



# Welcome to Dental Foundation Training in Shropshire & Staffordshire

Begin your dental career journey in our stunning region. We offer the perfect blend of professional growth and exceptional lifestyle.

Discover why foundation dentists choose us for their formative training years.

**by Dr N. Tony Ahmed**

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Local Dental Network -Shropshire and Staffordshire



# Why Shropshire & Staffordshire?



## Excellence in Training

Benefit from high-quality supervision and comprehensive support throughout your foundation year.



## Professional Community

Join a welcoming network of dental professionals who foster collaboration and growth.



## Quality of Life

Experience life in one of Britain's most pleasant regions with perfect work-life balance.

# Local Dental Network(LDN) Shropshire and Staffordshire

The LDN is an NHS England-supported group that connects dental professionals across our region. Our mission:

- Elevate patient care through collaboration and innovation.
- Support dental teams with training, resources, and advocacy.
- Shape the future of dentistry by addressing local challenges

Achievements to Date:

- Launched a national peer review toolkit.
- Secured funding for improving access for vulnerable patients.
- Successfully implemented the dental electronic referral system
- Successfully lobbied for additional funding for dental services
- Primary care minor oral surgery services
- LDN app
- Smoking cessation and alcohol awareness campaigns

Unique to Our Region we invite FD representatives to attend LDN meetings:

- Gain leadership experience.
- Learn how the NHS operates behind the scenes.
- Network with influential clinicians and policymakers.
- Share feedback and ideas to shape your cohort's experience.
- **This is your chance to lead, learn, and leave a legacy**





# Career Support & Development



Mentoring and support – experienced supervisors  
Guidance to help you excel in your dental career



Flexible Career Pathways

Discover diverse opportunities in specialised fields



Diverse Practice Settings

Experience both urban and rural dental environments

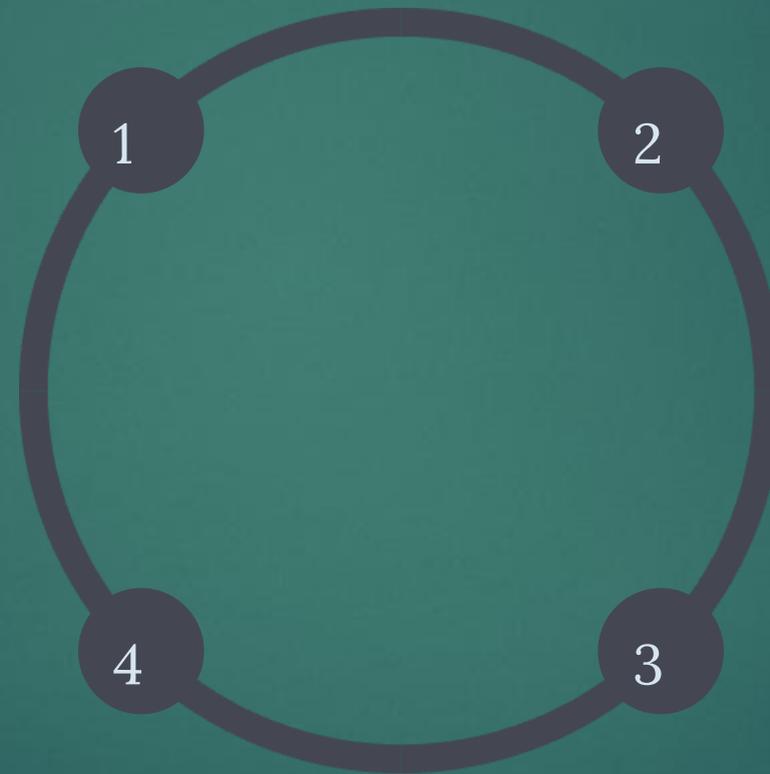
# Professional Collaboration & Networking

## Trainee Cohorts

Join a close-knit group of peers each year

## Regional Networks

Build lasting connections across the West Midlands



## Interdisciplinary Teams

Work alongside specialists in dentistry

## Community Events

Engage in regular social and professional gatherings



# Living in Shropshire: A County of Discovery

## Historic Market Towns

Explore Shrewsbury's medieval streets and Ludlow's renowned food scene.

