

*Developing people
for health and healthcare*



Public Health training in the East Midlands

Welcome

I am delighted that you are considering undertaking Public Health Specialty training in the East Midlands. I hope that this brochure will either confirm your intentions or persuade you to train and work in our region.

Public Health education and training in the East Midlands is very much a partnership. Health Education East Midlands through the Specialty School of Public Health is responsible for the establishment, development and quality assurance of Specialty training.

Our registrars have the opportunity to train in a range of locations with nine Local Authorities, three universities, NHS England, Public Health England and the Department of Health.

The East Midlands region is geographically large and serves a diverse population of 4.3 million, from Rutland with the longest life expectancy within the UK to areas of high deprivation in the cities of Leicester and Nottingham. The healthcare workforce is in excess of 80,000 and the diversity of the population and sites for the delivery of healthcare means that the East Midlands offers an extensive range of learning opportunities.

We understand that whilst you are developing your Public Health skills you will be living and working in the East Midlands. We endeavour to make sure that when you are appointed to our training programme you are clear about the sites you might be asked to work in with an indication of the periods of training at each. Once appointed, we will work with you to support your educational development and to help you achieve your full potential.

This brochure aims to help you learn more about living and working in the East Midlands, to inform you about Health Education East Midlands and to inspire you to consider Public Health Specialty training as the next step in your career. I hope that you will find it useful. If you have any further queries contact details are available on our website www.eastmidlandsdeanery.nhs.uk

Professor Sheona MacLeod
Postgraduate Dean
Health Education East Midlands

Specialty Training in Public Health

The specialty training programme is fully funded for four or five years and leads to entry on to the specialist register and the eligibility to apply for a consultant post.

The training programme is set and monitored by the Faculty of Public Health and covers nine key areas of public health practice. The curriculum sets out a series of learning outcomes to be achieved which will provide registrars with the knowledge, skills, attitudes and behaviours required of a specialist.

For most registrars accepted on to the programme, Phase One of training currently commences with a full time Masters in Public Health. The course includes modules on epidemiology, statistics, health protection and promotion, aspects of social services and the principles of administration and management. Whilst studying in this first year, registrars will also commence Public Health service work either in a Local Authority or at Public Health England for one to two days per week. All trainees will also spend some time attached to the Health Protection team in Public Health England. During Phase One registrars are expected to take the Part A Faculty of Public Health Membership Exam.

In Phase Two of the programme, registrars will submit their dissertation and continue service placements within the East Midlands. This will involve moving to a different Local Authority or to Public Health England to maximise opportunities to complete competencies. During this period registrars are expected to take the Part B Faculty of Public Health Membership Exams.

Following completion of the Faculty exams and the relevant phase Learning Outcomes, registrars enter Phase Three of the training programme. They will continue in their training placement with increasing degrees of responsibility. The training programme also offers the opportunity to develop special interests at this point with placements available at organisations such as Public Health England, including Colindale, NHS England, the Department of Health and Specialised Commissioning. Opportunities are also available to do further academic work.

All of our trainers are accredited through the Training the Trainer Programme and registrars are assigned an Educational Supervisor for each placement and an Academic Supervisor for the duration of their training.

We offer a full range of training and support for our registrars as they work through the programme. Health Education East Midlands organises and funds a series of training and study days such as media training and leadership courses. All registrars are entitled to study leave and expenses and we also have a full programme of exam preparation to support registrars through their Faculty of Public Health exams. In addition we have a trainee organised academic day every month.

Recruitment to the training programme normally takes place once a year with adverts in November and posts commencing in August. All posts will be advertised on our website: www.eastmidlandsdeanery.nhs.uk



Making a Big Difference

Public health is often defined as: *"The science and art of preventing disease, prolonging life and promoting health through organised efforts of society."*
(Sir Donald Acheson)

Becoming a public health specialist means working to improve people's health through identifying the causes of disease and ways of tackling these. Poverty, unemployment, poor housing, polluted air, food and water are all major contributors to ill health and as a public health specialist you will have the opportunity to tackle these basic problems.

Specialists in public health serve the population, whether they are working for a rural community, a large city or the entire national population. The principles remain the same: prevention of ill health, promotion of healthy life styles and provision of good health care services.

What kind of people are we looking for?

