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NEW TO THE NORTH EAST

A guide for junior doctors joining the Northern School
of Anaesthesia and Intensive Care Medicine

March 2022



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WELCOME TO NSAICM

It can be daunting starting a new job let alone moving to a new area, as there are so many unknowns. My name is Lisa Macbeth, I'm an ST6 LTFT Anaesthetic trainee and I have written this guide from my perspective as a trainee who moved to Newcastle from Scotland eight years ago having never been to the North East before but loved it so much I never left!

I will share my tips on hospital allocations, guidance on areas to consider living in when moving here and what units of training are offered at each hospital to help you plan your training. I have also included a little bit on courses, events and support available in this region. Our

new website has lots of useful information that I have signposted too.

Life of course isn't all about work so this guide also highlights just some of the amazing places you can explore locally in your time off.

If you have any questions not answered in the guide please feel free to contact me directly at **n2ne.anaesthesia@gmail.com**



[Hospital Allocations]

The Northern deanery is a large training region geographically and is broadly thought of as being “NORTH” and “SOUTH” in terms of hospital allocations. There is a degree of overlap with the district generals of University Hospital of Durham and Sunderland Royal Hospital sitting broadly in the middle.

As hospital services change so do the units of training they offer so do expect to move around the different hospitals to maximise the learning opportunities available to you. Your training program director (TPD) will ensure that you can achieve your learning outcomes at the hospital you’re allocated to.

Rotations are usually 6 monthly with the exception of CT1 year where you will usually stay in one hospital for a year. LTFT trainees may also rotate at different times depending on stage of training



NORTH OF THE REGION

Hospital Rotation Options

Tertiary Centers

Royal Victoria Infirmary (RVI)

- ⇒ Located in central Newcastle
- ⇒ Major trauma center
- ⇒ Regional Burns unit
- ⇒ Tertiary Paediatric center

Freeman

- ⇒ Located in the Heaton area of Newcastle
- ⇒ Cardiothoracic center for adults and paediatrics
- ⇒ Transplant center

District General Hospitals

Carlisle

- ⇒ Located to the west of the region
- ⇒ You can commute from Newcastle but takes 1-1.5hrs traffic depending
- ⇒ People usually live there for placement duration in either hospital or private rental accommodation

Northumbria

- ⇒ Multisite centre
- ⇒ Includes Northumbria Specialist Emergency Case Hospital (NSECH) where maternity unit, emergency operating and ITU is based. All on calls take place here
- ⇒ Elective lists take place in Alnwick, Hexham, Wansbeck and North Tyneside hospitals

Queen Elizabeth

- ⇒ Located in Gateshead, south of the River Tyne

SOUTH OF THE REGION

Hospital Rotation Options

Tertiary Centers

James Cook University Hospital

- ⇒ Located in Middlesbrough
- ⇒ Major trauma center
- ⇒ Cardiothoracic center for adults

District General Hospitals

Darlington Memorial

- ⇒ Located Darlington

North Tees

- ⇒ Located in Stockton
- ⇒ Occasional lists at Hartlepool

University Hospital of North Durham

- ⇒ Located in Durham

Sunderland Royal

- ⇒ Located in Sunderland
- ⇒ Trust has merged with South Tyneside so in the future may have lists there too
- ⇒ All on calls take place at Sunderland Royal Hospital

Where to stay?

I found this particularly difficult as I had never visited the North East pre interview, had no idea where was good to stay or what the different roads were like for commuting and traffic. I rented a flat having never seen it and had no idea if it was a nice area or not...a slightly risky strategy and one I wouldn't recommend! To try and prevent you suffering the same predicament as me I have included some areas to consider living. This list is not exhaustive or definitive but designed to be a starting place, even for the first six months until you find your feet in the region. Kindly, Drs Durrant, Craig and Powell have provided the information on areas in the south of the region, Darlington and Carlisle respectively.

The North

Detailed options supplied for

- ⇒ Jesmond
- ⇒ South Gosforth
- ⇒ The Coast

Other places to consider include

- ⇒ Heaton
- ⇒ Benton
- ⇒ Gateshead/ Low Fell

Carlisle

Options are discussed in more detail but broadly you can use

- ⇒ Hospital accommodation
- ⇒ Private rental
- ⇒ Daily commute

The South

Detailed options supplied for

- ⇒ Yarm
- ⇒ Eaglescliffe
- ⇒ Durham
- ⇒ Darlington

Other places to consider include

- ⇒ Stokesley
- ⇒ Great Ayton
- ⇒ Ingleby Barwick



JESMOND

WORK

POSITIVES

- ⇒ Easy walk/ cycle to RVI & FRH
- ⇒ Public transport on the "Metro" available for RVI/ FRH/ SRH commutes with short walk to hospitals
- ⇒ Easy drive to Northumbria

