



TPD TOP TIPS

Chesterfield and The Derbyshire Dales GP Training Programme

<https://www.chesterfield-gpspt.org.uk/index.aspx>

Welcome to Chesterfield and The Derbyshire Dales GP Training Programme



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Welcome to Chesterfield and The Derbyshire Dales GP Training Programme. Chesterfield is renowned as 'The Gateway to the Peak' and surrounded by ex-mining villages. Chesterfield is a town on the edge of the Peak district which opens up to the most visited national parks in the UK. It is the home to a rich culture and history of Roman and Anglo-Saxon settlers. The Peak district has the most stunning country sides and picturesque villages in the UK. Stately homes, haunted castles, the stunning landscape and historic villages awaits your arrival. This is the ideal location for GP specialty training, which provides plenty of opportunity to maintain an excellent work life balance. The training programme has practices which give trainees the wide variety of experience to be a well-rounded General Practitioner.

Our TPD team has a mixture of experienced and youthful educators, guiding you to navigate GP training.

Online Learning Resources

<https://www.e-lfh.org.uk/>



This website has excellent online learning modules, which would help with the transition to NHS work. We encourage you to complete the following modules before and during your placement.

The learning modules can be accessed by using GMC number to register to the website. Once registered to eLFH the learning can be linked to your fourteenfish e-portfolio.



Induction on Professional Medical Practice in the UK

<https://www.e-lfh.org.uk/programmes/nhs-induction-programme-for-international-medical-graduates/>

1. Introduction to working in the NHS.
2. Social aspects to UK clinical practice.
3. Ethical and legal aspects to UK clinical practice.
4. Patient safety aspects to UK clinical practice
5. Professional aspects of clinical practice
6. Personal Health and Wellbeing in UK clinical practice.

Doctors in Training Induction

<https://www.e-lfh.org.uk/programmes/doctors-in-training-induction/>

The following three key clinical topics are aimed at doctors from overseas working in various NHS clinical settings. The doctors in training have highlighted that they have found the highlighted topics as the most challenging during their training. Completing the modules will support the post-graduate doctors in training (PGDIT) to provide high-quality patient care.

1. Blood transfusion and consent.
2. Safe prescribing and venous thromboembolism (VTE).
3. Mental Capacity Act and death certification.

e-GP

e-Learning for General Practice

<https://www.e-lfh.org.uk/proges/general-practitioners/>

The e-GP project is creating an eLearning resource that:

1. Facilitates the delivery of the RCGP curriculum at the national, local and individual learner level
2. Provides relevant, comprehensive, and accessible learning content for GPs working in the UK NHS
3. Embodies adult learning principles and supports a blended approach to learning
4. Supports GP Specialty Registrars to achieve certification to practise as independent General Practitioners
5. Supports GPs in continual professional development (CPD) and revalidation

The foundation of GP training is to learn the core GP skill of post-graduate level consulting to deal with wide range of UK general practice. We cannot stress the importance of chapter 2, "the GP consultation", which is a must complete module.

Opening a Bank Account

Opening your first bank account in the UK can be challenging for overseas doctors. This is mainly due to the need for address proof. A bank account is a must not only to receive your salary, but also to set up your household bills and professional subscriptions direct debit payments.

There are a number of reputed banks like HSBC, Nationwide, Santander you could choose. However, 2 banks (Lloyds and Barclays) seems to have a clear process for new to the UK bank account policy.

<https://www.lloydsbank.com/banking-with-us/joining-lloyds/new-to-the-uk.html>

<https://www.barclays.co.uk/moments/new-to-the-uk/>

Childcare in the UK: A guide for overseas doctors

<https://remediumpartners.com/childcare-in-the-uk-for-doctors-and-imgs/>

Doctors relocating to the UK with families face a number of challenges. The link above is an excellent blog to understand your rights and what public resources you can access.

The other major consideration is school places for children, the education system in the UK can be quite confusing for overseas doctors.

The following link will help you to understand the UK education system:

<https://www.imgconnect.co.uk/news/2022/05/education-in-the-uk-a-comprehensive-guide-for-overseas-doctors/327>

This link will guide you on the local school application process.

