

North Yorkshire
East Coast

foundation school

Working with NHS Trusts across North and East Yorkshire and Northern Lincolnshire

**A guide to
Foundation
Training in the
North Yorkshire
East Coast
Foundation
School**

welcome

We've designed this guide for Medical Students (and other potential applicants) who are looking for a Foundation Training programme. This guide gives you some general information, explains the application process and why we believe you should apply to train in our Foundation School. We've got information on each of our Trusts and the unique training each of them has to offer as well as a section on our successful Academic Foundation Programmes.

But it doesn't end there! This area also affords excellent clinical, academic and scholarly training opportunities beyond the Foundation Programme and we've included this too. And finally, a pdf version of this guide and all the links relevant to within the text can be accessed from www.nyecpgme.org.uk/guide.

We hope you find the guide useful and look forward to welcoming you into the NYEC Foundation School in the future.

Colin Melville, Foundation School Director
Joanne Clemenson, Foundation School Manager

Two of our four Trusts, Hull and York, are in the CHKS top 40 hospitals 2009.

The Hull York Medical School (HYMS) is already consistently appearing in the top five ranked UK Medical Schools and has established a high national reputation, even though it is still one of the newest medical schools in the country.

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Photo acknowledgements

Front Cover – Humber Bridge, Page 12 – Hull marina and Page 13 – Garbutts Café Bar, with thanks to Karen Narey, Hull Forward – www.hull.co.uk

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James Green, reproduced with the kind permission of North East Lincolnshire Council©

Page 12 – The Deep Submarium, Hull
Chris Gay – chris.gay@hey.nhs.uk

Page 14 – San Pietro Restaurant,
Scunthorpe – www.sanpietro.uk.com

Page 15 – York City Walls
Rob McDermott
www.flickr.com/funnyunc

With thanks also to Emma Edmunds, HYMS

Foundation Training

general information

What is Foundation Training?

Foundation Training is a 2 year programme designed to act as a bridge between medical school and specialty training. It creates the opportunity to gain experience working in a number of different specialties and was introduced in 2005 to replace the Pre-Registration House Officer (PRHO) year. The training is supported by a curriculum which describes the domains and progress required to satisfactorily complete each stage.

The first year (F1) is required for all UK graduates and others as determined by the General Medical Council (GMC). Successful completion also results in progression from provisional to full registration. In the second year there is a focus on consolidating and developing F1 competencies but with a greater emphasis on training in the assessment and management of the acutely ill patient irrespective of the clinical setting.

How do I apply?

The UK Foundation Programme Office (UKFPO) organise and run the national application system. Application is via the UKFPO's website www.foundationprogramme.nhs.uk. It is also a valuable source of information for all things Foundation, including a medical student forum.

Important notes about the application process:

- Enrolment and application take place in the Autumn preceding the August start.
- Full details of the process are available on the UKFPO website from June with an *Applicant's Handbook* available at the beginning of the enrolment period.
- Non-UK graduates or any graduate who has been out of practice for 2 years must apply via the UKFPO Eligibility Office in the preceding July/August.
- Applicants have the option to link their application with a partner/friend to ensure they are placed in the same FS, based on the lowest scoring applicant.
- Applicants who meet the criteria for Special Circumstances may apply for pre-allocation to a specific FS via their MS or the UKFPO Eligibility Office.

How am I allocated to a programme?

Each Foundation School has their own local process. Currently, all applicants are asked to rank programmes in

order of preference. Some Foundation Schools (including NYECFS) hold interviews to determine programme allocation. Other Schools allocate jobs based on the application scores alone. Applicants need to check individual school websites for exact details (all of which are listed on the UKFPO website).

How much will I get paid?

The basic salary for an F1 doctor is £22,190 (April 2009). In addition to this, posts may carry a banding supplement. So, basic salary plus a 1B banding is approx £31,066. For further information see: www.nhsememployers.org.

How much leave do I get?

Annual leave works out at 9 days per 4 month post (plus bank holidays) but is organised locally within Trusts/ departments – in some cases it is planned into the rota, in others there is flexibility. In F1, GMC requirements mean that if you miss more than 4 weeks over and above your statutory leave (annual leave and approved study leave) you may fail to obtain full registration and F1 sign off.

Less Than Full Time (LTFT) Training

Applicants with children, primary caring responsibilities or health issues may wish to undertake their Foundation Training LTFT. Working LTFT means working 50% of the hours of a full-time (f/t) trainee. Applicants must be appointed to a f/t programme before they are able to apply. Deaneries may approve trainees either as supernumerary or as a 'slot share'. For more information on LTFT training in the Y&H Deanery see www.yorksandhumberdeanery.nhs.uk.