NEGATIVES

- ⇒ Congestion travelling south over the Tyne bridge

PLAY

- ⇒ Lots of bars and restaurants on Osbourne Road and Brentwood Avenue
- ⇒ Walking/ Metro easy to reach Newcastle city centre for shopping/ nights out
- ⇒ Local authority, private gym and tennis clubs within walking distance
- ⇒ In walking distance from Jesmond Dene, beautiful for walks
- ⇒ Metro directly to Newcastle airport to jet away on holiday

OVERALL

POSITIVES

- ⇒ Great Location
- ⇒ Easy commute to most "NORTH" Hospitals
- ⇒ Lots of great bars and restaurants

NEGATIVES

- ⇒ Large student population
- ⇒ Lots of multiple occupancy flats
- ⇒ High rent compared to other areas
- ⇒ Potential risk of traffic congestion on routes driving south in the morning



SOUTH GOSFORTH

WORK

POSITIVES

- ⇒ Very close to FRH
- ⇒ Easy metro commute/ walk to RVI
- ⇒ Easy metro commute to SRH
- ⇒ All "NORTH" hospitals easy driving distance

NEGATIVES

- ⇒ "South" hospitals a longer commute

PLAY

- ⇒ Lovely bars, restaurants and a bustling high street
- ⇒ Family feel
- ⇒ Fewer students
- ⇒ Short metro ride to Newcastle city centre, the coast and international airport

OVERALL

POSITIVES

- ⇒ Good for families
- ⇒ Central location
- ⇒ Easy commute to "NORTH" hospitals
- ⇒ Lots of great bars and restaurant

NEGATIVES

- ⇒ Property prices high for rental and buying
- ⇒ Potential risk of traffic congestion on routes driving south in the morning



THE COAST

TYNEMOUTH, CULLERCOATS, WHITLEY BAY AND MONKSEATON

WORK

POSITIVES

- ⇒ Northumbria Trust very short driving/ cycling commute
- ⇒ Easy access to Tyne Tunnel (tolled but discounted rate with a travel pass and all refundable with travel expenses)
- ⇒ Avoids central Newcastle traffic and bridge congestion if driving south

PLAY

- ⇒ Beautiful sandy beaches with good surfing
- ⇒ Lovely bars, restaurants, historic priory, Spanish City and promenade
- ⇒ Very close to Northumberland for exploring the beautiful countryside

OVERALL

POSITIVES

- ⇒ Good schools
- ⇒ Lovely to be by the coast
- ⇒ On metro line which can be used for RVI/ FRH/ SRH commute
- ⇒ Commute via Tyne Tunnel to "SOUTH" hospitals

NEGATIVES

- ⇒ Tynemouth is expensive to rent and buy



CARLISLE

WORK

POSITIVES

- ⇒ Most trainees choose to stay in Carlisle during the week so the 'commute' can be as little as a 5 minute walk from the hospital accommodation

NEGATIVES

- ⇒ Driving commute from Newcastle is approximately 1.5 hours and further from south of the region
- ⇒ Train commute approx. 1.5 hours from Newcastle with the earliest train arriving at 0757 which doesn't leave enough time to make it to the hospital for an 8am start

PLAY

- ⇒ Plenty of affordable restaurants and bars to explore in central Carlisle
- ⇒ Just 30 mins drive from the Lake District National Park, endless outdoor pursuits on the doorstep
- ⇒ Local historic attractions including Carlisle Cathedral, Carlisle Castle and Hadrian's Wall
- ⇒ Trainees tend to stay around during the week so there is much opportunity to socialise

OVERALL

POSITIVES

- ⇒ Easy access to the outdoors with opportunities to enjoy walking, mountain biking, canoeing, wild swimming
- ⇒ Low rental prices

NEGATIVES

- ⇒ Potentially more of a logistical challenge if you have family/ young children
- ⇒ Carlisle is a quieter city than Newcastle but this could be a positive for you too



YARM AND EAGLESLIFFE

WORK

POSITIVES

- ⇒ Easy driving commute to JCUH, North Tees and Darlington hospitals
- ⇒ Driving commute to Durham and SRH in under 1 hour

NEGATIVES

- ⇒ Longer commute to "NORTH" hospitals via A19 which is often congested

PLAY

- ⇒ Lovely cafes/ bars/ restaurants within walking distance
- ⇒ Within easy driving distance to the Yorkshire moors for outdoor exploring

OVERALL

POSITIVES

- ⇒ Popular area for professionals to stay in Tees Valley
- ⇒ Frequent turnover of rental properties
- ⇒ Links to east coast main line train via Darlington
- ⇒ Eaglescliffe station offers direct London service via Grand Central operator

