

# Tower Hamlets

## Tower Hamlets GP Training Programme

275 Bancroft Road  
London  
E1 4DG

**Half Day Release:** Wednesday

**Administrator:** Moriom Ullah

**Telephone Number:** 020 7515 5622

**Email Address:** [Moriom.Ullah@nhs.net](mailto:Moriom.Ullah@nhs.net)

### Description of scheme

The Tower Hamlets specialist training programme in general practice aims to provide you with a learner-centred programme of education and experiential training in inner-city multicultural general practice.

We aim to produce doctors who feel confident to work in this stimulating but challenging environment: they will have learned to maintain themselves as caring and competent doctors, being aware of their needs for learning and for support, and being able to work with others to meet their needs.

Along the way we hope that training will have been a positive and enjoyable supported experience. We hope training on the scheme will encourage doctors to settle as inner city GPs in London and particularly in Tower Hamlets, although we believe it will provide a strong foundation for generalists wishing to practice anywhere in the world.

### Posts

The Tower Hamlets GP Training Scheme offers a choice of 3-year programmes and shortened schemes constructed from the following posts, and placements in GP training practices:

- A&E
- Geriatric Medicine
- ENT
- GUM
- Haven
- Obs and Gynae
- Orthopaedics
- Paediatrics
- Palliative care
- Psychiatry (Adult)
- Psychiatry (Old age)
- Urology

## Educational Activities

We aim to mutually inform and co-ordinate training within the practices, the ST posts and the half day release, maximising potential by utilising all these available learning opportunities. We try to foster a capacity within each doctor on the scheme to become aware of and express their own learning needs, and then to have a scheme so flexible that these identified needs can be met within the most appropriate context. This may be achievable via the training practice, co-ordinated teaching sessions between practices, the half-day release sessions, or hospital ST posts. This is a challenging aspiration, which is realistically never entirely fulfilled, but in the striving we hope to equip our trainees with some experience, involving both delight and frustration, in the task of lifelong learning with which they will be faced as GPs.

The half day release course runs on Wednesday afternoons, for three terms each year, and has traditionally been held at the Postgraduate Centre at Mile End Hospital. This is fairly central and convenient both for ST doctors based at the Royal London Hospital and GP registrars to attend. The support and involvement of local GP trainers and hospital consultants, has allowed the scheme to be extremely well attended. The high level of attendance promotes a strong sense of group cohesion and mutual support.

The afternoon is split into three sessions, 1330-1400, 1400-1515, 1530-1645.

Prior to the start of the afternoon's learning programme at 2.00 pm there is a group meeting over lunch facilitated by one of the course organisers. The purpose of this session is to help GP registrars (ST3) through their first experiences of working in general practice, and to allow the ST1, ST2 doctors to maintain the orientation that they need, whilst learning specialties, towards their chosen career in general practice. Any problems that any member of the specialist training programme is experiencing can be brought to this group or to one of the course organisers individually.

The latter two sessions consist of a mixture of topic based teaching, sessions on communication and consultation skills, registrar/ST presentations on common problems or recent publications, or occasional whole afternoon visits to places of interest to GPs. For example recently we have visited the Channel Tunnel, the Port of London Health Authority, the coroner, and the Bromley-by-Bow Healthy Living Centre. Whole day study days are also organised to deal with certain subjects in more detail e.g. drug dependency, evidence-based practice.

## Highlights

There is a strong local network of trainers and SHOs and GPRs on the scheme and we have a flourishing trainer's workshop. Although there are many challenges ahead in rolling out specialist training in general practice we hope to maintain the cohesion of the group.

Our annual residentials are always popular; we have regular social as well as educational events; ten pin bowling, go-karting have recently been particularly competitive. Have a look at our website for some personal views!.

[www.towerhamletsvts.nhs.uk](http://www.towerhamletsvts.nhs.uk)

## GP Trainer Workshop Convenors in Tower Hamlets

NAME	PRACTICE NAME	ADDRESS	EMAIL
Phillip Bennett-Richards	Aberfeldy Practice	2a Etrick Street Poplar London E14 0PU	<a href="mailto:pbr@nhs.net">pbr@nhs.net</a>

## Programme Directors in Tower Hamlets

NAME	PRACTICE NAME	ADDRESS	EMAIL
Phillip Bennett-Richards	Aberfeldy Practice	2a Etrick Street Poplar London E14 0PU	<a href="mailto:pbr@nhs.net">pbr@nhs.net</a>
Jens Ruhbach	Jubilee Street Practice	368-374 Commercial Road London E1 0LS	<a href="mailto:jens.ruhbach@nhs.net">jens.ruhbach@nhs.net</a>
Toby Longwill	Island Health	145 East Ferry Road Isle Of Dogs London E14 3BQ	<a href="mailto:tobylongwill@nhs.net">tobylongwill@nhs.net</a>