Time Out of Foundation Programme (TOFP)

Trainees wishing to take a year out of their training between F1 and F2 may apply for TOFP, subject to approval by the FS. NYECFS is happy to support applications subject to demand.

F2 Abroad

The Foundation Programme enables trainees to undertake their F2 abroad, subject to approval by the FS. Responsibility lies with the trainee to organise a suitable placement and ensure that they will achieve the same F2 competencies as set out in the Curriculum. NYECFS is happy to support F2 abroad applications subject to demand.

Why choose

the NYEC Foundation School?

Who are we?

The NYEC Foundation School is one of three Foundation Schools within the Yorkshire and the Humber (Y&tH) Deanery, the others being South Yorkshire (SYFS) and West Yorkshire (WYFS). Our hospitals include Scarborough, Grimsby, Scunthorpe, Hull and York with a total of 175 F1 programmes across the School. Our office is in Willerby (just outside of Hull) and the senior team consists of Dr Colin Melville, Director and Joanne Clemenson, Manager.

We have strong links with the Hull York Medical School (HYMS). Established just six years ago, HYMS is already consistently appearing in the top five ranked UK medical schools. With its modern, Problem-Based Learning (PBL) curriculum, HYMS has established a high national reputation. The first cohort of HYMS graduates started their Foundation Training in August 2008 and are already making a positive impact.

Our Foundation Training area

Our Foundation Training area provides trainees with exposure to a varied population presenting with a wide range of acute and chronic medical conditions, largely due to its geographical diversity. With large inhabited areas such as the major cities of Hull and York, the towns of Scarborough, Scunthorpe and Grimsby to the more remote areas of North Yorkshire and Lincolnshire, this all adds up to a unique training experience.

Encompassing the principles of Foundation Training, all trainees will be based at a different hospital for each year – one year in a District General Hospital (DGH) and the other in a Teaching hospital. Our DGH's are Scarborough, Scunthorpe and Grimsby, Hull is our main Teaching hospital and York qualifies as both DGH and Teaching hospital, so it is possible for a small number of trainees to do F1 in York and F2 in Hull (and vice versa). See pages 10 to 15 for information on what each of our Trusts has to offer.

Allocation to Programme

From 2010, Yorkshire and the Humber (Y&tH) will be a single Unit of Application. This means when applying for Foundation Programmes in NYECFS, SYFS or WYFS applicants will select Y&tH as their first choice. Once allocated to Y&tH, applicants will be asked to rank programmes from any of the three FSs. After programme

matching, this will determine the FS allocation for the full two year programme.

The three Y&tH FSs hold interviews in January/ February and these take the form of an assessment centre. Every effort will be made to accommodate those on elective during this period. Candidates rotate around scenario based stations in order to assess the competencies required by the GMC as found in *Tomorrow's Doctors* www.nyecpgme.org.uk/tomorrowsdoctors. For more information regarding our interview process see: www.nyecpgme.org.uk/f1interviews. In 2009, 72% of applicants were matched to one of their top ten F1 programmes

Linked Applications

For applicants who link their application via the national system we will honour the link when matching to programme.

F2 Matching

Our F2 matching process opens in December shortly after trainees start their second F1 placement with results available in January. Up to 60% of trainees are undecided as to their chosen specialty and the opportunity to choose their F2 post once F1 is underway is welcomed. This still allows plenty of time for planning things for August. We run a collaborative matching process with no interviews or application forms – applicants are simply asked to select their top 5 programmes with some 'rules':

- Trainees are not able to repeat specialties undertaken at F1 or remain in the same Trust.
- Trainees based in a DGH for F1 will be guaranteed Hull or York for F2.
- Trainees based in York or Hull for F1 will be allocated to one of the other Trusts for F2, with priority for Hull and York going to those who have done F1 in Scarborough, Scunthorpe or Grimsby.

Each of our Trusts offer either relocation or removal expenses.

Banding and Rotas

Currently the majority of F1 programmes in the NYECFS carry a banding supplement of 1B (40%) or above. Only 7 posts across Scunthorpe and Grimsby are unbanding with no programme unbanding for more than four months. Whilst the extra money is great, we believe this also enhances the

learning experience and educational opportunities for our trainees. The majority of our F2 posts are also banded (except for General Practice, which is common throughout the UK). The Medical Staffing contacts for each of our hospitals can give more specific details about banding/rotas.

Professional Development Programme (PDP)

We offer 5 protected PDP days in F1 and 6 protected PDP days in F2, which compliment the workplace based teaching and create opportunities for sharing clinical and learning experiences with trainees in other Trusts.

The PDP is delivered by expert Tutors from our Trusts, the Deanery, HYMS and many external specialists.

