



**FIND YOUR
PLACE**

in the North East
& North Cumbria



a warm WELCOME

to the North East and North Cumbria

People from the North East and North Cumbria hold their doctors and dentists in high regard but they expect a lot. We have the best NHS services in England and, we believe, the best training programmes offering the highest quality training, supervision and support.

What sets our region aside is the amazing personal support you get from your new colleagues. Medical training cannot always be perfect, but meeting the challenge in an area where people really care is a good place to be. By choosing to train here, you will enjoy a range of rich and rewarding experiences, learning from and working alongside talented professionals in our high-performing local NHS. You'll also enjoy everything our fabulous region has to offer!

Our trainees rate their postgraduate medical training with us as some of the best in the UK and our commitment to you is to make sure we provide you with the opportunities to be the best doctor you can be. We also have a 'pyramids' approach as we know it's not just clinical skills that make a good doctor, and your true calling may lie in leadership, management, teaching, training or research, where we know we can improve care for so many more patients.



Namita Kumar, Postgraduate Dean



FOUNDATION training

Starting work as a doctor is an incredibly important time in your life as you put everything you have learnt into practice. All of us worry; most of us learn on the job and it can be a very anxious but exciting time! Choosing the right foundation school is one of the most important career decisions you'll ever make as this formative training becomes the cornerstone of your future medical career.

In the North East and North Cumbria, we are consistently proven to deliver excellence in postgraduate medical training and career development. We have been ranked number one in England for overall satisfaction for six years running in the GMC annual training survey. We want you to be the very best that you can be and we will do our best to help, support and guide you if you choose us for your training.

Our aim is to produce doctors who are well equipped with the necessary competencies to progress to post-foundation training. We are committed to providing the very best care we can for our patients. This goes hand in hand with training our doctors of today and tomorrow.

If you choose us for your foundation training you could also enjoy many of the academic opportunities we have to offer. Our unique integrated two-year research-based academic foundation programme gives you the opportunity to experience a protected four-month academic rotation in foundation years one and two.

TRAINEE TIP:

Don't be afraid to ask – 'shy bairns get nowt' as we say up north! Trainees and consultants are generally approachable and friendly.

"If you want welcoming teams, a good work-life balance and to live somewhere where all your money doesn't go on rent then the north is for you. I have not felt disadvantaged in any way choosing to train up here. In fact, I would go as far to say that the work-life balance aspect of the jobs up here has allowed me to develop my skills and portfolio to be competitive for specialty applications."

Leigh Walker, foundation doctor

foundationprogramme.ne@hee.nhs.uk



SPECIALTY training

“I am currently taking some time out of ‘programme’ for research, something which is very much encouraged here. This is a fantastic opportunity for me and I am certain I would not have found such a great opportunity elsewhere.”

Ashley Scrimshire,
ST5 trauma and orthopaedics

Your specialty training years are demanding. They will challenge your character, your mind and your heart, but with this hard work and vast learning experience comes the unique reward of directly improving and saving people’s lives. Despite this being challenging, you will be supported all the way.

When choosing where to train, you are choosing a place to call home for the foreseeable future. The training has to be outstanding and your surroundings have to match up to the job. We know our region has it all, and choosing us could be the best decision you make.

Our outstanding training practice and extended learning opportunities make our NHS trusts very special places to undertake your medical training. We offer a range of options, in addition to your medical training, to help you progress and become an exceptional leader, as well as a highly-competent medical professional. Known as the ‘pyramids’, this programme consists of four areas that cover: professionalism; teaching, training and supervision; leadership and management; and research and academic training.

As a specialty trainee you will be employed by a single employer called the Lead Employer Trust (LET). The LET is there to help make sure all your employment, whilst in training, runs smoothly. From looking after all of your statutory rights and payroll to looking into flexible options for your training such as working part-time if you need to achieve a work-life balance.

TRAINEE TIP:

Network! There are many different specialties here. If you don’t know what you’re interested in then explore as much as possible – everyone is generally keen to sell you their specialty.