NEGATIVES

- ⇒ High rental prices



DURHAM AND COUNTY DURHAM

WORK

POSITIVES

- ⇒ Durham station makes train commute possible to both north and south of the region
- ⇒ Durham is central within the region which means that every hospital is within about 1 hour commute (except Carlisle)

NEGATIVES

- ⇒ Only hospital within easy walking/ cycling distance is Durham

PLAY

- ⇒ Historic town and surrounding area
- ⇒ Pennines close by for walking

OVERALL

POSITIVES

- ⇒ Variety of properties available in Durham and surrounding area

NEGATIVES

- ⇒ University town with heavy student presence in term time



DARLINGTON

WORK

POSITIVES

- ⇒ Central location within Northern Deanery
- ⇒ Darlington hospital centrally located within the town
- ⇒ Within easy driving commute to North Tees, Durham, South Tees and Sunderland
- ⇒ Centrally located train station facilitates commute to both Durham and Newcastle

PLAY

- ⇒ Easy train journey to York and Leeds for days out
- ⇒ Good local restaurants/pubs within the town and surrounding villages
- ⇒ Close to “boutique” shops in nearby Yarm
- ⇒ Selection of private and council run gyms/ swimming pool/ spas
- ⇒ Easy drive to local countryside
- ⇒ River Tees water sports centre close by for those adventurous types

OVERALL

POSITIVES

- ⇒ Areas in the south west of Darlington are particularly nice (but expensive)
- ⇒ Cheaper living opportunities are in the North of Darlington
- ⇒ Can enjoy “village” living in nearby Haughton le Skerne, Great Burdon and Barmpton

NEGATIVES

- ⇒ Quieter nightlife compared to Newcastle
- ⇒ Useful to have a car for easier commuting compared with public transport options
- ⇒ Care when selecting areas to live in as not all desirable

EXPENSES

Relocation and Travel

The LET (lead employers trust) will offer relocation expenses for moving to the region but direct links are likely to change. The steps below show how to find the most up to date information on the deanery website;

madeinheene.hee.nhs.uk

1. *Click on LET at the top of the page*
2. *Scroll down and click on policies and procedures*
3. *Scroll down and click on payroll*
4. *Click on relocation and this will open up the most recent LET relocation policy.*

The LET will offer travel expenses for daily travel and commuting around region for work but again direct links are likely to change. The steps below show how to find the most up to date information on the deanery website;

madeinheene.hee.nhs.uk

1. *Click on LET at the top of the page*
2. *Scroll down and click on policies and procedures*
3. *Scroll down and click on payroll*
4. *Click on travel expenses to open up the most recent LET travel expenses policy.*

The LET can also be contacted directly with any queries via the following email
⇒ **nhc-tr.lethelpdesk.ne@nhs.net**.

Northern School of Anaesthesia & Intensive Care Medicine



Core/Stage 1 Rotation preference forms have been sent out. Please check your emails for August 2022 rotation. Deadline 30/03/2022



NORTHERN SCHOOL OF ANAESTHESIA AND INTENSIVE CARE MEDICINE

We are really lucky in our region to have an active trainee committee who strive to represent trainees at both a school and deanery level. They are involved in updating and maintaining our school website which can be found at **www.nsaicm.com**, which contains lots of up to date information, please take a look! If you would like to contact the trainee committee directly, you can email **traineesnorthern@gmail.com** as this email is looked after by the committee chair. You can also follow us on twitter **@NSAICM**. Once you join the region you can also join our closed **NSAICM Facebook** group.



Twitter @_a_line_news

Instagram @_a_line_news



Twitter @ICM_LINE



COURSES

We are very lucky that we have a wide range of courses available within our deanery that are all centrally organized via A-line, Anaesthesia learning in the North East. Further information can be found by visiting the website at **www.a-line.org.uk**. This website also contains information for ICM courses too. Although, not a course specifically we also have a trainee run podcast, the Northern line which produces monthly educational podcasts with relevance specifically to training in the North East, do give it a listen.

Attendance at any course must be requested via study leave, particularly if you would like to claim the expenses incurred for attending it. Up to date forms can be found at

www.madeinheene.hee.nhs.uk. Forms need to be signed by you educational supervisor, hospital education department and submitted to the LET 6 weeks prior to course attendance date.

SUPPORT

Everyone will have periods in their lives where they need a little bit extra support whether it's due to exam stress or circumstances outside work. These can always be discussed with your educational supervisor, college tutor or training program director for your level of training. We are also very lucky to have additional support streams available from

looking for a mentor...

