General Practice Training
on the Isle of Wight
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1.0 Training and working in the Trust

1.1 Isle of Wight GP Training Scheme

The Isle of Wight has its own Specialist Training Scheme for General Practice (IWGPSTS) and we are proud of what we are able to offer our Specialist Training Registrars.

We live and work on a lovely island which offers much in terms of geographical and demographical variation. Our training practices provide primary medical care facilities to urban/semi-rural/rural populations.

ST1/2 Posts on the Isle of Wight
Our Island hospital provides the specialties you would expect at a District General Hospital. Our training rotations include a selection of posts from the following specialities: A&E, O&G, psychiatry, paediatrics, medicine and palliative care. Additionally our GPSTRs gain some experience in, ENT, Ophthalmology, Palliative Care and Public Health during their 6 month training module in General Practice done during ST1 or ST2. These rotations will be mainly based in the hospital and community care services at the Isle of Wight NHS Trust.

Why the Isle of Wight training scheme is special
Our scheme is relatively small and, in our case, small is beautiful! We have a tight knit trainer group which meets regularly to discuss progress and develop/improve our training scheme. We all know each other pretty well and the Program Director along with the Trainer group usually organises one or two educational/social events during the year to help the whole scheme (Trainers and STRs) get to know each other. This helps to foster a mutually supportive ethos. General Practice and General Practice training can be a stressful business and we all need to help each other along at times.

On our training scheme, the GP Trainer detailed for your GPST3 year is your Educational Supervisor for the entire 3 years from day one. Your Educational Supervisor/Trainer will help you to settle into your training and give you advice on how to get the most out of each post you do. In addition, he/she will guide you through the e-portfolio and the various workplace based assessment tools you will use as you move through ST1, ST2 and ST3. This early association with your GP Trainer really helps to develop a strong relationship which is something that our STRs have told us over the years that they value very highly.

“in St. Mary’s Hospital I had a good opportunity to get involved in procedures on the ward that I may have not have had the opportunity to do in a larger teaching hospital. This included inserting drains, doing aspirations, and assisting with surgical operations. On at least two occasions I was able to travel on the coastguard helicopter with patients, which was a truly unique Island opportunity. This also made me feel important.”

(Ben Brown, GP Registrar)
The General Practitioner Rotation Plan
The General Practitioner Rotation Plan is set together with Hospital Attachments, as Accident & Emergency and Psychiatry, and General Practitioner Attachments. The Hospital Attachments will take place in the St. Mary’s Hospital, Newport. The General Practitioner Attachments will take place in several GP practices around the Isle of Wight.

For more information please have a look on the GP practices websites:

- **St. Helen’s (Cooney) Rotation**
  - [http://sthelensmedicalcentre.com/](http://sthelensmedicalcentre.com/)

- **St. Helen’s (Groves) Rotation**
  - [http://sthelensmedicalcentre.com/](http://sthelensmedicalcentre.com/)

- **Shanklin Rotation**
  - [http://www.shanklinmedicalcentre.nhs.uk/](http://www.shanklinmedicalcentre.nhs.uk/)

- **West Cowes Rotation**
  - [http://www.cowesmedicalcentre.co.uk/](http://www.cowesmedicalcentre.co.uk/)

- **Carisbrooke/Newport Rotation**
  - [http://www.carisbrookehealthcentre.co.uk/](http://www.carisbrookehealthcentre.co.uk/)

- **Niton Rotation**
  - [http://www.southwightmedicalpractice.co.uk/](http://www.southwightmedicalpractice.co.uk/)
Allocation of posts
Allocation of STRs to our rotations is done by the Isle of Wight Program Director based on selection centre scores, previous experience and the personal preferences of the individual STR. The beauty of our ‘small’ scheme is that we can often be more flexible than our mainland counterparts, in adapting rotations to meet our trainee’s needs.

Who’s currently training on the Isle of Wight
We have around 6 to 10 trainees in each year. Many of our ST3s choose to look for partnerships or salaried posts on the Island. In fact in recent years 60 – 70% of the GPs we have trained on the Island have remained here, which is one of the highest retention rates in the country. With around 100 GP posts on the Island, there are always plenty of vacancies arising and Island trainees are often the preferred candidates at interview. Newly appointed GPs on the Island regularly commend the good work life balance and safe environment to raise families apart from the friendly working environment as reasons for seeking a partnership after the training.
## The General Practitioner Rotation Plan