GP training

GPs who train in the North East and North Cumbria get much more than just high quality training. In addition to our first-class exam preparation, excellent clinical and academic supervision and the breadth of experience offered by our trainers, we can give you lots of personal support.

You can be reassured that whatever you come up against as a GP trainee here you can rely on us for help. Part of this support includes an extensive mentoring support network and an expert career advice service.

Our training programmes offer high quality taught courses and we offer a complete range of experiences in general practice from stunning rural areas to vibrant inner city areas. There are a wide variety of selected and supervised hospital posts too, as well as a large and growing number of integrated training posts.

Throughout your GP training period, you will have the highest standards of educational supervision and will attend a weekly half day release course provided by your training programme or equivalent. All our GP trainees have been allocated their first choice of training programme.

Trainees can apply for time out from their training programme (6-12 months) to undertake research, take a planned career break and to pursue other clinical experiences. There are lots of academic opportunities for trainees interested in research, education, leadership and commissioning. Global health fellowships are also available.

TRAINEE TIP:

Make the most of your time off. Work can be hard and exhausting at times. Make sure to utilise what the region has to offer to unwind.

“GP training needs to be high quality as well as supportive – the programme here is just that. Newcastle and its surrounding areas have great places I can explore at the weekend to relax and refresh. Moreover, living in the North East is affordable.”

Sana Muzaffar, GP trainee

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Our NHS TRUSTS

In our region we boast some of the highest NHS performance in the country. From cutting-edge training facilities to renowned world-class centres of clinical excellence there are so many opportunities for medical trainees who choose the North East and North Cumbria. We have two regional major trauma centres and some of the largest mental health and learning disability providers anywhere in the UK. If that's not enough, we have major centres for specialist care including The Institute of Transplantation and the Great North Children's Hospital.

1. Northumbria Healthcare NHS Foundation Trust

2. The Newcastle Hospitals NHS Foundation Trust

3. South Tyneside NHS Foundation Trust

4. Gateshead Health NHS Foundation Trust

5. City Hospitals Sunderland NHS Foundation Trust

6. North Tees and Hartlepool NHS Foundation Trust

7. County Durham and Darlington NHS Foundation Trust

8. North Cumbria University Hospitals NHS Trust

9. South Tees Hospitals NHS Foundation Trust

10. Tees, Esk and Wear Valleys NHS Foundation Trust

11. Northumberland, Tyne and Wear NHS Foundation Trust

12. Cumbria Partnership NHS Foundation Trust

13. Northumbria GP Training Programme

14. North Cumbria GP Training Programme

15. Durham and Tees Valley GP Training Programme

We also have extensive training programmes in dentistry and pharmacy.



“The deanery and hospitals here are really keen to take into account trainees experiences, they frequently ask us for feedback and they actually do respond to it, which does make a change, it feels like your voice is being heard.”

Ravi Mistry, foundation doctor

We are **No.1!** NATIONAL TRAINING SURVEY

In the most recent GMC national training survey, our trainees scored our region as number one in 16 out of 18 of the survey's quality indicators. Year-on-year we consistently score as the highest, or amongst the top, region for multiple aspects of training. In 2018 we were number one for overall satisfaction for the sixth year running. Here are our results for 2018:

1st Overall satisfaction	1st Clinical supervision	2nd Clinical supervision OOH	1st Reporting systems
1st Workload	1st Teamwork	1st Handover	1st Supportive environment
1st Induction	1st Adequate experience	1st Curriculum coverage	1st Educational governance
1st Educational supervision	1st Feedback	1st Local teaching	1st Regional teaching
4th Study leave		1st Rota design	

