

# 7 wonders of GP Training

In the North East and North Cumbria



The GP School is part of an organisation that is currently ranked

**Number 1 in 15 of 17 indicators in the  
GMC Trainee Survey Overall within England in 2017...**

...and which has been the best ranked area in England for seven consecutive years in many indicators

If that is not enough to convince you to join us, see what one of our trainees says [here.....](#)

Developing people  
for health and  
healthcare

[www.hee.nhs.uk](http://www.hee.nhs.uk)

# How we work

There are three GP Training Programmes in the area, each offering a huge variety of opportunity from small, rural and remote, through urban and urbane, to diverse inner city practices.

## Northumbria GP Training Programme

[https://madeinheene.hee.nhs.uk/general\\_practice/ngtp](https://madeinheene.hee.nhs.uk/general_practice/ngtp)

- Based in Newcastle upon Tyne but covering an area from the Scottish Border to County Durham
- Enthusiastic team of GP educators and support staff
- Additional support package for International Medical Graduates new to the NHS
- Regional Teaching Programme across all three years
- Support for self-directed study groups
- Wide range of Integrated GP specialist posts – Clinical, Academic, Research, Educational, Commissioning, Leadership

## Durham and Tees Valley GP Training Programme

<https://madeinheene.hee.nhs.uk/dtvgptraining>

- Based in Stockton upon Tees and covering County Durham, the Tees Valley and part of North Yorkshire
- Post CCT fellowships in education
- Regional Teaching Programme across all three years that includes trainer-led sessions for trainees in their first and second year
- Dedicated support process for trainees experiencing difficulty or requiring extra support
- Established active trainee forum which allows trainees to have input into the programme
- Closing the Gap: a bespoke course for International Medical Graduates. This is delivered early in the first year, introduces UK general practice and has a focus on developing skills

## North Cumbria GP Training Programme

<http://www.northcumbriagptraining.org.uk>

- The Lake District has just been listed by Unesco as one of the 31 World Heritage Sites, citing the area's beauty, farming and cultural inspiration
- 9 out of 10 practices in Cumbria were rated good or excellent by the CQC in May 2017
- Wide variety of rural and city training locations
- Regional Teaching Programme across all three years that includes trainee-led sessions
- Cumbrian and North Yorkshire Fellowship. A collaborative project offering GP trainees on London programmes the opportunity to experience rural and

# Opportunities

available to all GP trainees

## Time Out of Training (TOOT)

Trainees can apply for time out of programme allowing between 6-12 months sabbatical from training. This may give a trainee the opportunity to undertake a period of research, some clinical training not offered within the region, a planned career break or some other kind of clinical experience which is not approved by the GMC but which may be of benefit to the trainee (this latter type of experience would not count towards a Certificate of Completion of Training (CCT) or Certificate of Eligibility of Specialist Registration (CESR)).

# Academic opportunities

available to all GP trainees

## Academic Posts

The GP School works in partnership with local Universities, practices, CCGs and trusts to provide extended training for trainees interested in research, education, leadership and commissioning via extended Integrated Training Posts (ITPs).

The ITP includes undertaking a qualification such as the Masters in research, Certificate or Diploma or Masters in medical education or leadership Diploma. The salary costs and costs for the relevant qualifications are covered by the School budget.

The posts enable the trainee to work 50% in General Practice and 50% in the relevant area of interest, and the entry point is flexible (any time post ST1).

The posts are usually for 1 to 2 years, and extend the trainees training by 6-12 months, but this can be extended further to include Doctorate level work. Applications to these posts are available annually.

## Global Health Fellowship

Health Education North East provides a number of Global Health Fellowships. These posts include us facilitating, through our partner Africa Health Placements one year out of programme clinical posts, based in rural community hospitals in South Africa.

Africa Health Placements is an organisation with a mission: to support and enhance healthcare systems in Africa, by finding, placing and retaining the right people for the job.

The OOP posts in South Africa will be undertaken at the end of ST2 and trainees will then return to complete their pre-arranged ST3. This is an opportunity to gain experience that will both compliment your GP training and lead some to further develop a career incorporating global health.

Previous trainees who have completed the year in Africa invariably describe the experience as life-changing.

# General Information

- Two of our current three programmes are subject to the TERS payment for new recruits (please note that this varies at each round of application and will require updates)
- All of our GP trainees have been allocated their first choice training programme for 6 years running with 94% of trainees completing their course – a very high completion rate.
- All trainees are employed by a single employer throughout the duration of their programme.



# General Information

- North East and North Cumbria are two of the best value regions in the UK with a high standard yet low cost of living
- The average cost of a home in 2016 in North East was £158,049 and Cumbria was £182,778. This is compared to London with £607,686 (figures from Rightmove Sept 17)
- Great airport, road and rail links
- Average commute times are amongst the lowest in the country despite its large geographical area
- We have two of only five trusts nationally which have been rated 'outstanding' by the CQC.
- Major centres for specialist care including Great North Children's Hospital and much, much more...