

# Iford

## Iford GP Vocational Training Programme

### King George Hospital

Barley Lane  
Iford  
Essex  
IG3 8YB

**Half Day Release:** Tuesday afternoon

**Administrator:** Jane Bearman

**Telephone Number:** 020 8970 8022

**Email Address:** [jane.bearman@nhs.net](mailto:jane.bearman@nhs.net)

### Description

The Iford VTS is a GP Training scheme based around King George Hospital, Iford and Queens Hospital, Romford which are part of Barking, Havering and Redbridge University Hospitals Trust. There are also placements within North East London Foundation Trust for Mental Health Services.

We have range of different posts within our rotations, our innovative posts include homeless psychiatry, public health, community Paediatrics, Palliative care, medical education and Chronic disease within the community. The GP training practices are in a diverse geographical area giving exposure to wide demographic and socioeconomic factors. This allows for diverse GP focused training which helps cover the MRCGP curriculum efficiently. All rotations include 24 months of GP experience in total coupled to innovative community experience.

We have around 60 GP Trainees on the VTS with a large number of trainees staying in the area to develop their specialty skills within local practices as part of schemes such as SPIN. Trainees are encouraged to represent the VTS at BMA, LMC and HEE GP training forums. The teaching programme is based on trainees educational needs to ensure relevance and GP curriculum mapping. Trainees are encouraged to develop teaching skills and be active participants on the scheme.

The scheme is delivered by three Programme directors, who are also GP trainers with a range of clinical, educational and leadership experience. We are keen to use these skills to ensure a broad understanding of General Practice in preparation for independent practice in a rapidly changing GP landscape.

The programme directors play a supportive role through the training years, providing pastoral support, career guidance and educational supervision throughout hospital posts. This continuity helps to develop a secure and successful training journey.

The scheme runs consultation and clinical simulation sessions as part of the VTS Programme which have been very popular using actors and experts. The training content is linked to the RCGP curriculum to ensure broad coverage of topics during the course of the scheme, as well as providing mandatory training such as Child Safeguarding and Basic Life Support.

We have an annual VTS residential which is one of the highlights of the training year, this is an excellent opportunity for team building and learning about areas such as

leadership, career planning, negotiation, organisational psychology as well development peer support structures.

The posts are quality controlled via exit questionnaires and regular feedback to ensure they fulfil the needs of a GP trainee. Our GP training practices are situated in the regions stretching from Buckhurst Hill to Redbridge, including practices in deprived area attracting TERS trainees. The skill, experience and enthusiasm of all our GP trainers is one of the scheme highlights and the foundation of our popularity and high pass rates.

In summary, Ilford VTS is an enjoyable training experience in a highly supportive peer group with diverse clinical and socioeconomic exposure. This enables trainees to develop the skills and resilience required to successfully qualify and flourish as a First5 GP.

## Programme Directors in Ilford

NAME	EMAIL
Sridhara Aravinda Guniyangodage	<a href="mailto:arv.guniyangodage@nhs.net">arv.guniyangodage@nhs.net</a>
Binit Ramnik Patel	<a href="mailto:binitpatel@nhs.net">binitpatel@nhs.net</a>
Huma Vohra	<a href="mailto:humavohra@nhs.net">humavohra@nhs.net</a>