Public Health needs a range of people from a variety of backgrounds. We welcome applications from both qualified medical doctors and those from other public health disciplines.

If you are currently working as a doctor and you are interested in improving health care services, promoting healthy lifestyles and preventing disease then Public Health could provide your next rewarding career step. Whatever the stage in your career - you may be just completing F2 training, training in another specialty or already qualified in general practice or another specialty – if you like to look at the 'bigger picture' you could be the person we are looking for.

If you have a background other than medicine you will need a good degree and experience of working in a Public Health discipline to apply. If you have an interest in health care, a passion for improving the health of the population and can demonstrate skills in leadership, strategic and critical thinking, specialist training could be the right route for you.



The Public Health Team

The Health Education East Midlands Postgraduate Medical Education Directorate is based at the East Midlands LETB offices in Nottinghamshire.

We are involved with Public Health training, education and workforce development across the East Midlands. The Public Health workforce can be divided into three groups: Specialists, Practitioners and the wider workforce who work in and outside the NHS.

Health Education East Midlands works with stakeholders including Public Health Midlands and East to identify and respond to the local public health workforce needs.

As well as coordinating specialty training in the East Midlands, the team has responsibility for the central recruitment process for England and Wales. The team provides support for the region's local public health speciality registrars throughout their training programme from induction to completion.

Quality Management processes are in place for all training networks. Recent development work has included the implementation of an e-portfolio.

On behalf of Health Education England, Health Education East Midlands manages PHORCaST, the Public Health Careers, Skills and Training website. The site is currently being amalgamated with the NHS Careers and Medical Careers websites as part of the creation of an over-arching health careers service. It can be accessed at www.phorcast.org.uk

"Public Health is all-encompassing, there are people from many, many different backgrounds that come into Public Health. Because there are so many different aspects to Public Health it's really important to have different people bringing different skills to the Public Health workforce. I first came into Public Health really keen to get at the things that were causing people to get ill as opposed to treating them once they were sick. Increasingly in clinical work I felt that I was doing too little, too late."

Caroline Hird
Specialist Registrar



Useful Information

Nottinghamshire

1. Health Education East Midlands
Nottingham City Council
The University of Nottingham
2. Nottinghamshire County Council
Public Health England East
Midlands Centre

Derbyshire

3. Derby City Council
4. Derbyshire County Council

Leicestershire

5. Leicester City Council
Leicestershire County Council
(also providing Public Health services
to Rutland Unitary Authority)
The University of Leicester

