

Central Middlesex

Central Middlesex Training Programme

Avery Jones Medical Education Centre
Acton Lane, Park Royal
London
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We have a VTS website: <https://www.cmhvts.co.uk/> which houses useful day to day information that our trainees could hope for along with information for prospective trainees.

Description of scheme

CMH VTS is a friendly West London based scheme based at Central Middlesex Hospital with jobs distributed around the local hospitals. It has a reputation for being a friendly and laid back scheme with its doctors representing a truly diverse background. A recurring theme with trainees both past and present is that CMH VTS is supportive to its trainees whether they are having maternity or paternity leave, less than full time training or taking time to explore other learning opportunities. The trainees have a strong bond with one another and foster a supportive and inclusive environment. CMH also has the best socials which are unparalleled from other groups. We have regularly weekly VTS teaching on a Thursday afternoon but our yearly study residential is the highlight of the learning calendar. There is a wide range of training positions on 6 monthly rotations around the local hospitals which offer a variety of experience going into ST3. The Program Directors bring a wealth of experience along with GP trainers who have many years of supervising. We all believe that the CMH VTS is probably the best scheme in the world!

Location

Although the scheme has its VTS sessions and some jobs at Central Middlesex Hospital, lots of jobs are distributed around the locality: Northwick Park Hospital, St Luke's Hospice, Brent Community Mental Health Trust, Park Royal Centre for Mental Health, Public Health England. The GP practices are based from Queens Park to Willesden, Wembley, Neasden, Harrow and North Ealing. Most reside in the Brent CCG catchment area.

Posts

The Central Middlesex GP Training Scheme is constructed from the following posts, and placements in GP training practices:

- Adult Psychiatry (Community)
- Adult Psychiatry (Hospital)
- Care of the Elderly
- Care of the Elderly Rehab
- ENT
- Emergency Medicine
- GP ITP

- General Practice
- Paediatrics
- Old age Psychiatry
- Public Health Medicine
- Palliative Care
- Rheumatology
- Obstetrics & Gynaecology
- Trauma and Orthopedics

Educational Activities

The CMH scheme actively encourages all its trainees to take advantage of all the learning opportunities that are available in London and beyond. We have had trainees going all around the world to enhance their skills as the GPs of the future. The scheme is always supportive and making claims for any expenses could not be easier.

Highlights

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Trainee testimonials/quotes from trainees

'For me, CMH VTS offers the best supportive learning environment. We have a lot input in our training and are encouraged to do so. What's more, the advice and support from fellow trainees, as well as the PDs, is invaluable. There really is a sense of family at CMH VTS and Thursday afternoons are definitely the highlight of my working week!' Dr VL

'CMH is the best scheme! I have made so many good friends and learned so much. The PDs are great guys, always fun and there whenever you need them, I would recommend CMH to anyone looking for a good fun scheme with lots of great practices to learn from'. Dr HS

'Central Mid was my top choice and it has not disappointed, the socials are great fun and the residential at Cumberland Lodge are great fun, deffo recommend to anyone thinking about it, VTS each week is a great way to learn and see your friends' Dr JM

Contacts

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