All trainees attend PDP sessions on all sites. The majority of our Trusts are 1 hour apart. This is an excellent way of networking and finding out about the other sites when considering F2 programmes. Feedback about the PDP from previous trainees is extremely positive.

In NYECFS, the first F2 PDP day is directed at career management in preparation for the Specialty Training recruitment round in January.

The PDP taught in the NYECFS is proving to be a very valuable asset in the difficulties we face as specialist trainees.

Chris Parokkaran, NYEC Trainee 06/08

Study Leave

The F1 study leave allowance is used to fund the PDP. In addition to the PDP, each of our Trusts hold a weekly bleep free lunchtime teaching programme.

For F2s the study leave budget is used to fund the PDP and an ALS course. Time is also allowed, and encouraged, for Taster Days which can be organised via the Trust Foundation Administrator.

Support during training

Support is available in each Trust from the Director of Medical Education (DME), the Medical Education Manager and Foundation Training Administrator who are all based in the Postgraduate Medical Education (PGME) Centre.

All trainees have a Supervisor for each 4 month post. They also have a named Supervisor and Foundation Training



Programme Director (FTPD) who will support and oversee their progress during the year.

The Foundation School Director and Manager can also be contacted direct.

Each Trust has an Occupational Health department who are there to support all staff. Access to an independent counselling service is available in some Trusts. The Y&th Deanery also offer a 'Take Time' counselling service.

Careers Management during training

Careers support can be accessed via the Y&th Deanery. There is an Associate Postgraduate Dean with specific responsibility for Careers based at the Y&th Locality Office in Willerby.

Sci 59 (an e-learning career planning tool) is available in all Trust Medical Libraries. There are Royal College Tutors in each Trust who can provide specialty specific careers advice.

A website has been developed by the DoH specifically for Medical Students and Foundation Trainees to offer Careers information and guidance: www.medicalcareers.nhs.uk.

Windmills Career Management Sessions

We also offer Windmills Careers Sessions to F2 trainees which are designed to help with CV writing skills and interview preparation. The sessions allow trainees to consider their career options and help maximise their time during F2.

Windmills is very useful and helps focus thinking about Specialty Training applications – highly recommended

Windmills Delegate 08/09

Academic Foundation Programmes

Academic Foundation Programmes (AFPs)

An AFP provides foundation doctors with the opportunity to develop research, teaching and leadership/management skills in addition to the current basic Foundation competencies. They are intended to be beneficial to both trainees who plan to go into academic medicine as well as those who choose a different medical career.

There is a national AFP recruitment window between May and September prior to the national process opening in October. However, each FS has its own application process and timeline during this window. Recruitment timelines for all UK FSs can be found on the UKFPO website from May. Applicants who apply for an AFP but are not successful are still eligible to apply via the national process for a 'standard' FP. However, if an applicant accepts an AFP they will not be entered into the national process. The UKFPO have produced 'A Rough Guide to the Academic FP' which is available to download from their website or from your MS/local FS.

Academic Foundation Programmes in NYECFS

We currently offer 3 different Academic Programmes (9 posts) all linked with the University of York's Health Sciences department who have particular strengths in molecular medicine, cancer research and evidence-based health care. We are also seeking to establish a new Medical Education Academic Programme in conjunction with HYMS.

All Academic trainees are based at York Hospital for F1. This gives plenty of opportunity to prepare for the Academic

F2 post and meet current trainees and Supervisors in the form of an Academic journal club. The F2 year contains a dedicated 4 month Academic post based at York University. The Academic F2 will work with the team to deliver their current research programme but is also encouraged to take responsibility for a specific output of their own. The intended goals are a publication and presentations. Each Academic F2 will attend the Introduction to Research Methodology course at York University and sit the exam. The Academic year culminates in a Deanery wide Academic Presentation day. Our current Academic trainees can be contacted via details on the back page.

Banding

The Academic 4-month post attracts a banding supplement (currently 1B) so Academic F2s will do 4 long daytime weekends at their base hospital. This provides an excellent way to maintain clinical skills. Excess mileage is also paid between the base hospital and York University.

Even if you are not definite about wanting to be an academic, this is a great year as it sets you apart from other foundation trainees, makes a publication likely, allows you to get some teaching experience and introduces you to some quite influential people

Lindsay Banham – Leeds graduate, NYEC Trainee 06/08

Our Academic Foundation Programmes

F1	F2	Base	Supervisor
General Medicine General Surgery Accident and Emergency	Academic (Mental Health) GP TBC	York University TBC, Scarborough Scarborough Hospital	Professor Simon Gilbody
General Medicine General Surgery Accident and Emergency	Academic (Primary Care) GP Respiratory Medicine	York University TBC, Hull Castle Hill Hospital, Hull	Professor Ian Watt
General Medicine General Surgery Critical Care/Anaesthetics	Academic (HIV/GUM) HIV/GUM Accident and Emergency	York University The Conifers/CHH, Hull Hull Royal Infirmary	Professor Charles Lacey

Beyond

Foundation Training

Specialty Training in our area

As with Foundation Schools, Specialty Schools oversee the training for the various specialties. Specialist Training programmes are offered in our area in almost all specialties.

