstrong@nuh.nhs.uk](mailto:toni.armstrong@nuh.nhs.uk)) F2 Coordinator: Sarah Swift ([sarah.swift@nuh.nhs.uk](mailto:sarah.swift@nuh.nhs.uk))  
Child Care Facilities: On-site day nursery available.  
Parking: Paid parking permits are required for on-site parking.  
Hospital Accommodation: On-site accommodation available.  
Transport: Nottingham Train Station is situated 4 miles from Nottingham City Hospital.  
Frequent Nottingham City Transport bus services run from Nottingham city centre to the hospital.

Queen's Medical Centre  
Derby Road, Nottingham NG7 2UH Tel: 0115 9249924  
Foundation Faculty Team  
F1 Foundation Programme Director: Ms Lorna Sneddon  
F2 Foundation Programme Director: Mr R Dar  
Medical Education Manager: Alison Lawley  
F1 Coordinator: Toni Armstrong  
([toni.armstrong@nuh.nhs.uk](mailto:toni.armstrong@nuh.nhs.uk))  
F2 Coordinator: TBC  
Child Care Facilities: On-site day nursery available.  
Parking: Limited parking available; permit scheme in force.  
Hospital Accommodation: Accommodation close to QMC campus available.  
Transport: Nottingham Train Station is located 2.5 miles from QMC. Frequent bus services available outside main entrance at QMC with Nottingham City Transport and Trent Barton buses. QMC Transport - New Tram system now operating directly into QMC from the City Centre and various local areas.

## What our trainees say

*"I am an F2 in Thoracic Surgery at Nottingham City Hospital and did my F1 rotations at King's Mill Hospital, Mansfield. Having almost completed my fourth foundation attachment I am really pleased with my decision to apply to the Trent Foundation School. I am a Nottingham graduate and so already knew the hospitals in the trust fairly well. This has often proved to have been a bonus as you find it easier to get to grips with a job where you have already spent time on the ward as a student. From my experience as a foundation doctor, I cannot recommend the Trent Foundation School enough. The combination of small district general hospitals such as King's Mill and the comparatively huge teaching campus in Nottingham provides Trent's junior doctors with a great diversity of job experiences. The staff on each ward I have worked on have been extremely helpful and welcoming, especially in those scary early days of being an F1! There is also a great social scene within Trent Foundation School. The monthly junior doctors' mess parties, usually held in a private function room at Oceana nightclub,*

*have become somewhat legendary! The organisers of the mess parties are rotated amongst QMC, Nottingham City, King's Mill and Derby Hospital mess committees. They provide a great chance for all the juniors across the trust to meet up and socialise. There are also regular events organised by the individual mess committees such as subsidised meals out and weekend excursions.*

*"The mess committees also provide on-site facilities within the doctors' mess. Junior doctors are provided with satellite TV, food for breaks (including hot meals for on-call shifts) and generally a place to chill out when you get a precious break. QMC's mess has been voted as one of the best in the country! Working in the Trent Foundation School has been a great experience for me so far, both in terms of education and meeting new people. It has been a great first year and I am very much looking forward to completing my training here."*

**Dr Alastair Stuart**  
Nottingham Graduate, F2



## Trainee Testimonials

*"Come to Pilgrim Hospital for good clinical experience and opportunities to learn plenty of practical skills."*

**Dr M Jenner**

Liverpool Graduate, Pilgrim F1

*"Plenty of hands-on experience."*

**Dr F Khiard**

Aberdeen Graduate, Pilgrim F2

*"Good balance between responsibility and senior support."*

**Nottingham Graduate**

Grantham F1

*"Life as an F1 doctor at Queen's Medical Centre is pretty good! QMC is a large teaching hospital which provides many fantastic opportunities both academically and socially. The diverse nature of working at a hospital with one of the busiest emergency departments in Europe, with the majority of main specialties on one site, provides a huge range of opportunities from which to develop the knowledge and clinical skills necessary for a junior doctor. Socially there are plenty of things going on; in particular QMC is home to a great doctors' mess, which is equipped with a pool table, Wii and much more! Regular nights out in Nottingham are organised which is well known for its countless bars and nightclubs. In terms of Nottingham as a place to live, it has lots to offer. There is great shopping and superb sporting and recreational facilities in the local area for the active type; in particular the world class National Ice Centre and National Watersports Centre. Accommodation is available for all budgets. There is reasonably priced hospital accommodation, however, most people choose to live in surrounding areas, of which there are many that are within walking distance of the hospital. Starting out as a nervous, newly qualified doctor is daunting. However, from day one there is a huge amount of support and guidance available to ensure that settling into your new job goes smoothly, and that it is not quite as scary as it may first seem. Overall,*

*Nottingham is a thoroughly enjoyable place to be a foundation trainee, and I would highly recommend it to anyone when considering potential posts."*

**QMC F1**

*"The city of Lincoln is vibrant and full of surprises. For a small city, it packs a lot of punches and has an awful lot to offer. Most of the F1s and F2s live in the heart of town, where fabulous restaurants, bars, pubs, boutiques and ice-cream shops abound. As there is so much to do in Lincoln and in the lush countryside that surrounds it, we find plenty of reasons to socialise together after-hours and at the weekends. The working environment at the hospital is great as everyone knows each other. Being a district general hospital, we foundation doctors get plenty of hands-on clinical experience and get many opportunities to learn and practice a variety of skills. Both at work and play, there's so much fun to be had in Lincoln and it's proving to be an awesome year!"*

