

*Developing people
for health and
healthcare*



General Practice Training in Derby

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.

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

The Derby GP training scheme is based at The Royal Derby Hospital, which is the location of the majority of the hospital posts.

The team consists of Programme Directors (who are GPs and Trainers) and an Administration team.

We work with the GP and hospital trainers to support the registrars through their three year programme.

Feel free to visit us (3rd floor Education Centre, RDH) or email viv.longdon@nhs.net.



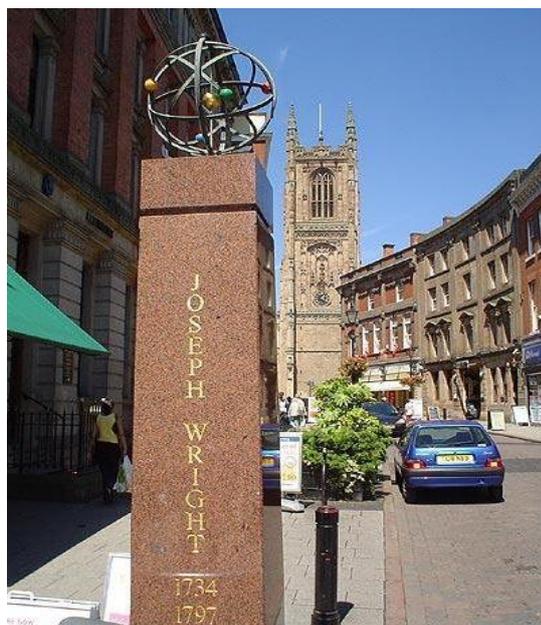
Viv Longdon
Programme Manager

Why Derby?

The Derby GP Specialty Training Programme is a well-established, friendly and progressive training scheme. The scheme has now been in existence for over 30 years and continues to attract high quality candidates and to produce excellent young principals at the end of the three-year period.

The majority of hospital posts are based in the university-linked hospital Derby Hospitals NHS Foundation Trust and Royal Derby Hospital site, with some at Nottingham. The psychiatric posts are part of Derbyshire Healthcare NHS Foundation Trust, with wards at the Royal Derby Hospital. We have a variety of training practices in the city and surrounding area.

Graduates of the Programme have enjoyed a very high rate of success. The impressive results are due to the efforts, not only of the GP Registrars, but also those of a very dedicated and enthusiastic team of Programme Directors, Trainers and Administration team.



The structure of the rest of the Programme is as follows:

Twenty months spent in General Practice, four months blocks in Years 1 and 2 with a final twelve months in Year 3. The remaining sixteen months is spent in four months hospital posts. The hospital posts are at ST1 & 2 level, contracted to hospital Trusts. Registrars will be under contract to the appropriate practices during their general practice attachment.

For applicants wanting to undertake less than full-time (part-time) training, you must indicate this on your application form. For further information please contact Rosemarie Adams, at rosemarie.adams@nhs.net or view the Health Education East Midlands Postgraduate Medical Education website for further information.

“The skilled GP may be a communicator, a business person, an employer, a team player, an entrepreneur and at the same time someone who is able to juggle the demands of a target-driven NHS whilst maintaining empathy and compassion.

He or she is one who manages uncertainty; one whose clinical acumen is sharp to the possibilities of the differential diagnosis, and who does not shirk responsibility.

If this describes you, then look no further than the Derby GP Training Programme. We look for the best, and hope to provide you with the experience that will form the foundation of your future medical career.”

Stuart Anthony Holloway GP, GP Trainer and Locality Programme Director

The Programme not only strives to make the training programme highly educational, we aim to help our GP Trainees develop their knowledge, skills and beliefs to fully equip them for modern General Practice, whilst trying to make this process as enjoyable as possible. Many of our GP Trainees think that the Derby Programme is an excellent place to learn.

“The Derby training scheme fulfils what every programme should offer; an amalgamation of great teaching and fantastic learning opportunities, as well as flagship hospitals and training practices. The shared learning throughout the programme has allowed a smooth transition from foundation training into General Practice. Staff and colleagues are always welcoming and accommodate each trainee to ensure they have an enjoyable learning experience.”

Dr Sukhvans Sandu, GP Specialty Trainee, Derby

If you have any queries, please contact Viv Longdon, Derby GP Specialty Training Programme Manager on 01332 785225, or email viv.longdon@nhs.net.

Please also visit the Derby GP Specialty Training Programme website at www.derbygptraining.co.uk.

What is your challenge?

The City of Derby is a great and diverse city, which has significant healthcare challenges. Health in Derby is improving and life expectancy is increasing.

However the gap between Derby and the rest of England is not closing and in relation to Coronary Heart Disease is actually increasing.

- The health of Derby remains, broadly speaking, at a little below the national average.
- The prevalence of smoking in the city of Derby is 27.3%, compared with 24% in England as a whole.
- Ethnicity, obesity, a sedentary lifestyle and social deprivation all increase risk of developing diabetes, which is a major health problem within the city of Derby.
- Coronary Heart Disease (CHD) is the largest cause of death in the UK (and in Derby).
- It is estimated that around 35,000 people in Derby drink above sensible

levels, with around 6,000 people being dependent on alcohol.

- With sexually transmitted infections on the increase nationally, Derby City has a challenging time ahead to improve the sexual health and wellbeing of the local population in general.

Take on the challenge and make a difference.

You could be part of working towards goals of the NHS in Derby, below are some of the priorities:

- Reducing smoking prevalence.
- Improving Diabetic Control.
- Promoting diet, exercise and obesity management.
- Promoting sensible drinking.
- Improving Mental Health.
- Reducing Infant Mortality.
- Improving Sexual Health.

How to find us





Plenty to see and do

Derby is an attractive University City with a population of 250,000, covering an area of some 30 square miles situated around the river Derwent.

Derby lies less than 20 miles from some of the most beautiful countryside in Great Britain. The city itself retains much of the character of a county town and boasts more than 2,000 acres of parkland. It lies very much in the centre of England with excellent rail and road links and within easy reach of East Midlands Airport.

Derby has distinct shopping areas all within a stone's throw of one another. From the many independent boutiques and indoor markets to the more modern indoor shopping centre at Intu Derby, with over 190 stores!

If you enjoy the cultural scene you will enjoy the yearly programme of entertainment at The Assembly Rooms, Guildhall Theatre and Derby Playhouse.

Moving to the area

There are a number of websites you can visit that will help you find information about moving to Derby. Useful links for accessing information about schooling, housing and the local economy are the Derby City Council website, visit www.derby.gov.uk and the Derbyshire County Council website, visit www.derbyshire.gov.uk.

We welcome you to Derby

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Health Education East Midlands

About HEEM

Health Education East Midlands' goal is to develop a high quality, safe and sustainable workforce to meet the healthcare needs of the people of the East Midlands.

By working closely with stakeholders, we act as a regional 'convenor', bringing people together across NHS, social care and the third sector to deliver the best possible services and outcomes for patients.

HEEM covers the counties of Derbyshire, Leicestershire and Rutland, Lincolnshire, Northamptonshire and Nottinghamshire.

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Quotes supplied by GP Trainees
and Programme Managers.

Photographic credits

Derby images – *courtesy of
Marketing Derby*

Own the
Solution



Inspire and
Innovate



Put
People First



Listen to and
Value Everyone