Further information: www.nyecpgme.org.uk/st

Academic Specialty Training programmes

Academic Clinical Fellowships are designed for doctors who have the potential to be an outstanding researcher and/or educationalist. Four posts (at ST1 level) were created in our area in 2009 in oncology and chest medicine. It is anticipated that further opportunities will be available in future years.

Further information: www.nyecpgme.org.uk/acf

Postgraduate scholarly opportunities

York University is internationally recognised as leading in research within health sciences, biology, and psychology. Meanwhile the University of Hull's Postgraduate Medical Institute has strong research expertise in the clinical research arena including cardiovascular and respiratory medicine, gastrointestinal and cancer surgery and oncology. Together, the two universities give HYMS an enviable academic base.

Building on its success as an undergraduate institution, HYMS is co-ordinating the postgraduate school offering an increasing number of taught and research based postgraduate degrees as well as a number of short courses.

Further information: www.nyecpgme.org.uk/pg

The University of York's Health Sciences department was ranked joint 'top University for Health Services Research' in the 2008 Research Assessment Exercise.



Postgraduate degrees

A 1 year part-time postgraduate Certificate in Medical Education is already available from September 2009. It is anticipated that this will be extended to Diploma and Masters level. Other courses currently covering topics in surgery will add to the clinically based degrees portfolio.

Opportunities to study for Masters or Doctorate degrees by research are being developed in subjects including anatomy, cancer, cardiovascular, respiratory and rehabilitation studies.

Further information: www.nyecpgme.org.uk/degrees

Postgraduate short courses

There are already short course available in anatomical and surgical subjects as well as leadership and professional development. At this time, HYMS is the only organisation outside the Royal College of Surgeons to offer postgraduate anatomy courses. Expect the number and range of opportunities to grow.

Further information: www.nyecpgme.org.uk/courses

Map of the

NYEC Foundation School area

York

This inset map of York shows the following locations and roads:

- Bootham Park Hospital** (blue pin)
- York Hospital** (blue pin)
- York Minster** (blue dot)
- Town centre** (blue dot)
- York station** (red train icon)
- Roads: A19, WIGGINTON RD, A1036

Scunthorpe

This inset map of Scunthorpe shows the following locations and roads:

- Scunthorpe Hospital** (blue pin)
- Town centre** (blue dot)
- Scunthorpe station** (red train icon)
- CLIFF GARDENS** (blue pin)
- Roads: ASHBY RD, A1029, CHURCH LANE, A18, A159

Grimsby

This inset map of Grimsby shows the following locations and roads:

- Diana, Princess of Wales Hospital** (blue pin)
- Freshney Place Shopping Centre** (blue pin)
- Grimsby Town station** (red train icon)
- Grimsby Docks station** (red train icon)
- Roads: A180, A1136, SCARTHOLD RD, A46, A16



NORTH SEA

Scarborough

Scarborough Hospital

Town centre

Scarborough station

WOODLANDS DR

A171

A165

A170

A64

Hull

Castle Hill Hospital

Y&H Locality Office

The Village

Hull Royal Infirmary

Town centre

Hull Paragon station

ANLABY ROAD

A164

A1033

A1079

A165

A63

Please note maps are not to scale

Foundation Training in Grimsby and North East Lincolnshire

Grimsby is a former major fishing port, tucked away on the Lincolnshire Coast with all the amenities you would expect. The award winning blue flag beach of Cleethorpes is just a stone's throw away with several seafront restaurants in which to sample the locally caught fish. Ideally situated for Humber International Airport for connections to Europe, just a 40 minute drive will take you over the glorious Humber Bridge to Hull and beyond.

Grimsby Hospital is part of the NLAG Trust which became a Foundation Trust in 2007, with brand new units for Stroke, Family Services, Day Surgery, Cardiology and Breast Care together with a new purpose built Orthopaedic Clinic. The Trust is an integral part of HYMS. The Consultant staff provide undergraduate teaching to both HYMS and Sheffield medical students, a role which extends into the Postgraduate teaching of Foundation trainees and beyond.



Abbie Breen HYMS graduate. NYEC F1 08/09

'Grimsby is a small hospital so the Consultants and Registrars have more time and opportunity to teach you. I have managed to aspirate many joints, perform pleural and ascetic taps and learn many more skills which are harder to pick up when there are loads of F1s around to compete.