<https://www.derbyshire.gov.uk/education/schools/school-places/apply-for-a-school-place.aspx>

There are a number of independent (private) schools in Derbyshire, they can be very expensive with tuition fee ranging from £10,000 to £20,000. However, some schools might offer bursaries and scholarships.

Driving in the UK

Driving in the UK can be very different to driving in your respective countries. You can drive for first 12 months with an international driving licence. However, it will take a bit of time to understand the driving rules and regulations in the UK. It is **illegal** to drive without a valid driving licence in the UK, it is a serious offence with potential prison sentence and GMC referral. It can be difficult to find appointment to take the theory and practical components of the driving test so it is advised that you plan early.

Doctors Associations

Please do consider joining BMA, who can support with contractual advice. There may be discount for the doctors who are new to UK.

Various country specific organisations might be able to help with cultural transition and networking opportunities.

Nigerian doctor's association: <https://www.ngpuk.uk/join>

British Asian doctor's association: <https://www.bapio.co.uk/>

Egyptian doctor's association: <https://www.bema-uk.org/>

Pakistani doctor's association: <https://www.appsukfoundation.org.uk/>

Syrian doctor's association: <https://www.sb-ms.org/>

Refugee doctor's organisation: <https://www.icore.org.uk/refugee-doctors>

Burmese doctors FB group: <https://en-gb.facebook.com/BDDAUK/>

Asian association Chesterfield : <https://asianassociationchesterfield.org/>

Kannada balaga Organisation: <https://www.kannadabalaga.org.uk/>

Finding your First Accommodation

Chesterfield Royal Hospital Foundation Trust provide decent accommodation for NHS staff. The following link provide you with information on the types of accommodation available, rental rates and application forms. <https://www.chesterfieldroyal.nhs.uk/work-us/hospital-accommodation>

August is the major changeover date for all the doctors in training. There will be huge demand for hospital accommodations at this time of the year. There are a number of private rental options one could consider. This could be time consuming and takes few weeks processing time. Estate agents check tenant's credit history (credit score) to check affordability, which is going to be tricky for doctor's who are new to the UK. Which might result in you having to pay 6 months' rent in advance, which is going to be challenging even before you start your job.

The HEE (East Midlands) guidelines on relocation charges:

<https://www.eastmidlandsdeanery.nhs.uk/trainee/psw/relocation-and-excess-travel>

Popular websites to search for a rental property:

<https://www.rightmove.co.uk/property-to-rent/Chesterfield.html>

<https://www.zoopla.co.uk/to-rent/property/chesterfield/>

Groceries



The traditional supermarkets in the UK now cater for a multicultural British society. Most of the major supermarket chains have specific Asian or Polish grocery section. There are a number of online establishments delivering groceries to your doorsteps, including halal meat.

Chesterfield is a historic market town, renowned for open market which first started trading in 1204. Chesterfield artisan market takes place on the last Sunday of each month. Please visit to enjoy the diverse food, fresh local fruit and vegetables offered here.

<https://www.chesterfield.co.uk/events/chesterfield-artisan-market/>

Lemon Grass Oriental Supermarket in the heart of Chesterfield caters for oriental and Asian groceries needs.

<https://placejuice.com/lemon-grass-oriental-supermarket-lvatgne>



Places of Worship

There are a number of places to worship in Chesterfield and The Derbyshire Dales area. The famous Church of St Mary and All Saints (known as Crooked Spire), which dominates the skyline of Chesterfield.

The Chesterfield Muslim Association provide a place for religious services, education and recreation.

<http://chesterfieldmuslimassociation.org.uk/>

Geeta Bhawan is the nearest place of worship of Hindu community situated in Derby.

<https://www.derbyhindutemple.co.uk/about-us/>

There are more than few Gurdwara in Derby for people of Sikh faith in Derby including Guru Arjan Dev Ji Gurdwara.

<https://www.gadgderby.co.uk/>

Important Date for August 2022 Starters

Welcome to UK Practice (New to NHS) GMC workshop: 2nd August 2022. All overseas graduates starting their GP speciality training from August 2022 should have received a separate email, inviting to attend the workshop. This is the most important orientation workshop, run by experienced GP educators in East Midland region. We would highly recommend attending this workshop.

Induction to Chesterfield and The Derbyshire Dales GP training Programme: 17/08/22

Cultural Transition to UK General Practice day for overseas doctors: 24/08/22