arts and CULTURE

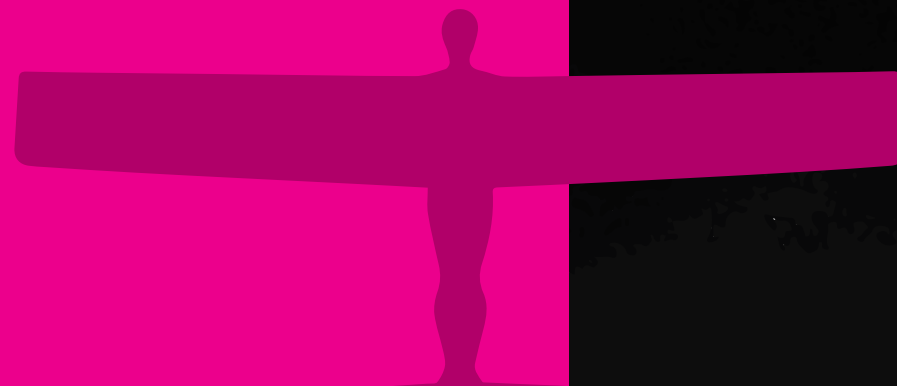
Since spreading its wings in February 1998, Antony Gormley's The Angel of the North has become one of the most talked about pieces of public art ever produced. But that's only the beginning of the thriving art and culture scene in our region.

We have several booming cultural hubs offering a unique insight into England's artistic identity. From Gateshead's Baltic Centre for Contemporary Art and Middlesbrough's Institute of Modern Art, to the 'living' Beamish Museum, we have an abundance of creative institutions that have transformed the North East's cultural landscape.

Hailed as Newcastle's answer to London's Shoreditch (but for half the price!), one of the most exciting cultural hubs in the region has to be Newcastle's Ouseburn Valley. Its thriving social and cultural venues include artists' studios, the Seven Stories National Centre for Children's Books and the one-of-a-kind Star and Shadow cinema, which exist harmoniously alongside reminders of the area's industrial past.

No tour of our region's cultural hotspots would be complete without a nod to Norman Foster's iconic Sage music centre in Gateshead. This landmark live music venue brings the world's finest artists, musicians and bands to the banks of the River Tyne in an architecturally stunning building rivalling anything of its kind in the world.

Every two years, artists from around the world illuminate our city of Durham in delightful and unexpected ways, with a spectacular series of light installations to create the UK's largest light festival – LUMIERE.





cost of **LIVING**

UK average house cost*

£243,583

London average

£478,853

North East average

£128,680

North West average

£157,531

Housing is at the top of many people's priorities and with some of the lowest house prices in England, you certainly get a lot more home for your money in the North East and North Cumbria.

The average cost of a home in England is £243,583* - in the North East it's £128,680. We are proud of the wonderful towns, cities and villages we call home that have some of the most unusual and exquisite housing stock in the country. With a wide range of property to suit most budgets and lower rents and mortgage payments, our region is an attractive proposition for people looking to relocate or grab their first rung of the housing ladder.

*UK House Price Index for May 2018 - GOV.UK

**Average cost of gym membership in Newcastle
= £36 vs £70 per month in London**

**Cost of visiting our six blue flag beaches
and three world heritage sites = FREE**

**Return off peak train ticket from Newcastle
to London (booked in advance) = £36**

**Average cost of a two bed rental
property in Durham = £834pcm**

**Average pint of beer in Carlisle = £2.35
- the lowest in England!**



the great OUTDOORS

Because you can be in the countryside in less than 10 minutes from all of our major towns and cities, you're never far away from nature. And with more castles per square metre of land than anywhere else in England, the man-made sights aren't too bad either.

From catching the surf at our six blue flag beaches, tackling challenging ascents on the rock faces in the stunning Lake District or getting lost in the trails of Hamsterley Forest, there's no excuse to be indoors.

Those seeking solitude will find it here with Northumberland named as the most sparsely populated county in England - it is quite an experience to be standing on the stunning Cheviot hills, feeling like you have the entire planet all to yourself.

Mysterious caves, historical castles, dark ancient forests, curious seals, comical puffins, thundering waterfalls, stunning coastline, inviting lakes and majestic mountains are yours to explore and to call home.