There is plenty of accommodation nearby – approx half of F1s live on site and half rent privately. We have a mess president that keeps us in supply of tea and toast. There are

good local pubs near to the hospital, we always have a Thursday night out with the other doctors and there are lots of other young professionals (eg OTs, Physios) keen to make new friends. There is a good cinema, bowling alley and, of course, the seaside. It may be a small place but it has been great fun – the shopping isn't too bad either! Grimsby may not sound glamorous but I can say we've had a blast so far.'

Key facts

North Lincolnshire and Goole Hospitals (NLAG) NHS Foundation Trust

Diana, Princess of Wales (DPOW) Hospital, Scartho Road, Grimsby, DN33 2BA

Tel: 01472 874111
www.nlg.nhs.uk

www.nyecpgme.org.uk/grimsby
Train station approx 20 minutes walk.
www.enjoycleethorpes.com

Associated Trusts:
North East Lincolnshire Care Trust Plus

FTPD: Dr Asif Naqvi

Medical Education Manager:
Lynn Young

Foundation Administrator/Shadowing:

Mandy Douglas
mandy.douglas@nlg.nhs.uk

Medical Staffing:

Lynn Renardson-Oliver
lynn.renardson-oliver@nlg.nhs.uk

Childcare Facilities:

On-site crèche/nursery. Busy Bee's childcare voucher scheme for subsidised childcare at local nurseries
www.busybeesvouchers.com/

F1 posts August 2010: 24

F2 posts August 2010: 21

Specialties offered at F1:

All based at DPOW Hospital.
■ A&E ■ cardiology ■ elderly medicine

■ endocrinology ■ ENT
■ gastroenterology ■ general surgery
■ obs & gynae ■ orthopaedics
■ paediatrics ■ respiratory medicine
■ rheumatology

Hospital Accommodation:

Part furnished, 4 roomed flats shared by 2 trainees with shared kitchen and bathroom. Linen provided and a weekly cleaning service, common room, dial up internet access, parking available with permit. Starts at £355 per month.

Approx cost of private rental 2 bed flat £420, 2 bed house – £450 per month

Hospital Accommodation Officer:

Mary Grice – mary.grice@nlg.nhs.uk

Foundation Training in Scunthorpe and North Lincolnshire

Key facts

North Lincolnshire and Goole Hospitals
(NLAG) NHS Foundation Trust

Scunthorpe General Hospital
Cliff Gardens, Scunthorpe, DN15 7BH

Tel: 01724 282282

www.nlg.nhs.uk

www.nyecpgme.org.uk/scunthorpe

Train station approx 5 minutes walk.

www.visitnorthlincolnshire.com

FTPD: Mr Laurence Coombs

Foundation Administrator/Shadowing:
Shabana Farooq
shabana.farooq@nlg.nhs.uk

Medical Staffing: Laura Anderson
laura.anderson@nlg.nhs.uk

Childcare Facilities:

Subsidised nursery available close to the hospital. Busy Bee's childcare voucher scheme for subsidised childcare at other local nurseries – www.busybeesvouchers.com

Associated Trusts:

NHS North Lincolnshire, Rotherham, Doncaster and South Humber Mental Health NHS Foundation Trust

F1 posts August 2010: 24

F2 posts August 2010: 19

Specialties offered at F1:

All based at Scunthorpe General Hospital.

■ A&E ■ acute admissions ■ cardiology
■ elderly medicine ■ endocrinology

■ gastroenterology ■ general surgery
■ obs & gynae ■ ophthalmology
■ orthopaedics ■ paediatrics
■ respiratory medicine ■ urology

Hospital Accommodation:

1 or 2 bed flats and family accommodation available. Starts at £500 per month (inc bills) – £560 for family accommodation.

Approx cost of private rental 2 bed flat £420, 2 bed House – £450 per month

Hospital Accommodation Officer:

Anita Law – Anita.Law@rne.org.uk

Scunthorpe may be most famous for its steelworks, but it has much more to offer. Currently the subject of a £11.5 million investment, developments include a Sports Academy, a Knowledge Campus and conservation projects such as 'Lincolnshire Lakes' which is aiming to transform the approach to Scunthorpe, creating new places for living, working and leisure. New facilities such as the 20–21 Visual Arts Centre, two shopping centres, The Parishes and The Foundry, together with a speciality shopping area known as 'The Streets' are revitalising the town centre. Scunthorpe also boasts many top quality restaurants such as San Pietro and Winteringham Fields.

Scunthorpe is close to both Robin Hood and Humberside International Airports. Doncaster is 30 miles away, making London just 1¾ hours direct by train. There are also excellent motorway links to Sheffield and Leeds.

