

# General Practice Training



# Kettering

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.

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. Our region, as well as being home to some of the most well-known UK attractions, 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 Kettering?

The Kettering Programme is a friendly training programme, with a high standard of teaching, designed to meet a GP trainee's needs. It has close ties to the Leicester and Northampton programme, therefore you will train with GP trainees from the three programmes.

The programme is centred on Kettering General Hospital and covers a population of about 290,000. The programme has been training general practitioners since the 1960s and many local GPs are past graduates of Kettering Vocational Training Scheme.

Several of the practices accommodate more than one GP trainee at a time, and we encourage joint learning. We enjoy an excellent out-of-hours service based in Kettering.

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If you have any queries, please contact  
Jane Fiolka, Programme Manager  
[jane.fiolka@hee.nhs.uk](mailto:jane.fiolka@hee.nhs.uk).



# What is your challenge?

Important health issues for the county include:

- 5-year survival rates and overall mortality rates are poor for certain types of cancer, including colorectal, prostate and breast cancer.
- 30-day stroke mortality rates are high, specifically in areas such as Corby and Northampton.
- Infant mortality has improved over recent years, and most measures show it is at or near the national average, but there is still clear room for improvement.
- Breastfeeding levels are below national average levels.
- Childhood obesity is still high compared with international benchmarks – Northamptonshire has 8% obese children aged 4-5 and 16% aged 10-11.
- Obesity prevalence in the county is considerably higher than the national average.

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

By joining the Kettering programme, you could be part of working towards our goals of the NHS in Northamptonshire.

With the help of patients, the public, partner organisations and the community of healthcare professionals, NHS Northamptonshire has a vision for the future:

- To reduce overall mortality – adding years to life.
- To help people to live healthier lives and improve their wellbeing – adding life to years.
- To improve patient satisfaction with NHS services.

# How to find us





## Plenty to see and do

Kettering and surrounding towns and villages lie in the north of Northamptonshire. Kettering is a large market town with affordable housing and all the usual facilities expected in a modern town, including an indoor shopping complex, a leisure centre, a multiplex cinema, a choice of major supermarkets and variety of restaurants.

Northamptonshire, the 'Rose of the Shires', is in the heart of England, between the Midlands and East Anglia. The area is one of the fastest growing in England, both in population and in commercial activity.

The area ensures easy, quick access to open countryside and excellent road links via the A14, allowing easy access to the M1, M6 and M11. Leicester, Birmingham, Cambridge and Oxford, and a direct rail link to London in 50 minutes.

There is a fast train service to St Pancras International (one hour), as well as three international airports within an hour's drive.

## Moving to the area

There are a number of websites you can visit that will help you find information about moving to Kettering. Useful links for accessing information about schooling, housing and the local economy are the [Northamptonshire County Council website](#) and [Kettering Council website](#)



# We welcome you to

# **Kettering**

If you have any queries, please contact

**Jane Fiolka, LNR GP Training Programme Manager**

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**0116 478 8652**

## **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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Leicester  
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[Visit the HEE-EM website](#)

Quotes supplied by GP trainees and programme managers.  
Images of courtesy of [www.northamptonshireenterprise.ltd.uk](http://www.northamptonshireenterprise.ltd.uk)