

General Practice Training



Sherwood Forest

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

I am the programme manager for the Sherwood Forest programme. I ensure the rotations are as exciting as possible and that the programme runs smoothly to make your GP specialty training an enjoyable and interesting experience that meets your needs. As far as is possible I give choice to the individual, so their rotation of jobs on the programme is meaningful and tailored to their needs.

Our programme is excellent because the programme directors, trainers and admin staff are an enthusiastic bunch. We also get full support from Sherwood Forest Hospitals Trust to enable us to manage the programme. We believe it is very important to have well-trained general practitioners looking after the local population and we pride ourselves in retaining many in the area who have qualified on our programme.

We manage to keep smiling and encourage and support you through all manner of life experiences whilst you are in training, and sometimes beyond when you have qualified but need advice from our experienced GP team. Do not forget Mansfield and Ashfield is within easy reach of lots of activities and natural beauty, such as the Dukeries, the Derbyshire hills, Center Parcs and the nightlife of Nottingham.

Should you join our programme and need advice regarding relocating to this area, we are able to offer contact details plus we have accommodation available on the King's Mill Hospital site.

Margaret Murray, Programme Manager

Why Sherwood Forest?

The Programme and Ethos

The Sherwood Forest programme is a small to medium-sized friendly programme offering a high level of pastoral support for all our trainees.

We aim to provide:

- A top-quality education programme and experience.
- A broad programme which fosters the desire to learn, the ability to think and work independently with opportunities for each individual to develop their full potential.
- A learner-centred, flexible, personal, friendly approach, treating you as an individual.

"I think the Sherwood Forest programme has all the benefits of a small programme: personal, flexible, friendly, supportive, intimate – without being too small."

Dr Talia Peracha. St 1

"Making sure you have a GP placement in every year 1, 2, and 3 makes sure you don't get out of practice, what you need to pass the exams and to actually do the job – keep your hand in."

Dr Nial O'Leary. St 2

With the Sherwood Forest programme you will be on a three-year rotation, containing 20 months within general practice placements, split across each of the three training years.

With the new direction of recruitment in 2015 in the East midlands we have maintained our high level of flexibility, fitting your rotation around you. Not you into a rotation!

The posts

We have excellent trainers and excellent hospital posts in a modern purpose-built district general hospital.

Rotational hospital posts attached to the scheme are based at King's Mill Hospital, which is part of the Sherwood Hospitals NHS Trust, and occasionally Nottingham University Hospitals.

Specialties include:

- Obstetrics and gynaecology.
- Paediatrics.
- Acute medicine – endocrinology / respiratory / care of the elderly.
- Accident and emergency.
- Psychiatry.
- Palliative Care.

"I find meeting up every week – not just with my year but with GPStR1, GPStR2, and GPStR3 trainees – is really valuable, allowing learning, networking and socialising."

Dr Omar Kouzel. St 3

The Training Sessions

The programme runs a weekly integrated half-day release course.

Other highlights

- Annual Residential course for all ST years.
- Regular mock CSA examinations.
- One away day, again open to all ST years. This year based at Center Parcs.
- An annual Hot Topic / GP Update course. Fantastic for AKT and every day general practice.
- Ability to work part time 60% in flexible GP trainee posts (many GP trainees have taken advantage of this when returning from maternity leave).
- General practice attachments are based in a mix of urban, deprived and rural areas, providing a wide range of experience.
- Support for Innovative Trainee Posts (ITP).
- Strong support for MRCGP, child health surveillance training, family planning, obstetric list training and minor surgery.
- Support from experienced and enthusiastic programme directors; Dr Philip Smith, Dr Caroline Ahrens and Dr Justin Smith.

Come join our programme, we really look forward to meeting you!

“Having come from a background of ENT, Margaret was able to minimise the training posts that duplicated my previous experiences – The Mansfield [Sherwood Forest] Programme was very flexible for me.”

Dr Joanne Ferris, St 3



The Sherwood Forest programme encourages and prepares GP trainees for the MRCGP, child health surveillance training, family planning, obstetric list training and minor surgery.

If you have any queries, please contact Margaret Murray, Sherwood Forest GP Specialty Programme Manager on 01623 622515, extension 3100, or email margaret.murray8@nhs.net.

“The trainers on the Sherwood Forest programme are keen, highly motivated, supportive and provide excellent training. The group is very supportive, GP practices are all nearby and my placements have all been excellent.

The scheme has looked after me, we all have families but when you are new to an area it can be difficult. What made me feel so at home in this programme were the friends I've made, caring admin staff and honest straight-talking course supervisors.”

Adam Liew GP Trainee

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:

- Life expectancy may have improved significantly even in the last decade, but not all of Nottinghamshire's people are enjoying better health and wellbeing.
- 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 that compares unfavourably to other large counties.
- There are rising levels of obesity in children and adults.

Take on the challenge and make a difference.

By joining the Sherwood Forest programme, you could be part of working towards the following goals of the NHS in Nottinghamshire:

- To improve health by reducing smoking levels.
- To improve health by reducing obesity levels.
- To promote sexual health by reducing unintended pregnancies.
- Reduce alcohol related hospital admission rates.
- Reduce admission to hospital as a result of falls.
- Reduce mortality from stroke within 30 days of admission.
- Improve Cancer services by improving access to radiotherapy treatment.
- Improve access to end of life services.

How to find us





Plenty to see and do

The Sherwood Forest district has a mixed economic base and the former coal-mining and textile industries have now mainly been replaced by retail and light industry. Ambitious regeneration projects in recent years have transformed Mansfield in terms of retail, leisure, housing and industry.

Sherwood Forest is within easy access to the M1, Nottingham, Derby, Sheffield, Mansfield, Newark, and the countryside of the Peak District and the Yorkshire Dales. Newark is a rural market town with quick access 1 hr 40 minutes, to London. East Midlands Airport is also within easy reach.

The bustling 700-year-old open market is the hub of the town, complemented by shopping centres, retail parks and department stores along with boutiques and specialist stores.

Family attractions within the district range from the ultimate in swimming fun at Water Meadows, Center Parcs, local heritage at the Mansfield Museum and Art Gallery, to innovation at Making It!

Moving to the area

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

We welcome you to **Sherwood Forest**

For further details on the Sherwood Forest programme you should contact Margaret Murray, Programme Manager on 01623 622515, extension 3100, or email margaret.murray8@nhs.net.

- Visit our website: <http://www.mansfieldgpstp.org>
- Follow us on twitter: @MansfieldGPSTP
- Like us on facebook: Mansfield GPSTP page

About Health Education England

Health Education England (HEE) exists for one reason only: to support the delivery of excellent healthcare and health improvement to the patients and public of England by ensuring that the workforce of today and tomorrow has the right numbers, skills, values and behaviours, at the right time and in the right place.

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