The Hospital is part of the NLAG Trust offering a range of services including coronary angiography, a Government Charter Marked Pregnancy Assessment unit and a new purpose built Dermatology Unit. The Trust is an integral part of HYMS and Scunthorpe's Consultant staff provide undergraduate teaching to both HYMS and Sheffield medical students, a role which extends into the Postgraduate teaching of Foundation trainees and beyond.



Helen Leason HYMS graduate F1 trainee 08/09

'There are so many good things about Scunthorpe. . . the rotations are clear so you know what type of medicine/surgery you are going to be doing before you get there.

The staff are all friendly and the PGME department are very supportive and helpful with portfolios. The size of the hospital gives it a real community feel and you are not working there long before you know every other doctor. In Scunthorpe itself, there are lots of good places to eat, some nice bars and a night club. There's also a good cinema.'



Foundation Training in Hull and East Yorkshire

Recently named as one of the UK's top 40 hospitals by CHKS, Hull and East Yorkshire Hospitals is the acute Trust based on two sites, Hull Royal Infirmary in the city centre and Castle Hill Hospital 5 miles away in open countryside. The Trust has approx 1,400 beds creating a large, busy teaching environment offering a range of specialties. The Hull and East Yorkshire area has high rates of adult obesity, heart disease, stroke, cancer and teenage pregnancy which provide trainees with a wide variety of teaching experiences and has led to huge investment and development of specialist facilities. On the CHH site this includes the recently opened Queen's Centre for Oncology and Haematology, a state-of-the-art cardiac and surgical unit and the Daisy Building, a research and teaching facility built in partnership with HYMS and the University of Hull's Postgraduate Medical Institute (PGMI). The Strategic Health Authority (SHA) has recently commissioned a multi-professional Clinical Skills building on the HRI site. Many departments have high profile research programmes and are integrally involved with both HYMS and the University of Hull. The Trust is a major part of the HYMS teaching Faculty, a role which extends into the Postgraduate teaching of Foundation trainees and beyond.

Hull is an up and coming city undergoing massive redevelopment. With multi-million pound investment, lots of new housing is springing up in the city centre as well as on the marina together with other popular areas such as



the Avenues. House prices are significantly less than the national average.

The St Stephen's regeneration project is far advanced and has provided Hull with a state of the art transport interchange integrating rail and bus services, a new shopping centre, cinema and new home for the acclaimed Hull Truck Theatre which is under the creative direction of the world renowned playwright, John Godber.

Hull boasts two Superleague Teams, Hull KR and Hull FC who alongside Premiership football team, Hull City, play at the magnificent KC Stadium.

Beverley, named the 'best place to live in the UK' by the Royal Bank of Scotland is just 20 minutes away.

For a great night out, try Hull's old town or Princes Avenue for pavement cafes, bars and restaurants providing a cosmopolitan atmosphere day and night, both less than a mile away from the Hospital.

London is just 2½ hours direct by train. The continent is also easily accessible with daily P&O ferries to Holland and Belgium.

I received excellent teaching and compared to my friends in London, one of the best rotations for foundation years.

Jacob Wright, Bart's graduate, NYEC Trainee 06/08



Key facts

Hull and East Yorkshire Hospitals NHS Trust

Hull Royal Infirmary (HRI)

Anlaby Road, Hull, HU3 2JZ

Castle Hill Hospital (CHH)

Castle Road, Cottingham, HU16 5JQ

Tel: 01482 875875

www.hey.nhs.uk

www.nyecpgme.org.uk/hull

Train station approx 10 minutes walk from HRI.

www.hull.co.uk

www.realyorkshire.co.uk

Associated Trusts:

■ Humber Mental Health Teaching NHS Trust

■ NHS East Riding of Yorkshire ■ NHS Hull

FTPDS:

■ Mr Bankole Akomolafe ■ Dr Makani Purva

Medical Education Manager: Janet Dobbs

Foundation Administrator/Shadowing:

Nikki Thurling – nikki.thurling@hey.nhs.uk

Medical Staffing:

Tracy Fitzgerald – tracy.fitzgerald@hey.nhs.uk

Childcare Facilities:

Busy Bee's childcare voucher scheme for subsidised childcare at local nurseries – www.busybeesvouchers.com

F1 posts August 2010: 70

F2 posts August 2010: 76

Specialties offered at F1:

All based at HRI or CHH except for Psychiatry which is based in Community Units around Hull. All trainees will do a minimum of 4 months at CHH and 4 months at HRI (free bus between sites).

