

General Practice Training



Northamptonshire

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.

Based within Health Education 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 Northamptonshire?

Northampton is home to one of the country's best rugby clubs and a brewery that claims it produces 'probably the best lager in the world'. We are also probably one of the friendliest and most supportive programmes in the country.

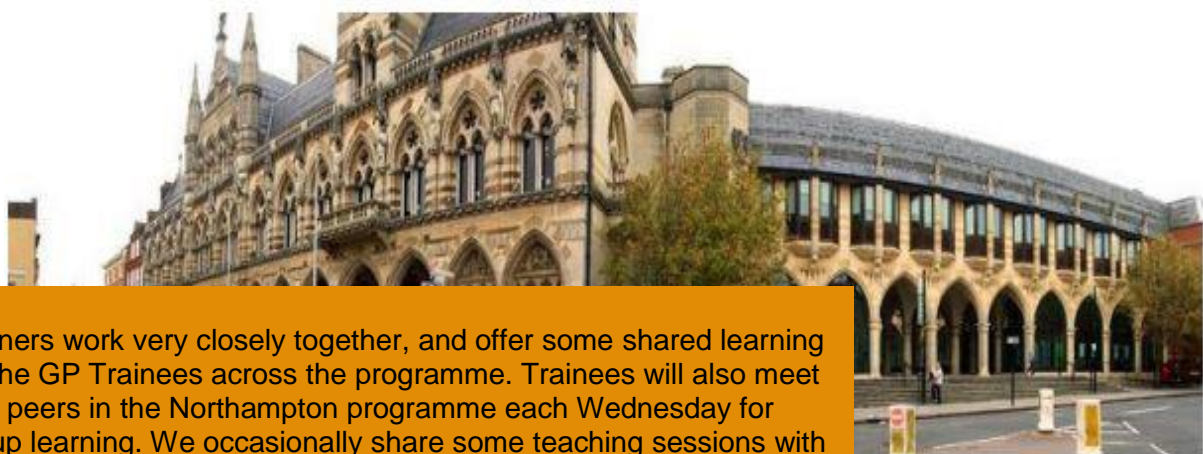
Ours is a delightful, rural part of the county, but with good connections to the M1, and each practice can offer a wide range of experience to an attached registrar.

We are constantly looking to improve and develop the scheme and would welcome you as a part of the team.

The Northampton programme is a friendly training programme with a high standard of teaching, designed to meet a GP trainee's needs.

The programme has been training GPs since the 1960s, with many graduates from the Northamptonshire programme settling in the area and becoming the GP of their community.

Trainers work very closely together, and offer some shared learning for the registrars across the programme.



Trainers work very closely together, and offer some shared learning for the GP Trainees across the programme. Trainees will also meet with peers in the Northampton programme each Wednesday for group learning. We occasionally share some teaching sessions with the Kettering programmes, so there is ample opportunity to meet with other GP Trainees across the whole county.

We are constantly looking to improve and develop the scheme and would welcome you as a part of the team.

If you have any queries, please contact Jane Fiolka, Northamptonshire GP Specialty Training Programme Manager, on 0115 8233412, or email jane.fiolka@hee.nhs.uk.



What is your challenge?

Important health issues for the county include:

- Five-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 Northampton Programme, you could be part of working towards our goals for 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

Northamptonshire is a vibrant, 800-year-old county, nestling in a curve of the river Nene. The splendid Guildhall in Northampton is a gem of Victorian Gothic architecture and its fascinating open-air market, one of the largest in the country, has provided a focus for shoppers for centuries. Northamptonshire, the 'Rose of England', is located right in the heart the country and is well served by excellent road and rail links, with major motorways and rail services providing frequent access to many towns throughout the region. The area is one of the fastest growing in England both in population and commercial activity.

Moving to the area

There are a number of websites you can visit that will help you find information about moving to Northampton. Useful links for accessing information about schooling, housing and the local economy are the Northamptonshire County Council website, visit www.northamptonshire.gov.uk, and Kettering Borough Council, visit www.kettering.gov.uk.

We welcome you to **Northamptonshire**

If you have any queries, please contact Jane Fiolka, Northamptonshire GP Specialty Programme Manager, on 0115 8233412, or email jane.fiolka@nhs.net.

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

Westbridge Place
1 Westbridge Close
Leicester
LE3 5DR

Telephone: 0300 303 3603

Email: communications.em@hee.nhs.uk

Visit: www.hee.nhs.uk/hee-your-area/east-midlands

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Quotes supplied by GP trainees and programme managers. All images of Northampton courtesy of www.northamptonshireenterprise.ltd.uk.

Published October 2017