

# Hillingdon

## Description of Hillingdon GPSTP scheme

### **'The Whole of London in one VTS**

Hillingdon GPST is a well-established training scheme based at Hillingdon Hospital Education Centre with posts at Hillingdon Hospital in the South of the Borough and Mount Vernon in the North. The A40 and M4 are close by, giving easy access to central London with its arts and culture and the beautiful Chiltern and Thames Valley countryside. The Borough includes "Metroland" in the North as described by John Betjeman in his poetry, and has a vibrant, multicultural South. Hillingdon has many parks, woods and open spaces. Our scheme offers a broad range of posts including ST1/2 posts based in Hillingdon Hospital, Community Mental Health Teams and Palliative Care posts based at Mount Vernon Hospital. We aim to provide a broad-based learning experience with a rolling curriculum in order to prepare you for General Practice. The emphasis is on helping each person to achieve his or her full potential. Training Practices range across the Borough, from Hayes and Uxbridge in the South to Eastcote, Ruislip, Northwood and Harefield in the North. Trainees spend 6 months in one practice combined with hospital clinics in an Innovative Training Post, a further 6 months in another practice and finally one year in a third practice. In this way we are able to give our trainees a diverse range of experiences in General Practice with varied patient populations and demographics: 'The Whole of London in one VTS'.

There are three Programme Directors, Dr Sue Thurlow who has been a trainer for 15 years and a Programme Director for 9 years, Dr Peter Joseph who has been a GP trainer for over 25 years, and a programme Director for 4 years and Dr Asoka Wijayawikrama who has been a trainer for 6 years and has recently started as a programme Director.

### **Educational Activities**

Our half-day release teaching session runs on Tuesday afternoons and ST1/2s and ST3s all take part. The afternoon starts with a pre-planned topic run as an interactive session and after a tea break continues with small group work in two groups, facilitated by the Programme Directors and may include role play. Both Trainers and Hospital Consultants contribute to the pre-planned sessions.

There is an annual residential /away day for all trainees and a non-residential away day for ST3s "Preparing for Practice". There is an excellent Library at Hillingdon which provides help on researching topics where needed. A variety of educational courses are run at Hillingdon Hospital and by Hillingdon CCG. We have good administrative support, which ensures smooth communication within the scheme and ensures good access to information about relevant courses and other training matters.

### **Testimonials**

"As a new GP trainee, I am very pleased with the choice I have made. I feel General practice is unique specialty which emphasises the patient centred approach. Through this in mind, I feel the programme directors have also given the trainees this same value as we learn to give our patients, which is a trainee centred approach. I feel we get a lot of attention and can influence our training and teaching we receive.

Having events such as away days allows the programme directors to connect with us as trainees. We are also given the opportunity to connect together as a group of trainees so that we can support each other through the struggles we face daily. I feel that by being given these opportunities to connect to our peers and programme directors, we will continue to be take pride in being a supportive speciality.”

*First Year Trainee*

## Programme Directors in Hillingdon

NAME	PRACTICE NAME	ADDRESS	EMAIL
Susan Thurlow	c/o The Cedar Brook Practice	11 Kingshill Close Hayes Middlesex UB4 8DD	<a href="mailto:s.thurlow@nhs.net">s.thurlow@nhs.net</a>
Peter Joseph	The Abbotsbury Practice	Eastcote Health Centre Abbotsbury Gardens Eastcote Middlesex HA5 1TG	<a href="mailto:peterjoseph@nhs.net">peterjoseph@nhs.net</a>
Asoka Wijayawikrama	Southcote Clinic	Southcote Rise Ruislip HA4 7LJ	<a href="mailto:a.wijayawickrama@nhs.net">a.wijayawickrama@nhs.net</a>

## GP Trainer Workshop Convenors in Hillingdon

NAME	PRACTICE NAME	ADDRESS	EMAIL
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### Scheme Administrator

Please direct any enquiries to Deborah Noel at [deborahnoel@nhs.net](mailto:deborahnoel@nhs.net)

**Website:** We're developing a website at this address: [hillingdonvts.com](http://hillingdonvts.com)  
Any comments to [Asoka@hillingdonvts.com](mailto:Asoka@hillingdonvts.com)