■ acute surgery ■ cardiology ■ critical care/anaesthetics
■ dermatology ■ elderly medicine ■ endocrinology ■ ENT
■ gastroenterology ■ general surgery ■ haematology
■ infectious diseases ■ oncology ■ paediatrics ■ psychiatry
■ renal ■ respiratory medicine ■ rheumatology ■ neurology
■ ophthalmology ■ urology.

Hospital Accommodation:

Available on site at HRI or CHH or at 'The Village' 3 miles from both HRI and CHH. Approx cost £265 (4 sharing) £340 (2 sharing) per month. Dial up internet, free parking available.

Approx cost of private rental 2 bed flat, £550, 2 bed house, £442 per month

Hospital Accommodation Officer:

Damian Haire – damian.haire@hey.nhs.uk



Tai Ibrahim Peninsula Graduate NYEC F1 08/09

'The admin staff are wonderful and try their best to help you fit in which is especially important as I was an out of deanery graduate. Some of the hospital accommodation isn't that great but the bonus is that it enables all the F1s to be together and it is 1 minute away from work so those extra sleeping minutes are welcome!

Hull is what you make of it. Princes Avenue is very nice with trendy bars and many nice places to eat. We're also near the coast and York which is ideal for a day out – I have made many friends here and this has certainly been an experience for me.'



Jacob Wright Bart's graduate NYEC Trainee 06/08

'I qualified from a London University and was sent to Hull by the MTAS system. I didn't want to come initially but I was surprised to find a very well-equipped teaching hospital. It was a blessing in disguise really, because I received excellent teaching and compared to my friends in London, one of the best rotations for foundation years. I've been supported by every Educational Supervisor, with fantastic advice on career advancement – from courses to lecturing opportunities. Despite my disappointment with being sent away from my old university I've been exposed to diseases and situations that have helped my career and wouldn't be available in other hospitals, especially compared to the highly competitive universities in London.'



Foundation Training in Scarborough and North Yorkshire

Key facts

Scarborough and North East Yorkshire Healthcare NHS Trust

Scarborough General Hospital
Woodlands Drive, Scarborough, YO12 6QL

Tel: 01723 368111

www.scarborough.nhs.uk

www.nyecpgme.org.uk/scarborough

Train station approx 20 minutes walk.

www.visitscarborough.co.uk

Associated Trusts:

NHS North Yorkshire and York

FTPD: Dr Sathish Babu

Medical Education Manager:

Marilyn Dixon

Foundation Administrator/Shadowing:

Liz Jones – liz.jones@acute.sney.nhs.uk

Medical Staffing: Georgina Michulitis
georgina.michulitis@acute.sney.nhs.uk

Childcare Facilities:

Leapfrog childcare voucher scheme for subsidised childcare at local nurseries
www.leapfrogdaynurseries.co.uk

F1 posts August 2010: 24

F2 posts August 2010: 19

Specialties offered at F1:

All based at Scarborough Hospital.

- general medicine ■ general surgery
- gynaecology ■ orthopaedics
- paediatrics ■ rehabilitation medicine

Hospital Accommodation:

Recently refurbished houses on site shared by 3 people with shared kitchen and bathroom. Free on street parking. Approx £325 per month. The Trust also offers Staff an on-site Sports and Social Club which includes a fully equipped Gym.

Approx cost of private rental 2 bed flat £540 pcm, 2 bed house £600 pcm

Hospital Accommodation Officer:

Carol Ward

carol.ward@acute.sney.nhs.uk

Scarborough is a great starting point for your Foundation Training, small enough to find your feet but lots of opportunities for theatre time and experiences you may have to compete for in a large teaching hospital. The Acute and associated Trusts cover one of the largest geographical areas in England, with the complexity of contrasting populated and isolated areas. In the summer the pressure is increased with the influx of tourists. Large numbers of people retire to the area resulting in a high proportion of elderly residents, with differing healthcare needs.

The Trust is a major part of the HYMS teaching Faculty, a role which extends into the Postgraduate teaching of Foundation trainees and beyond.

Situated on the East coast there are masses of other beaches including Robin Hood's bay, the stylish town of Whitby and hidden gems such as Sewerby, Danes Dyke and Fraithorpe. Scarborough itself offers all the traditions of the British seaside but if donkey rides aren't your thing Scarborough is launching itself into the 21st century with, amongst other things, free wi-fi available on the seafront, so you can soak up the sun while surfing the internet.



David Warriner Manchester graduate NYEC Trainee 06/08

'The nursing staff on the paediatrics and SCBU wards are exceptional and have been very supportive; clinically and emotionally. My one fear before I started was the fact that during nights and weekends, there was no registrar, only myself on-call with the consultant available by phone and 10min by car if necessary. Obviously at the start, I contacted them quite often, but week by week as my confidence increased. I found myself becoming more autonomous. Being in a smaller hospital, I think you feel less of a cog in a machine and more of a personality.