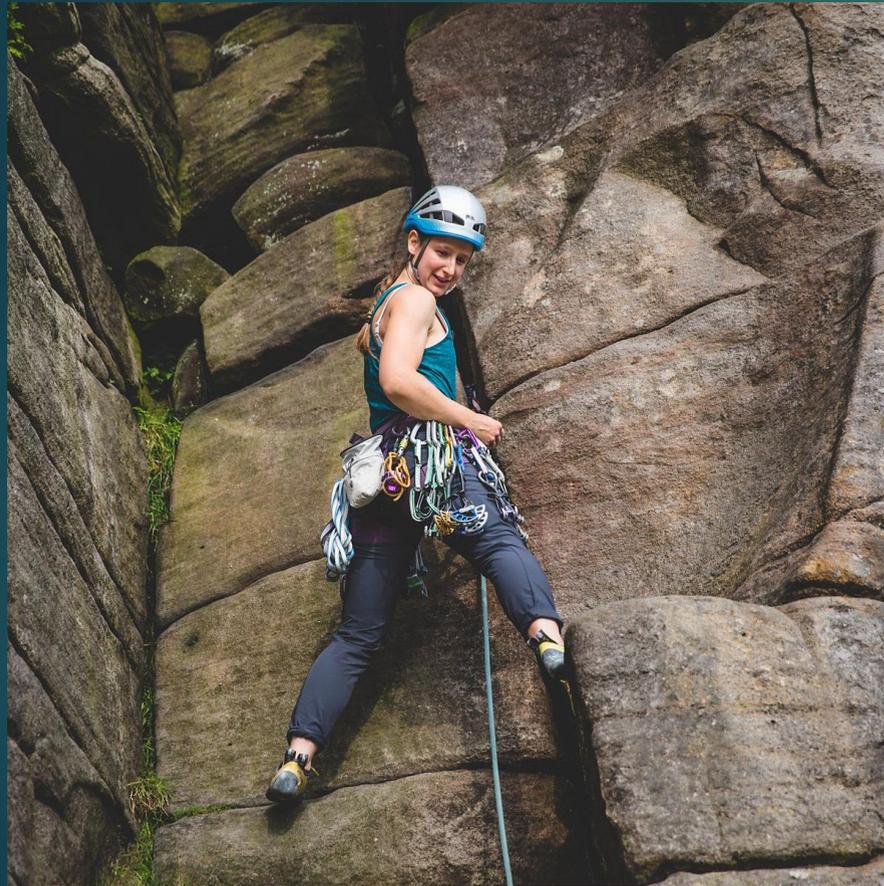
## Natural Beauty

Wander through the Shropshire Hills, an Area of Outstanding Natural Beauty.

## Rich Cultural Life

Enjoy festivals, theatres, and museums throughout the year.

# Life in Staffordshire: Vibrant & Green



Staffordshire offers award-winning restaurants, cultural festivals, and easy access to major cities via excellent transport links.

Close to the Peak District and Cannock Forest, great for rambling, climbing and mountain biking.

# Work-Life Balance & Wellbeing

## Affordable Living

Enjoy spacious housing at prices well below the national average. Your salary goes further here.

- Lower cost of living
- Shorter commutes

## Outdoor Lifestyle

Access spectacular landscapes right on your doorstep. Perfect for hiking, cycling and weekend adventures.

- National parks nearby

<https://www.peakdistrict.gov.uk/home>

<https://www.shropshirehills-nl.org.uk/>

- Water sports opportunities

<https://www.chasewaterski.co.uk/>

<https://www.tittesworthwater.co.uk/>

<https://alderford.com/water-activities-alderford/>



Our region prioritises wellbeing with dedicated support services for dental professionals. Local practices support the implementation of the mental health wellness in dentistry toolkit

<https://mhwd.org/>

# Foundation Dentist Experiences



## Invaluable Mentorship

"The guidance and support received here have been fundamental to professional growth and personal balance."



## Exceptional Facilities

"Combining access to state-of-the-art resources with living in such a picturesque region makes for an ideal start."



## Strong Community

"Our group forged lifelong connections while enjoying the many opportunities this region offers."

# Start Your Dental Career Here!

Shropshire and Staffordshire offer the perfect blend of professional growth and quality of life. Train in supportive, forward-thinking practices, explore rolling countryside, and immerse yourself in communities rich in history and culture. With excellent transport links to Birmingham, Manchester, and beyond, you're never far from adventure—or peace.

## Research Our Programme

Learn about our foundation training structure and benefits.

Any questions? Please contact - [nadeem.ahmed9@nhs.net](mailto:nadeem.ahmed9@nhs.net)

## Apply Through National Portal

Select

- Staffordshire and Stoke on Trent OR
  - Shropshire, Telford & Wrekin
- as your preferred training scheme.