**Our region is home
to three stunning
world heritage sites
– Durham Castle
and Cathedral,
Hadrian's Wall and
the Lake District
National Park.**



out on THE TOWN

The North East needs no introduction when it comes to nightlife - we are world famous. We all know which city gets the lion's share of the attention, but our love of letting our hair down radiates out well beyond Newcastle, with plenty of great live music venues, bars, clubs and festivals to be found in all parts of the region.

We punch well above our weight when it comes to producing top musical acts. Just some of the famous names to emerge from the North East and Cumbria are Sting, Maximo Park and Mark Knopfler. For big gigs, there are our football stadiums and the Metro Radio Arena, but it's our multitude of independent venues which really bring our music scene to life. If you're looking for a night out that's a bit less 'lively', there are plenty of theatres, cinemas and comedy clubs to keep you occupied too.

Our top tips for a tipple:

For a posh cocktail The Tree House, Alnwick Garden - their garden-inspired drinks are incredible with The Duchess of Northumberland's own 'Deadly Jane' range of cocktails.

For a crafty pint Bridge Tavern, Newcastle - under the stanchions of the Tyne Bridge, this smart brewpub feels part gentlemen's club, part New York beer bar.

For a good red Shill's of Cockermouth, Lake District - two floors of delights! Downstairs the home of artisan cheese, fine wine and handcrafted chocolates. Upstairs serving coffee, tapas and wine.

For something fizzy Ebony Champagne Bar, Durham - with around a dozen different types of vintage and non-vintage bubbly.

The Rough Guide 2018 crowned Newcastle its must-visit destination for 2018 saying: "Expect also to be bowled over by Geordie geniality (locals are famously friendly) and the city's nightlife, which is notoriously lively. A burgeoning restaurant scene, fantastic museums and architectural feats like Tyne Bridge add to the appeal of Newcastle, which is also friendly on the wallet."





What do you do with some of the largest open spaces, cleanest seas and rivers and freshest air in England other than take it all in on a brisk walk? The answer is simple – you use it to produce some of the finest and freshest food in the country.

FOODIE *heaven*

Like most other urban centres, we have our fair share of top-notch restaurants and 'trendy wine bars', but what really sets us apart is the one-of-a-kind food experiences you get in this part of the world. The cosy pubs with roaring fires that welcome you in with locally-grown food at the end of your Sunday afternoon stomp across the hills; the farmers' markets with their friendly banter and traders eager for their passion to rub off on you; and the fresh seafood caught from and served against the backdrop of the coast you've just meandered along.

Foodies are spoiled for choice with great local produce on offer in every corner of our region. From kippers to casks, if you can grow it, churn it, press it or distil it, chances are a local artisan somewhere is on the case, particularly in Northumberland and Cumbria where buying local is a way of life.

Our top tips for tucking in:

For a special occasion The Raby Hunt, Summerhouse, Darlington – at the Raby Hunt 'Kitchen Table' you can experience a 13-15 course tasting menu with a stunning view of a two Michelin Star kitchen at work. Watch Good Food Guide Chef of the Year, James Close, and his team plating up while you dine.

For afternoon tea South Causey Inn, near Durham – nestled within the stunning Beamish Valley, the afternoon tea here is presented on a tiny picnic bench packed with yummy treats. With beautiful gardens for the summer and log fires for the winter, it's a great place to spend a few hours.

For a trendy Italian Cena, Yarm, Teesside – a modern café, with painted chairs, limed wood, a mural of Venice and last, but not least, a big wood-fired pizza oven.

For a lunch after a ramble The Drunken Duck, Ambleside, Cumbria – perched high in Barngates outside Ambleside, the Drunken Duck is famous for its top-notch food, beer and relaxed atmosphere.