**August 2016**

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<tr>
<th>Date</th>
<th>Stage</th>
<th>Rotation Plan</th>
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<tr>
<td>August 2014 to February 2015</td>
<td>ST1</td>
<td>St. Helen's (Cooney) Rotation</td>
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<td>Psychiatry</td>
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<td>February 2015 to August 2015</td>
<td>ST1</td>
<td>St. Helen's (Groves) Rotation</td>
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<td>Obstetrics &amp; Gynaecology</td>
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<td>August 2015 to February 2016</td>
<td>ST2</td>
<td>Shanklin Rotation</td>
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<td>Psychiatry</td>
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<tr>
<td>February 2016 to August 2016</td>
<td>ST2</td>
<td>West Cowes Rotation</td>
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<td>Psychiatry</td>
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<tr>
<td>August 2016 to August 2017</td>
<td>ST3</td>
<td>Carisbrooke/ Newport Rotation</td>
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<td>Niton Rotation</td>
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### 1. St. Helen's (Cooney) Rotation
- Psychiatry

### 2. St. Helen's (Groves) Rotation
- Psychiatry
- Obstetrics & Gynaecology

### 3. Shanklin Rotation
- Psychiatry
- Obstetrics & Gynaecology

### 4. West Cowes Rotation
- Psychiatry
- Obstetrics & Gynaecology

### 5. Carisbrooke/ Newport Rotation
- Psychiatry
- Obstetrics & Gynaecology

### 6. Niton Rotation
- Psychiatry
- Obstetrics & Gynaecology
1.2 About the Trust

The Isle of Wight NHS Trust is the only integrated acute, community, mental health and ambulance health care provider in England. Established in April 2012 following the separation of the provider and commissioner functions within the Isle of Wight PCT, the Trust provides a full range of health services to an isolated offshore population of 140,500.

The Trust's vision is to provide “Quality Care for everyone, every time”.

In this term the Isle of Wight NHS Trust aims to:

- Being an excellent, trusted provider of care, central to the health and wellbeing of Island residents and visitors.
- Being recommended by the patients and their families to others.
- Provide the best integrated care in the country with services integrated with each other and with those of our partners.

Hospital Services

Based at the heart of the Island, with 246 beds and handling 22,685 admissions each year, St. Mary’s Hospital in Newport is our main base for delivering acute services for the Island’s population. Acute Care Services include among others Accident & Emergency, Emergency medicine and surgery, intensive care, comprehensive maternity, NICU and paediatric services with 1,338 births last year. Planned Care Services include chemotherapy and orthopaedics. We are proud to offer high quality care for our patients, 24 hours a day.

We are committed to providing continued training and development for our staff and are actively developing multi-disciplinary working.

“I am now training as a GP. Many of the practices still have a traditional family ethos, and this is one of the things that attracted me to remain here for my speciality training. I wanted to continue to build relationships with my patients in a relaxed and supportive environment. Working in an island setting has also enabled me to have great opportunities in being involved in leadership, and I have worked in the Mess Committee, and am currently the Isle of Wight GP Training Representative too.”

(Ben Brown, GP Registrar)
Community Care Services
Delivered in patient’s homes the Community Care services include district nursing, health visiting, community nursing teams, a primary dental care service and orthotics, as well as inpatient rehabilitation and community post-acute stroke wards.

“In training to be a GP, you are in one of the group trainings, have training days with other GP trainees and you get regularly educational supervision from your trainer. The standard of medicine and communication skills of General Practice is high on the Isle of Wight. We are also moving towards more collaborative working. Sharing ideas will put us in a strong position to bid for contracts in an increasingly competitive climate.”

(Judith Moore, Senior Partner and GP Trainer)

Mental Health Services
The Mental Health services provide inpatient & community based mental health care.

The portfolio also includes Specialist CAMHS, Tier 3 Drug and Alcohol Service, Early Intervention in Psychosis and Memory Service and intensive outreach service for residential and nursing care homes.

Ambulance Service
The Island’s ambulance service delivers all emergency and non-emergency ambulance transport including the Jumbulance for the Island’s population. The service operates from a single base across the Island and is also responsible for transporting patients to mainland hospitals when required.

The Education Centre
The Education Centre is the hub for Medical and Dental Education training at St Mary’s Hospital on the Isle of Wight. It promotes the exchange of ideas and perceptions between different professional staff providing health care throughout the Island, and provides continuing professional development to all healthcare professionals.

The medical education team headed by a DME and a medical education manager is more than happy to support GP trainees and provide a link between the hospital and the GP training scheme.

