

Waltham Forest NELFT VTS

GP Training Programme

Half Day Release: Tuesday

Administrator: to be confirmed

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Description of Scheme

Waltham Forest NELFT VTS has resulted from division of the existing large Whipps Cross VTS to make two schemes, Waltham Forest NELFT is the smaller scheme resulting from the division. This scheme will be run by two of the longest serving PDs from the original Whipps Cross GPVTS and the rotations have been designed in collaboration with North East London Foundation Trust (NELFT) who provide the community and mental health posts. The acute posts are based at Whipps Cross hospital. Being a smaller scheme of approximately 40 learners will allow some excellent and varied learning opportunities with the opportunity to make trips to venues that will enhance education and wellbeing of the learners.

Waltham Forest NELFT VTS covers vocational training primarily in the Waltham Forest area, but over recent years with some additional training practices in the Wanstead, South Woodford and Loughton.

Rotations are made of 6 month posts across three years. Each rotation will consist of 1 year in hospital medicine, and 2 years in GP and community posts.

Posts are designed to offer good experience and relevance to general practice.

- some of our posts are integrated community training posts (for example, the opportunity to work with homeless patients or child/adolescent mental health services). In these posts, part of the week is spent in general practice and part of the week in a community post.
- As a scheme we offer focused support for CCT and have experienced RCGP examiners and trainers that form part of our TPD team.
- The Scheme is enjoyable, friendly fun and flexible

Location

Jane Atkinson Centre
714 Forest Road
London
E17 3HP

The Jane Atkinson centre is a brand new, purpose built clinical and educational facility. Our location affords us access to many local amenities which make ideal

VTS half day release venues, such as the William Morris Gallery. There is good public transport access and excellent cycle access in the local area.

Posts

The Waltham Forest NELFT Scheme offers a choice of 3-year programmes constructed from the following posts, and placements in GP training practices:

- A&E
- Acute Medicine - with Diabetes, Rheumatology, Gastroenterology, Geriatric Medicine
- ENT
- Obs & Gynae
- Psychiatry - Adult, Geriatric, Community
- Paediatrics - acute, neonatal, community
- Child and Adolescent Mental Health
- Palliative Care
- Orthogeriatrics
- Homeless outreach

Educational Activities

This is an exciting but also challenging time in general practice, where change has happened rapidly following the COVID pandemic, in the way we work as doctors and how we provide high quality care to our patients. On our VTS we will support you in adapting to these changes and preparing you to work in the world beyond. There is a strong focus on pastoral care and learner wellbeing.

Half day release: The VTS group meets on a Tuesday afternoon, for 3, 12 week terms per year, at Medical Education Centre at the Jane Atkinson Centre 1-5pm.

All learners are required to attend, and this will be incorporated into your weekly work schedule.

The teaching afternoons are varied, offering the opportunity for trainees to have CCT focused training, involve themselves with role play, attend seminars and workshops, and lead teaching sessions themselves. Sessions will be varied and interactive, with an emphasis on small group work. Learners are involved with timetable planning.

There will be opportunities to explore the local area and we have previously organised trips into central London for a combination of learning and team building. Each year we organise a mandatory overnight residential which is both a social and educational highlight. Previous residential themes have included Poetry in Medicine, Ethics, Commissioning, wellbeing in fitness to practice, coaching and mentoring, medicine in cinema. As well as being educational, it is an opportunity for everyone on the scheme to get to know each other and develop supportive friendships.

In collaboration with NELFT, we are able to access additional resources such as Simulation training facilities, Quality Improvement team and research and development department.

We appreciate that completion of assessments can be stressful, and for those who are planning to do their RCGP exams, we offer focused additional training. We also offer QI, AKT and e portfolio support and have focused sessions dedicated to this.

The scheme strives to prepare its trainees for the world beyond VTS and topics will be included to help with this. In recent years, after CCT, there have been recruitment initiatives in collaboration with the local training hub who help with gaining salaried GP employment together with funding for a fellowship to develop an area of interest chosen by the newly qualified GP.

As part of our annual programme we include Adult and Child Safeguarding training and include a Child Health Surveillance Course.

We have an active trainee rep committee whom we meet with regularly. We pride ourselves in getting to know each trainee as an individual and forming positive working relationships.

Highlights

Waltham Forest is a culturally and demographically diverse borough comprising inner city areas such as Walthamstow, Leytonstone and suburban areas such as Chingford. It is an exciting place to work. Living in Waltham Forest offers everything you could want, excellent public transport and cycling links and thirty minutes to central London, on the doorstep of Westfield Stratford and Queen Elizabeth Olympic park and on the borders of Epping Forest. In recent years, it has seen the development of the trendy Walthamstow Village area and an influx of young professionals and families. Waltham Forest was the first ever borough of culture in 2019.

We have a large number of training practices, which stretch across a wide area. All of these offer effective team-working, good facilities and a supportive environment for each GP learner. They are diverse in style and each has developed their services to respond to the needs of the area they serve. Over the 3 year training Programme there is the opportunity to work in different practices and ST3 learners are able to select the most appropriate practice for their final ST3 year. For August 2021, we are incorporating some rotations as part of the targeted enhanced recruitment scheme. Waltham Forest NELFT VTS will have 3 such rotations. The GP posts within these rotations will be in areas of Waltham Forest that have been deemed to be deprived or under-doctored and all of these GP posts will be pre-allocated including ST3.

Out of Hours training is organised through Healthcare VTS and sessions are provided at the Whipps Cross Urgent Treatment Centre, local extended access Hub services and at the London Ambulance Service (LAS) 111 centre in Barking. Sessions are largely supervised by Waltham Forest GP trainers and educators.

Programme Directors in Waltham Forest NELFT

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