Lincolnshire

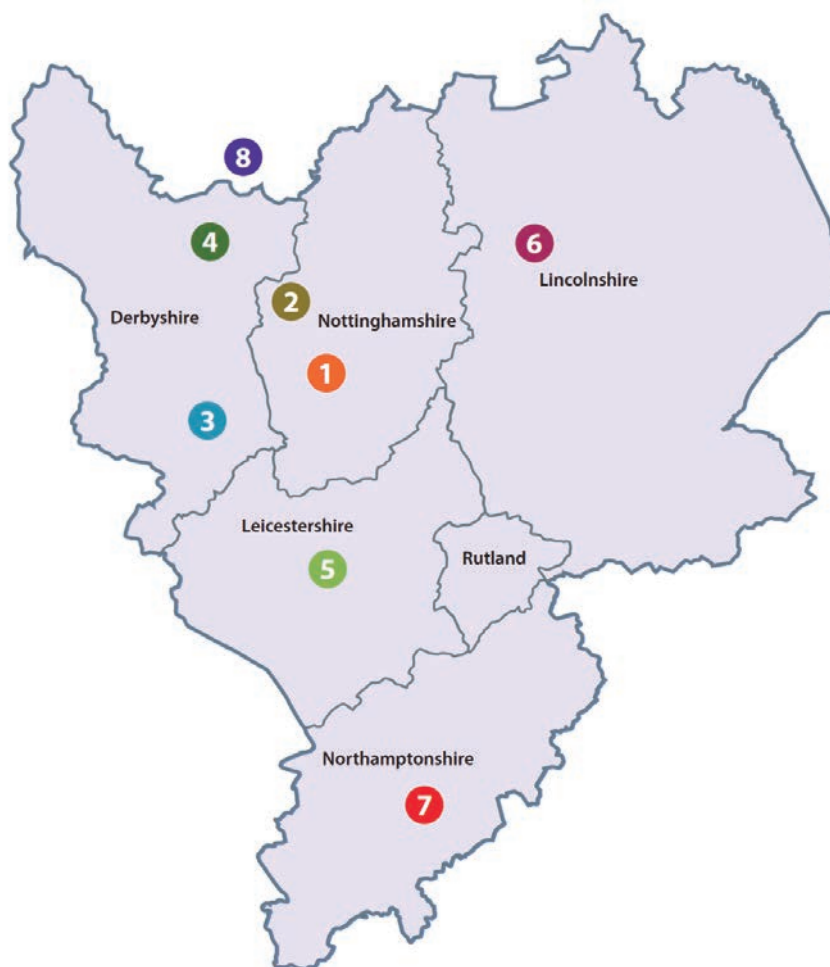
6. Lincolnshire County Council

Northamptonshire

7. Northamptonshire County Council

South Yorkshire

8. The University of Sheffield



Useful website addresses

East Midlands

Health Education East Midlands
<http://em.hee.nhs.uk/>
HEEM Postgraduate Medical
Education
www.eastmidlandsdeanery.nhs.uk

Nottinghamshire

Nottingham City Council
www.nottinghamcity.gov.uk
The University of Nottingham
www.nottingham.ac.uk/
Nottinghamshire County Council
www.nottinghamshire.gov.uk
Public Health England
www.gov.uk/government/organisations/public-health-england

Derbyshire

Derby City Council
www.derby.gov.uk
Derbyshire County Council
www.derbyshire.gov.uk

Leicestershire

Leicester City Council
www.leicester.gov.uk
Leicestershire County Council
www.leics.gov.uk
University of Leicester
www.le.ac.uk/external/

Lincolnshire

Lincolnshire County Council
www.lincolnshire.gov.uk

Northamptonshire

Northamptonshire County Council
www.northamptonshire.gov.uk

South Yorkshire

The University of Sheffield
www.sheffield.ac.uk/

London

The Faculty of Public Health
www.fphm.org.uk/

Public Health Team Networks

Lincolnshire Network

Lincolnshire's public health team is based at Lincolnshire County Council's offices in the centre of Lincoln and serves a population of 740,000 people across 2,300 square miles. Lincolnshire is a county of great contrasts: from the ancient cathedral city of Lincoln, to the golden sands of the east coast, to some of the richest farmland in England in the southeast of the county. Public health work in Lincolnshire is as varied and challenging as anywhere in the country.

We are an enthusiastic and active training network with a team of consultants, specialty registrars and Foundation Year 2 doctors. We can provide topics for Masters in Public Health dissertations, and workplace attachments for those who wish to have a taster in the speciality. We provide public health advice to our four clinical commissioning groups and seven district councils, and there are close links with both Nottingham and Lincoln Universities.

Nottinghamshire Network

The Public Health function now works across Nottingham City and the County, with a single Director of Public Health. We are a vibrant and diverse team, with a total of nine educational supervisors.

We serve a population of approximately 1 million, across both rural and urban settings. The City is a unitary authority and the County operates in a two tier system. This provides ample opportunity to see how different Local Authority systems work. We also provide advice and support to seven Clinical Commissioning Groups.



Derbyshire Public Health Training Network

Our network covers Derbyshire County and Derby City Councils, and serves a population of approximately 1 million. Derbyshire is a very diverse area from Derby City in the South and the beautiful Peak District in the North, to the ex-mining communities along the Eastern edge of the County with significant areas of deprivation in Bolsover and Chesterfield.

There are strong Public Health Departments in both the Local Authorities. The County commissions extensive health promotion services, research and knowledge services team and has a PH information analyst team. There is very close working with the four Clinical Commissioning Groups. There is a thriving Public Health Network and a monthly CPD session that is well attended by consultants and specialists. We have a team of consultants, specialty registrars and Foundation Year 2 doctors. There are strong links with the two acute trusts in Derby and Chesterfield, Public Health England East Midlands Centre, SchARR at Sheffield University and Nottingham, Leicester and Derby Universities.