For more information please visit the Education Centre Website:

Edward Jenner programme
The Isle of Wight NHS Trust supports leadership development to give their staff members the chance to feel more able to deal with the daily challenges of working in healthcare, more equipped to care for patients and lead services.

For more information:
www.leadershipacademy.nhs.uk/grow/professional-leadership-programmes/edward-jenner-programme/
1.3 St. Mary’s as a place to live and work

St Mary’s Hospital is located just outside the main town of Newport. Regular buses run into Newport or Cowes where there are supermarkets, high street stores, boutiques, bars, restaurants and coffee shops.

For more information about the Isle of Wight, the travelling and the local news please visit:

http://www.visithotelofwight.co.uk/
http://www.wightlink.co.uk/
http://www.redfunnel.co.uk/
http://www.islandbuses.info/
http://www.iwcp.co.uk/
http://www.iwight.com/

The Accommodation

On the St Mary’s Hospital site there are 100 single en-suite units. All accommodation is fully furnished including bedding. Kitchens are equipped with basic items.

Alternatively you can have a look in the local press or on Rightmove:

http://www.rightmove.co.uk/

Please have a look on the following website for more information:

http://www.spectrumhousing.co.uk/home/homes/student__keyworker_homes/isle_of_wight.aspx
2.0 Living on the Isle of Wight

The Isle of Wight is located in the English Channel, on average about 3 to 5 miles off the Coast of Hampshire. The closest cities on the mainland are Southampton and Portsmouth.

The Isle of Wight offers an excellent environment to work and live with attractive coastal resorts, varied countryside and many areas of outstanding natural beauty.

Living here, you are never far away from the opportunity to enjoy the many recreational opportunities the Island offers, including more than 1,000 local, national and international events every year. For sailors, there couldn’t be anywhere better, with 92 kilometres of coastline and plenty of sailing clubs and marinas. That’s not forgetting the yachting world’s premier event, Cowes Week, which annually attracts more than 8,000 competitors and 100,000 spectators. Then there’s the Isle of Wight Music Festival, the Island’s cycling festival in September, involving hundreds of thousands of visitors and local residents.

Each of the Island’s major towns Ryde, East and West Cowes, Sandown, Shanklin, Ventnor, Bembridge, and Newport has its own very distinctive character and community life.

“There is a lot of stuff going on all year around. There are many festivals in the summer, and the restaurants are great and affordable. There are also opportunities to get involved in sailing, and in my first year I would even go sailing with my consultant during the week. We would work as a team to complete all the necessary day duties so that we could enjoy this time together.”

(Ben Brown, GP Registrar)

“Away from work, part of the attractions of the Island are it’s top rated beaches, well-known best in UK for festivals, great pub foods and plenty more of activities to keep me and family occupied throughout the year.”

(Cheng Tan, GP ST 1)

(www.isleofwightguru.co.uk, www.hampshire-life.co.uk)
The countryside is something else again, with more than 500 miles of footpaths and 30 miles of Heritage Coastline, so walkers will never be bored, however long they live here.

If you are looking for a home in a bustling town, with everything on your doorstep, then you have plenty of choice. Lovers of village life will find they will enjoy discovering the many small communities the Island boasts.

And the Island is not as far away as you may think! It only takes 10 minutes to get to Portsmouth on the Hovercraft and only 23 minutes from Cowes to Southampton. The car ferries take between 30 minutes and 1 hour depending on the route travelled.

“Living on the Isle of Wight is a pleasure, if you like the outdoor life yet within 2 hours door to door to enjoy the culture of London. The Island has an excellent Jazz club, famous music festivals, symphony orchestra, various good choirs as well as atmospheric pubs with a variety of live music from Irish bands, folk music to blues. The Island has cycling groups to suit mountain, touring as well as racing. There are a number of sailing clubs, many beaches if you prefer to surf or kayak. Not to mention walking, horse riding and tennis. So many ways to manage the day to day stresses of work and keep healthy.”

(Judith Moore, Senior Partner and GP Trainer)

Why YOU should join us!

✓ Working at the only integrated acute, community, mental health and ambulance health care provider in England!

✓ Be part of a friendly close knit medical community!

✓ Working in a smaller trainee numbers mean we can often alter rotations to meet individual needs!

✓ Enjoy the pleasures of Island seaside and rural life!

✓ Excellent opportunities to live and work on the Isle of Wight after your training

✓ Safe and fun place to bring up children!

Please get in touch with us to provide you with more information and to clarify your initial questions!
GP-Training on the Isle of Wight

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We are looking forward to helping you!