

# Waltham Forest Whipps Cross VTS

## GP Training Programme

**Half Day Release:** Tuesday afternoon

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## Description of Scheme

Waltham Forest Whipps GP 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 months 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

Medical Education Centre  
Whipps Cross University Hospital  
Whipps Cross Road  
Leytonstone  
E11 1NR

## Posts

The Waltham Forest Whipps 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**

**Half day release:** The VTS group meets on a Tuesday afternoon, for 3, 12-week terms per year, at Medical Education Centre at Whipps Cross Hospital from 1-5 pm. Attendance is mandatory 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 are interactive, with an emphasis on small group work where possible. We include trips out, and 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.

PDs are always available to facilitate and teach, and we are well supported by our Whipps Cross consultants, and other Health Care professionals.

Trainees are involved with timetable planning, which is learner centred. We often have a guest speaker facilitating an educational session on a topic decided at our termly timetable planning meetings.

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.

Whipps Cross University Hospital is part of Barts Health NHS Trust and is a Teaching Hospital of London University. Undergraduates from the Royal London and St Bartholomew's Medical school are assigned to Whipps Cross for part of their training and the hospital provides undergraduate and postgraduate education facilities for all healthcare professions.

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 Whipps 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 Whipps Cross

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