For a Michelin star House of Tides, Newcastle – a family run restaurant set within the beautifully restored Grade I listed 16th Century former merchant's town house on the historical Newcastle Quayside with a Michelin star and 4 AA Rosette awards.

getting AROUND

The perception that to travel between parts of our region requires a flask and a blanket is incorrect. You can in fact travel between most of our major towns and cities by car in under an hour – less time than it takes to get across London.

From Hexham (Northumberland)

to Durham 38 miles – 52 mins
to Newcastle 22 miles – 32 mins
to Carlisle 39 miles – 54 mins
to Middlesbrough 62 miles – 1hr 21 mins

From Carlisle (Cumbria)

to Durham 73 miles – 1hr 38mins
to Newcastle 58 miles – 1hr 18 mins
to Hexham 39 miles – 54 mins
to Middlesbrough 94 miles – 1hr 49 mins

From Durham (County Durham)

to Hexham 38 miles – 52 mins
to Newcastle 19 miles – 32 mins
to Carlisle 73 miles – 1hr 39 mins
to Middlesbrough 28 miles – 36 mins

From Newcastle (Tyne and Wear)

to Durham 19 miles – 32 mins
to Hexham 22 miles – 32 mins
to Carlisle 58 miles – 1 hour 18 mins
to Middlesbrough 42 miles – 51 mins

From Middlesbrough (Tees Valley)

to Durham 28 miles – 36 mins
to Newcastle 42 miles – 51 mins
to Carlisle 94 miles – 1hr 49 mins
to Hexham 62 miles – 1hr 21 mins

From London

Newcastle by train – fastest train, 2hrs 36mins
Newcastle by plane – 1hr 10mins

Travel times calculated using Google Maps.



Newcastle International

Newcastle Airport was recently voted as one of the finest on earth. In early 2018, our friendly and efficient Geordie transportation hub was named best in its category in the annual Airport Service Quality Awards meaning that it is judged to be the best small airport for customer service in Europe.

Did you know?

It is estimated that 85% of the UK population has never seen a truly dark sky. At Kielder, the skies can be so dark that the Milky Way and even the planet Jupiter can cast shadows.

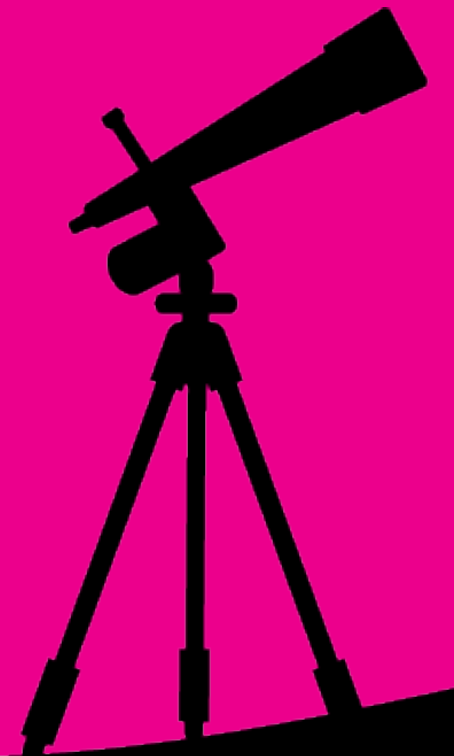
a nature lover's PARADISE

Did you know that the rural areas of Northumberland National Park and Kielder Water and Forest Park have the darkest skies in England?

1,500 square kilometres of Northumberland has been designated an area to conserve and enjoy, making Northumberland, Europe's largest Dark Sky Park and Kielder Forest the third largest protected Dark Sky reserve in the world.

Kielder Forest is famous for the impressive Kielder Observatory. Like the deck of a ship sailing above the landscape, the observatory provides astronomers with a permanent facility in the heart of Northumberland.

Back down to earth, there are plenty of Mother Nature's terrestrial wonders to discover too. You don't get puffins everywhere, but you do get them (in their thousands!) at the Farne Islands off the Northumberland coast where you'd be hard-pushed to find anywhere better to see them up close.





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