

# Ealing

## Ealing GP Training Programme

Uxbridge Road  
Southall  
Middlesex  
UB1 3HW

**Half Day Release:** Thursday

**Administrator:** Aarthi Paulton

**Telephone Number:** 020 8967 5364

**Email Address:** [aarthi.paulton@nhs.net](mailto:aarthi.paulton@nhs.net)

## Description of scheme

Established in the 1970s, Ealing VTS has evolved into a progressive, challenging and highly acclaimed scheme. The borough of Ealing was formerly known as “The Queen of the Suburbs”, because of the abundance of tree-lined streets and parks. It is now a cosmopolitan “town with a village atmosphere” with excellent sports facilities, restaurants, entertainment and pubs. Ealing is well placed for public transport and motorway access, with excellent tube lines to the West End and Heathrow.

Ealing has a reputation for being a friendly, welcoming and informative environment in which to work. Our scheme offers a broad range of posts, including Medicine, Palliative Care, Obstetrics & Gynaecology, Paediatrics, Psychiatry and Accident & Emergency. The first two years are spent in hospital and the final year in General Practice.

The posts are all mainly based at Ealing Hospital, but the Paediatrics post is based mainly at Northwick Park Hospital. There is also some time spent at NWPH with the Obstetrics and Gynaecology post. One Psychiatry post is based at Hillingdon Hospital. The GP posts are generally all within the Ealing area.

The scheme aims to facilitate and heighten commitment to General Practice. Ealing VTS Trainers are dedicated General Practitioners, whose enthusiasm for educating and encouraging fellow GPs is core to our scheme. We are supported by excellent hospital colleagues who will act as your educational supervisors during your first two years. Our objectives are to help you achieve your full potential as a GP and prepare you for your future career, including attaining the MRCP.

## Educational Activities

The half day release course takes place on Thursday afternoons from 2 pm to 4.45 pm throughout the year apart from about 7 weeks in the summer and 2 weeks at Christmas and Easter where there is journal club.

The programme for these is set once a term by the ST1, ST2s and GP registrars on the scheme.

In the first hour a speaker is often invited to give a talk. We have a bank of excellent speakers from most disciplines who can give interactive talks.

After a break for tea, the second half is usually run by one of the SHOs or GP registrars, giving presentations, showing a video, and discussing a case. Following this we often have time for hot topics, case discussions.

Child Protection issues, Basic Life Support, CSA practice and other important topics are covered regularly.

At the beginning of the Autumn Term, we usually have a team building session lasting the whole day which is usually held in London and having a meal after. This allows the new trainees to get to know the others on the scheme.

Each GP registrar has the support of Programme Director as a personal mentor and there are usually bi-annual meetings to review current posts and issues.

Twice yearly we have a joint trainer-trainee workshop when 8-10 Ealing trainers come and join the group to cover consulting skills, significant event analysis, interview skills, portfolio careers etc.

In March we go to Cumberland Lodge for a two-day residential where all the ST1S, 2s and 3s can bond as a group. We have recently covered Coaching Skills and Teamwork, workings of Clinical Commissioning groups and humanities at these highly enjoyable retreats.

We are now developing some exciting new ITP posts which will involve part GP and part time spent in areas such as Medical Education, GUM, Palliative Care, Cardiology, Paediatrics Teaching and Family Planning amongst others.

## Personal Quotes from Previous and Current Registrars

“Ealing VTS is outstanding. Very well organised with great supportive programme directors. Definitely recommended to all prospective trainees.” *Mehbub Shafi GPST3*

“The Ealing training scheme has been brilliant. There is excellent high quality weekly teaching that is protected. The programme programme directors are supportive and approachable. The jobs have been enjoyable and applicable to GP practice.’ Would highly recommend this training scheme.” *Aamir Kamora GPST2*

"The programme directors are very friendly and approachable. They take an active interest in how our rotations are going and are always available for advice or support. The group had a fun treasure hunt and three course meal in central London. This helped with team bonding and was great day out. The weekly teaching programme is well structured and relevant to our training. There is always cake and tea available each week, which always proves popular” *Sid GP ST1*

## Contacts

### Programme Directors in Ealing

Dr Sudha Dhall  
Cloister Road Surgery  
41-43 Cloister Road  
Acton London  
W3 0DF  
[Sudha.Dhall@hee.nhs.uk](mailto:Sudha.Dhall@hee.nhs.uk)

Dr Ravi Ramanathan  
[Ravi.ramanathan@hee.nhs.uk](mailto:Ravi.ramanathan@hee.nhs.uk)

Dr Ravinder Aurora  
Oxford Drive Medical Centre  
1 Oxford Drive  
Eastcote  
HA4 9EY  
[Ravinder.aurora@hee.nhs.uk](mailto:Ravinder.aurora@hee.nhs.uk)

### **GP Trainer Workshop Convenors in Ealing**

Dr Daisy Lund  
Florence Road Surgery  
[daisy.lund@nhs.net](mailto:daisy.lund@nhs.net)