

# General Practice Training



# Leicester

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 Jane Fiolka, the Programme Manager for the Leicestershire and Northamptonshire programmes.*

*I am based within Health Education England, working across the East Midlands.*

*As well as being home to some of the most well-known UK attractions, it is an exciting, lively and economical place to live, whilst still being easily commutable to London.*

*My department looks after all aspects of the GP trainees' requirements, from setting programmes and approving study leave, to trying to help you overcome any obstacles encountered on your journey to being a GP. As well as this we provide administrative service and assistance to our trainers and programme directors.*

*It is my aim to ensure that everyone who comes into contact with my department receives individual attention, efficient service and has an enjoyable experience.*

*If you want to be part of an innovative, energetic team who provide excellent training and support, our programme is for you.*

**Jane Fiolka**  
**Programme Manager**

# Why Leicestershire?

Leicestershire boasts a thriving city and the surrounding countryside is considered a bonus to being part of the Leicester-based programmes.

The variety of opportunity and environment for training ensures Leicester continues to attract doctors with diverse interests and experience. We have a history of innovation in our half-day release provision, having developed and evaluated a curriculum rather than a rigid timetable. We use simulation in training as a matter of course.

Throughout Leicestershire programmes we incorporate a diverse range of practices – from single-handed doctors to large multiple trainer practices.

*“When I started the Leicester programme I remember reading how friendly and enjoyable previous trainees had found the scheme - I can now share that view and relay what a great experience it has been so far.*

*The Leicester programme is filled with fun and hardworking individuals who try their best to accommodate individual learning needs, as well as deliver an excellent programme with innovative teaching styles.”*

*Dr Shiraz Makda  
GP Registrar*



The practices range from older established practices to the newer practices, offering a variety of experiences in both suburban and rural areas.

All our programmes through Leicestershire are friendly training programmes, with a high standard of teaching designed to meet a GP trainee's needs. With close ties to the Northamptonshire programme, you will train with GP trainees from the programmes.

If you have any queries, please contact Jane Fiolka, Leicestershire GP Specialty Training Programme Manager, on 0115 8233412, or email [jane.fiolka@nhs.net](mailto:jane.fiolka@nhs.net).



# What is your challenge?

Promoting healthy lives plays a key part of the NHS in Leicestershire's aims and objectives. This includes:

- Promoting stopping smoking.
- Tackling obesity and increasing levels of physical activity.
- Reducing alcohol related harm/admissions.
- Implementing a range of healthy lifestyle initiatives, such as free swimming for the over 60s and the multi-agency child health programmes.

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

Parts of Leicester are among the most deprived and disadvantaged in the country. Poor levels of health and below average life expectancy are linked to deprivation. Opposite are the top health issues in Leicester which, as a GP in that area, you could help work towards:

- Tackling health inequalities.
- Increasing life expectancy at birth.
- Reducing infant mortality rate – We will reduce the infant mortality rate in Leicester to the current rate for England, saving an estimated three infant lives each year.
- Reducing the teenage pregnancy rate – The under-18 conception rate in Leicester is higher than the rate for England and for the East Midlands.
- Reducing the number of hospital admissions for unintended and deliberate injuries to children.
- Working in partnership to reduce the rate of alcohol related hospital admissions.
- We will promote positive mental health and provide care earlier and closer to home.
- Reducing the rate of premature (under 75 years) mortality from heart disease and strokes.

# How to find us





## Plenty to see and do

Whoever you're with, whatever you enjoy, Leicestershire cannot fail to inspire you! From great family attractions, such as Twycross Zoo, Twinlakes Park, National Space Centre, Belvoir Castle, to top class restaurants, there's plenty to discover. Sports fans are in for a treat in Leicestershire; home to some of the country's best sporting teams. There are lots of opportunities to watch great sport, or to take part in it yourself.

Experience contemporary, inspirational shopping in Leicester's transformed city centre, and once you're all shopped out, relax in a stylish city bar or restaurant. Alternatively, take life at a more leisurely pace and relax with friends over a pub lunch, or jump on a bike and explore the countryside.

You might prefer to visit a museum or gallery, or hire a barge on the Grand Union Canal or travel back in time on a steam train at the Great Central Railway. You could even take part in a local festival, or wander round a Leicestershire stately home.

## Moving to the area

There are a number of websites you can visit that will help you find information about moving to Leicestershire. Useful links for accessing information about schooling, housing and the local economy is the Leicester City Council website; visit [www.leicester.gov.uk](http://www.leicester.gov.uk), and Leicestershire County Council website; visit [www.leics.gov.uk](http://www.leics.gov.uk).

# We welcome you to **Leicestershire**

If you have any queries, please contact Jane Fiolka, Leicestershire GP Specialty Programme Manager, on 0115 8233412, or email [jane.fiolka@hee.nhs.uk](mailto:jane.fiolka@hee.nhs.uk).

## **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.

### **Health Education England – East Midlands**

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