Leicester, Northamptonshire and Rutland (LNR) Network

Training in the LNR network provides the opportunity to work with a diverse population with very different needs that range from affluent rural areas facing issues of isolation and an ageing population profile, to inner city areas with diverse ethnic populations and significant deprivation. Registrars' experiences of working in LNR are positive as the network provides a breadth of exposure to public health issues and there are numerous opportunities to work in local authorities, Clinical Commissioning Groups, Public Health England and NHS England from bases in the centre of Leicester, around Leicestershire and also in Northampton.

Registrars meet formally at regular LNR Training Network meetings, which are led by the registrars, and both registrars and trainers attend to discuss local issues of interest or concern. A Continuing Professional Development (CPD) programme is incorporated into these meetings.

Registrars also meet informally to support each other with exam preparation and there are monthly meetings with other registrars across the East Midlands to discuss training experiences. There are excellent links with the University of Leicester for Part A exam preparation and consultants provide Part B practice sessions for registrars.

Registrars have the opportunity to gain teaching experience as a tutor on the Health and Disease in Populations (Hadop) module for first year medical students and they contribute to a teaching day for Foundation Programme doctors. Local resources include access to libraries at the University of Leicester and Northamptonshire Health Informatics Knowledge Management Library Services.

Public Health England

Public Health England (PHE) is the expert national public health agency which has a statutory duty to protect health, address inequalities and promote the health and wellbeing of the nation. PHE ensures there are effective arrangements in place nationally and locally for preparing, planning and responding to health protection concerns and emergencies, providing specialist health protection, epidemiology and microbiology services across England.

PHE has 15 local centres, including the East Midlands, which bring together a number of services and functions to deliver an integrated offer of services, advice and support to local stakeholders across the three domains of public health; health protection, health improvement and healthcare public health. Through an integrated approach the East Midlands PHE Centre supports and adds value to the work of local stakeholders, working together to protect and improve the health of the local population.

Most PHE staff are based in the Centre office in Nottingham. All trainees will spend two placements of three months each in health protection, based at this office. PHE staff who work in screening and immunisation, and specialised commissioning, are based elsewhere within NHS England offices.

PHE East Midlands can offer training across all three domains of public health practice, including specialist attachments in health protection, screening and immunisation, knowledge and information, and specialised commissioning.

The East Midlands - Be inspired every day of the week

If ever a region epitomised the very essence of opportunity, it's the East Midlands. Perfectly located at the heart of the UK, the region offers enough diversity of landscape, culture and things to see and do to last you a lifetime – but its strong transport infrastructure combines excellent road, rail, and air links to enable easy access to the rest of the UK and beyond.

A vibrant landscape that will take you on a journey through the past, the present and the future – sometimes it's hard to believe that one region can offer so much. Where else can you find yourself amidst the hustle and bustle of a modern city and within minutes lose yourself in some of the most revered settings nature has to offer?

Did you know that the Derbyshire Peak District is the second most visited national park in the world, second only to Mount Fuji, in Japan? In fact, more than 10% of the region is designated an 'Area of Outstanding Natural Beauty'.

Leicestershire, in particular, benefits from having part of the National Forest's 200 square miles spanning large areas of the county. In the East Midlands, you can live life at the pace you choose – be it city, market town or quaint village off the beaten track. Within minutes of a city centre you can discover historic ruins, handcrafted treats and get a taste of local traditions. If it's some of the best shopping in Europe you're after you'll be richly rewarded.

Nottingham is among the top four shopping locations in the country and was recently described as "the most vibrant and vital in the UK" by the Department of the Environment.

Leicester's central shopping region is home to Europe's largest covered market, and the new Highcross shopping centre provides a wealth of different local and national stores and restaurants. Derby is home to the new £340 million Westfield Centre, which houses more than 100 new shops and offers a vibrant mix of national and local fashion and lifestyle brands. In addition, a £30 million 12 screen Cinema De Lux has opened providing a first class customer entertainment experience enhancing further this already exciting lifestyle destination.





Leisure and recreation

Away from work, the East Midlands offers plenty of opportunity to rid yourself of the stresses of everyday life. If sport is your thing, the area has a dynamic sporting reputation, featuring some of the UK's best golf courses, Trent Bridge Cricket Ground – one of the most famous in the world, the National Ice Arena and National Watersports Centre, world class Grand Prix circuits, as well as high calibre football, ice hockey, rugby union teams and Olympic training facilities.

