

# Enfield

## Enfield & Haringey GP Training Programme

Post Graduate Academic Centre  
North Middlesex University Hospital NHS Trust  
Sterling Way  
London  
N18 1QX

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**GP Training Programme Website:** <https://www.enfieldandharingeyvts.co.uk/>

### Description of scheme

This is a unique GP speciality training scheme based across two boroughs of London, Enfield and Haringey. Both boroughs have some contrasting population demographics and each presents different challenges to general practice with both providing great learning opportunities.

The aim of the scheme is to facilitate learners to enjoy and have fun while promoting both lifelong learning and good patient care.

The Programme Directors (PDs) and the GP trainers are passionate about helping speciality trainees achieve their full potential, while continuing to reflect on practice, so as to better serve our patient population.

Throughout the training, there is an emphasis on support and development for the individual as well as incorporating teamwork from primary care, secondary care and community care.

Every Thursday afternoon during term time the half day release training is based at the North Middlesex hospital postgraduate centre. Each term is designed to meet the learning needs of the trainees: with topics for each session chosen by the trainees and facilitated by both specialist external facilitators and trainees themselves.

Of course during the pandemic we have had to adjust and teaching at present is on zoom. We hope to go back to face to face meeting and teaching once it is allowed and deemed safe.

### Location

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## Posts

The Enfield & Haringey GP Speciality Training Scheme offers a choice of 3-year programmes constructed from the following posts, and placements in GP training practices:

- A & E
- Care of the Elderly Medicine
- Obstetrics & Gynaecology
- Paediatrics
- Psychiatry
- Primary Care Education (ITP)
- Psychiatry
- General surgery
- ITP at both hospitals. Out Patient clinics (Dermatology, Endocrinology, ENT).
- Rheumatology and Ophthalmology.

## Educational Activities

Every Thursday afternoon begins with lunch which is provided. This is followed by a two hour session on the main topics to be discussed that afternoon - frequently there are external facilitators. There is a short coffee break followed by the final session which involves the group itself in activities such as debates on current topics , consultation videos , Balint style group work , Journal club incorporating presentations from recent journals on interesting topics.

The most important aspect of the Thursday afternoon is having fun while learning in a supportive environment allowing team building and small group work which are essential for the development of the trainees. Challenges in general practice include dealing with uncertainty and challenging patients and these areas are addressed through the various presentation and topics on Thursday.

Two of the Programme Directors are RCGP CSA examiners and help facilitate sessions for CSA preparation on selective Thursday afternoons. CSA practice is also arranged using role players and feedback provided to the trainees who participate.

Our annual highlight is around October/November with the residential course at Cumberland lodge in Windsor which allows all the speciality trainees protected time away from clinical work to study in-depth topics relevant to general practice. Also importantly, it allows the new ST1 starters to get to know each other & ST2 and 3 colleagues. Other well appreciated side-effects of this residential are enjoying the amazing surroundings of Windsor great Park and time available for recreation and leisure.

Scheme website – <https://www.enfieldandharingeyvts.co.uk/>

## Highlights

VTS Thursday half days are fun, interactive and foster evidence based lifelong learning.

Supportive dedicated trainers groups in Enfield and Haringey.

Annual residential in a historical site in Windsor, good food, good fun and great learning.

End of term half days always something different e.g.: Welcome Museum, National portrait Gallery, Treasure hunt, visit to Cambridge.

## **Contacts**

### **Programme Directors**

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### **GP Trainer Workshop Convenors in Enfield & Haringey**

#### Enfield workshop

Dr Helen Eldon - [helen@eldon.me.uk](mailto:helen@eldon.me.uk)

#### Haringey workshop

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