**Dr S Latunde-Dada**

Nottingham Graduate, Lincoln F2

*"Within the hospital, there is a well-equipped doctors' mess, which has a pool table, satellite television, food, computers and comfy sofas for you to relax on during a well-earned rest! The monthly doctors' mess party - which always has a brilliant turnout - is a great way to mix with peers. The hospital also has several coffee shops, a large restaurant and a café. For those who drive, there are good parking facilities which are situated five minutes away from the hospital. If you live near to or in hospital accommodation, there are excellent bus services that run regularly to and from the hospital. Derby itself has a superb shopping centre (Westfield), fantastic restaurants and offers a high quality of life. I don't have any regrets choosing Derby Hospitals as the place for my foundation training."*

**Dr Sandhu**

Manchester Graduate, Derby F1



# Post Foundation Training in the East Midlands

## What is a Specialty School?

Regional Specialty Schools have been created to deliver postgraduate medical training; they oversee the training for various specialties following on from your foundation training. Whilst your foundation training is designed to give you a broad educational experience over a number of different specialties; specialty training is designed to train you in your chosen career choice. Here in the East Midlands there are 11 specialty schools, and one associate school in Oncology.

Each of the specialty schools in the East Midlands is led by a dedicated head of school supported by a team of training programme directors.

## Videocasts

The Trent Foundation School has developed a series of videocasts to provide trainees with an insight into a variety of medical careers and to help you make an informed choice. Each videocast explores a different specialty through the eyes of a consultant; discussing their motivations and the day to day working life of their chosen specialty career. These videocasts are available to view at <http://www.eastmidlands.deanery.nhs.uk/page.php?id=1248>.

## Academic Opportunities during Specialty Training

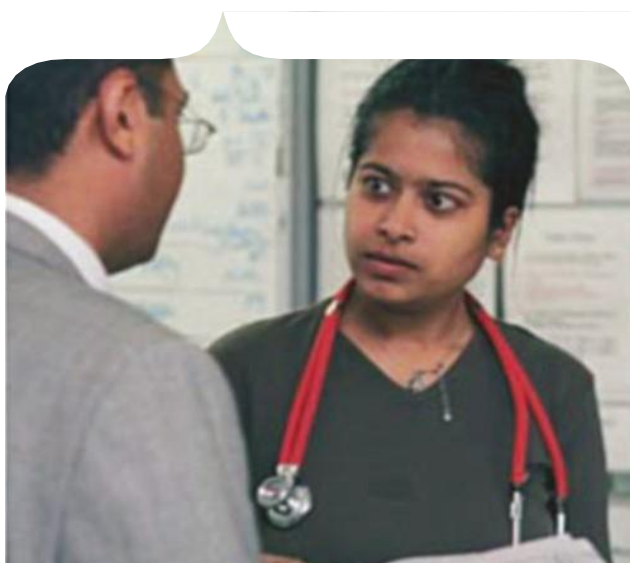
Academic Clinical Fellow posts have been designed for doctors who wish to pursue a career in academia; these posts represent an early substantive phase of integrated academic and clinical training. Within the programme fellows should develop skills allowing them to compete successfully for funding to study for a higher degree (MD or PhD).

## Further Information

You will find further information about specialty training here in the East Midlands at [www.eastmidlandsdeanery.nhs.uk](http://www.eastmidlandsdeanery.nhs.uk). In addition you will find the Specialty Training HEE website a useful resource for specialty training [www.specialitytraining.hee.nhs.uk](http://www.specialitytraining.hee.nhs.uk).

## East Midlands Specialty Schools

- Anaesthetics
- Paediatrics
- Emergency Medicine
- Psychiatry
- Pathology
- Public Health
- Medicine
- Radiology
- Obstetrics & Gynaecology
- Surgery
- Clinical Academic



# Get in touch

## Contact Details

If you'd like to find out more about foundation training here in Trent or have a burning question that you want to ask the foundation school team get in touch by phone, email or in writing.

**Telephone:**

0115 8233374

**Email:**

HEEM.medicalrecruitment@nhs.net

**Post:**

Trent Foundation Recruitment  
1 Mere Way  
Ruddington Fields Business Park  
Ruddington  
Nottingham NG11 6JS

## Websites and Resources

**Trent Foundation School:**

[www.eastmidlandsdeanery.nhs.uk/](http://www.eastmidlandsdeanery.nhs.uk/)  
Trent Foundation School Guide for Trainees

**UK Foundation Programme Office:**

[www.foundationprogramme.nhs.uk](http://www.foundationprogramme.nhs.uk)

- Foundation Programme Curriculum 2016
- Rough Guide to the Foundation Programme
- Rough Guide to the Academic Foundation Programme
- Academic Compendium

**NHS Medical Careers:**

[www.medicalcareers.nhs.uk](http://www.medicalcareers.nhs.uk)

**General Medical Council:**

[www.gmc-uk.org](http://www.gmc-uk.org)

- Good Medical Practice 2013
- Outcomes for Provisionally Registered Doctors



## Health Education England, East Midlands Team

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[www.eastmidlandsdeanery.nhs.uk](http://www.eastmidlandsdeanery.nhs.uk)

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Developing people  
for health and  
healthcare

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