Scarborough has a cinema, pubs, good high street shops and several supermarkets. There are good rail and road links to York, Yorkshire and beyond. If you like outdoor sports, then I couldn't recommend it more highly for surfing, sailing, walking, mountain biking or diving – they're all at your fingertips.'



Foundation Training in York and North Yorkshire

Key facts

York Hospitals NHS Foundation Trust

York Hospital, Wigginton Road, York, YO31 8HE

Tel: 01904 631313

www.york.nhs.uk

www.nyecpgme.org.uk/york

Train station approx 15 minutes walk.

www.visitryork.org

Associated Trusts: NHS North Yorkshire and York

FTPDS: Mr Mark Gibson, Dr Stephen Forde

Medical Education Manager: Anne Devaney

Foundation Administrator:

Anne Waddington – anne.waddington@york.nhs.uk

Shadowing:

Paul Gibson-Simpson

paul.gibsonsimpson@york.nhs.uk

Medical Staffing: Liz Jackson – liz.jackson@york.nhs.uk

Childcare Facilities:

Busy Bee's childcare voucher scheme for subsidised childcare at local nurseries – www.busybeesvouchers.com. Discounts for local nurseries also.

F1 posts August 2010: 33 including 9 Academic

F2 posts August 2010: 27

Specialties offered at F1:

All based at York Hospital except Psychiatry, based at Bootham Park Hospital.

■ A&E ■ anaesthetics/critical care ■ elderly medicine
■ general medicine ■ general surgery ■ psychiatry
■ paediatrics ■ urology

Hospital Accommodation:

All accommodation is ensuite and shared by 5 trainees with internet access, approx £420 per month.

Approx cost of private rental 2 bed flat, £680, 2 bed House, £700 per month

Hospital Accommodation Officer:

Shamim Hussein – Shamim.m.hussein@york.nhs.uk

Famous for its cultural heritage, cobbled streets and medieval Minster, with great shopping and nightlife to boot, York has been named the 2008 'Best UK city' by the Telegraph travel awards. Its central geographical position means London is less than 2 hours away with Edinburgh just 2½ hours by train. Its hospital is in the CHKS 2009 top 40 making York a great place to live and work.



The Trust is a major part of the HYMS teaching Faculty, a role which extends into the Postgraduate teaching of Foundation trainees and beyond.

Achieving Foundation status in 2007, York is a well-equipped, modern hospital with approx 700 beds. The Hospital continues to redevelop its current site with the opening of new units including the head and neck unit, breast unit, cancer care centre, day unit and the Learning and Research Centre (LARC). Included in the comprehensive range of acute services provided on this site are a 64 bedded Maternity Unit, an 11 bedded Adult Critical Care Unit (including four high dependency beds), an 8 bedded Coronary Care Unit and an Emergency Medicine department.



Vanessa-Claire Wright

Manchester graduate NYEC Trainee 06/08

'The struggle is over, you have made it through medical school. Now where do you work and why come to NYECFS for your Foundation Training?

The friendly and welcoming atmosphere at York was like nothing I had experienced in the North West. It provides the ideal place for you to find your feet and really start to apply your knowledge. It caters for all the major specialties which gives you the scope to get a good amount of exposure in a DGH style hospital.'

Contact the NYEC Foundation School

If you have any questions or queries about the NYEC Foundation School, the application process, Foundation Training in general or anything else we might be able to help you with, feel free to pop in, give us a ring or send us an email.

NYEC Foundation School
Yorkshire and the Humber Deanery
East Locality Office
Ground Floor, Building 3
Willerby Hill Business Park
Willerby
Hull
HU10 6FE

tel: 01482 463400

web: www.nyecpgme.org.uk/foundation

email:

- Colin Melville
director@foundation.nyecpgme.org.uk
- Joanne Clemenson
manager@foundation.nyecpgme.org.uk

If you want to know what an Academic Foundation Programme entails or what it's like to work in NYECFS, talk to one of our **trainee reps** . . .

- f1rep@foundation.nyecpgme.org.uk
- f2rep@foundation.nyecpgme.org.uk
- Current Academic trainees
academicf2gp@foundation.nyecpgme.org.uk
academicf2hivgum@foundation.nyecpgme.org.uk
academicf2psych@foundation.nyecpgme.org.uk
- HYMS UKFPO Medical Student Board Rep
androniki.abelidis@hyms.ac.uk

Useful websites

- www.foundationprogramme.nhs.uk Apply here and *Rough guide to the Foundation Programme* available to download.
- www.hyms.ac.uk Website of the Hull York Medical School – see what our local Medical School is up to
- www.quackguide.co.uk Guide to all UK Foundation Schools written by students