Whether as a spectator or taking part – there's plenty to cheer about. At a slightly slower pace, the East Midlands is a centre for culture and the arts. Culture defines the way we live. It touches everyone's lives, whether playing sport, visiting the cinema, making music, supporting local events or simply visiting the region's buildings and landscapes. Leicester's internationally designed Performing Arts Centre, Curve opened in 2008 and provides a wide and varied programme of the best in theatre and the performing arts.

As you'd expect there are a wealth of country, leisure and wildlife parks and numerous historic houses and gardens – many of which have been used as locations in blockbuster films such as *Pride & Prejudice*, *The Da Vinci Code* and *The Duchess*. Art gallery and museum lovers are also well catered for; Nottingham has many small independent art galleries that are well worth a look, and the region's best museums include The National Space Centre, Cromford Mill and Abbey Pumping Station. Local theatres, music venues and comedy clubs consistently pull in the big names and the next few years will see new investment transform the region's arts infrastructure.

The East Midlands is a region that loves to come together in celebration – in fact, festivals are part of the norm. Rock festivals such as Download, Bloodstock and the Summer Sundae have put the region on the world map, but fans of classical, folk and country music are also well catered for.

Enjoy Leicester's famous Diwali celebrations, some of the most spectacular in the country, or float away at the Northampton Balloon Festival. Watch as the Robin Hood Festival kicks off in customary style with the Sheriff of Nottingham attempting to put a stop to the event. For something a little off the wall, head for the World Conker Championships in Ashton. Then there's the festival atmosphere of one of this country's biggest sporting events, the British Grand Prix.



Live a richer life in the heart of the UK

The East Midlands boasts a wide range of affordable homes, from Victorian townhouses to modern city apartments and traditional rural cottages. Prices are dramatically lower than in some parts of the UK, typically an astounding 50% lower than in London and 30% lower than in the South East.

The average price of a home in the region is £163,058 whilst the London average is £475,940, a saving of £312,882* The ratio of house price to income is one of the UK's best, so the region's residents have more disposable income than most. We also enjoy some of the fastest commutes to work in the UK.

From the rugged Peak District to the wide open Lincolnshire coastline; the market towns of Newark and Rutland to rapidly expanding Northamptonshire or vibrant Nottingham, Derby and Leicester, the East Midlands area offers real choice and a great quality of life opportunity.

* Source – BBC News website.
http://news.bbc.co.uk/1/shared/spl/hi/in_depth/uk_house_prices/regions/html/region6.stm

	The East Midlands	The rest of the UK
Average cost	£163,058	£242,415
Detached	£226,730	£329,600
Semi-detached	£136,621	£203,943
Terraced	£118,316	£202,972
Flat	£102,399	£250,101



You're never far from the East Midlands

The East Midlands' central location puts us in easy reach of all major UK cities; in fact from here, 89% of the country is reachable within four hours or less by road. There are also frequent rail services linking the whole of the UK and it is easy to reach all international airports – one of which is here in the East Midlands.

By Road

The East Midlands has excellent road links and is perfectly positioned within the 'golden triangle' of the M1, M6 and M69 motorways – putting major cities such as Manchester, Birmingham and Leeds on your doorstep.

Distances (from Nottingham)

City	Kilometres	Miles
Manchester	112	70
London	208	130
Birmingham	85	53
Newcastle	184	115
Northampton	106	66

By Rail

The East Midlands has excellent rail links, with main stations at Nottingham, Derby, Leicester and Lincoln. Trains operate every few minutes and passengers can choose from mainline services, offering high speed links between London and the Midlands, and connecting trains linking cities throughout the UK. If you're wishing to travel beyond the confines of the UK you can do it easily in the East Midlands – trains in the region not only offer connections with three airports, but also to Eurostar services for the continent from St. Pancras International.

By Air

The East Midlands is in an ideal position for you to utilise the major airports which are all within easy reach via the motorway network and by rail.

Distances (from Nottingham)

City	Kilometres	Miles
East Midlands	22	14
Birmingham Int.	80	50
Gatwick	267	167
Heathrow	210	131
Luton	162	101
Manchester	114	71
Stansted	205	128

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- Derbyshire
 - Leicestershire & Rutland
 - Lincolnshire
 - Northamptonshire
 - Nottinghamshire

Developing people for health and healthcare

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