NEMO[®]

north east mentoring organisation

offering a free confidential service
for Doctors and other Healthcare
Professionals



@NEMOmentoring
nemomentoring@gmail.com

AJiNE
A-i-l-i-N-E.org.uk
@A_i_l_i_N_E

Anaesthesia Learning
in the North East

Dr. Kathryn Bell is the
TPD for trainees with differing
needs. Her contact details are
available on the NSAICM
website

We have a **LTFT** trainee rep
on the trainee committee who
can be contacted via
ltftnorthern@gmail.com
for any specific questions or
concerns about LTFT issues.

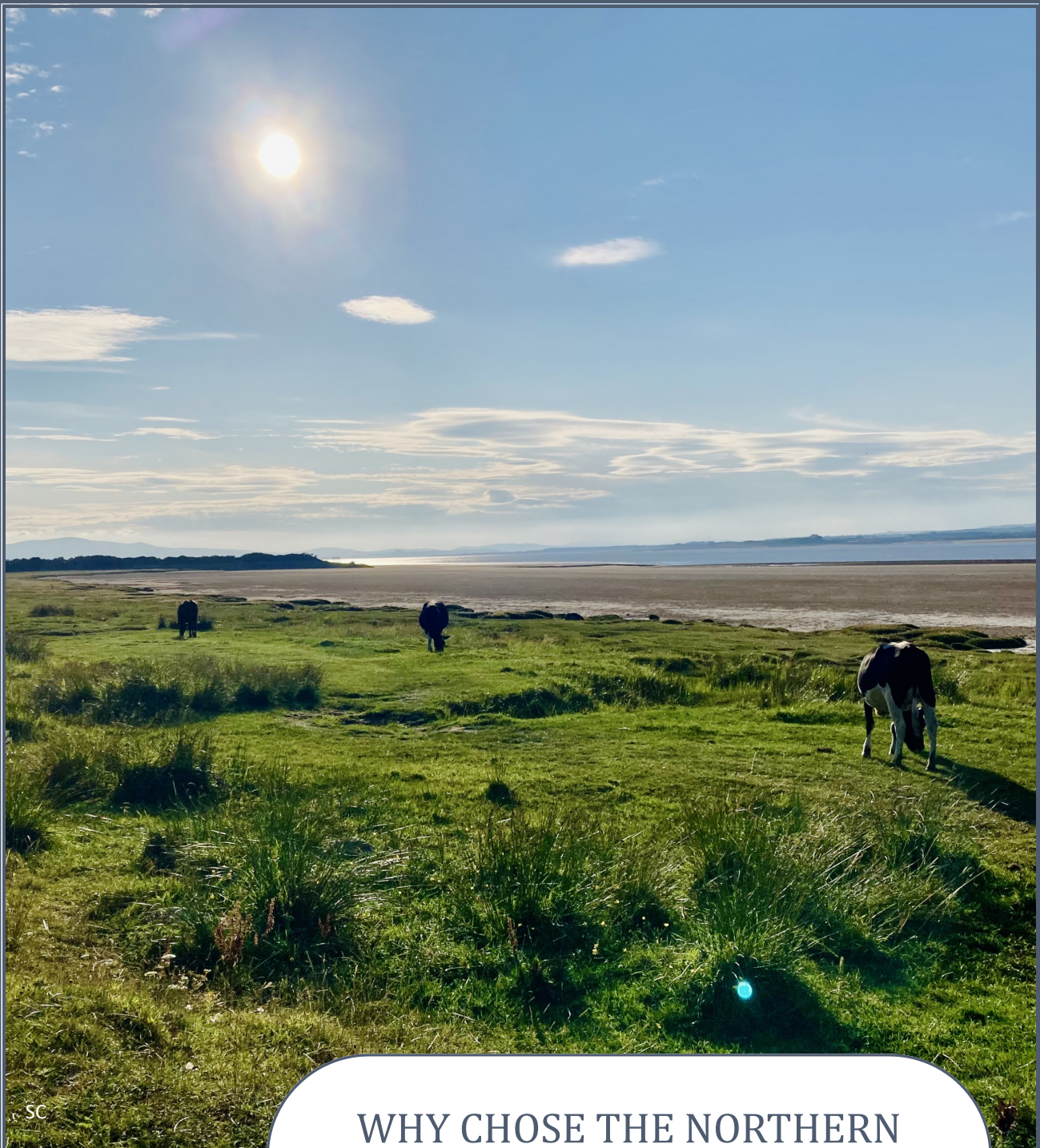
There is an
occupational

health service. You
can access support via a
confidential email at
newcastle.ohs@nhs.net

or by calling **0191 282**
1188 Mon – Fri 0830-1700

HEE now also offer support for doctors returning
to training after a period of absence for what ever
reason. This support can be accessed on the
following web address with information specific to
the North East found by clicking on the link on the
page

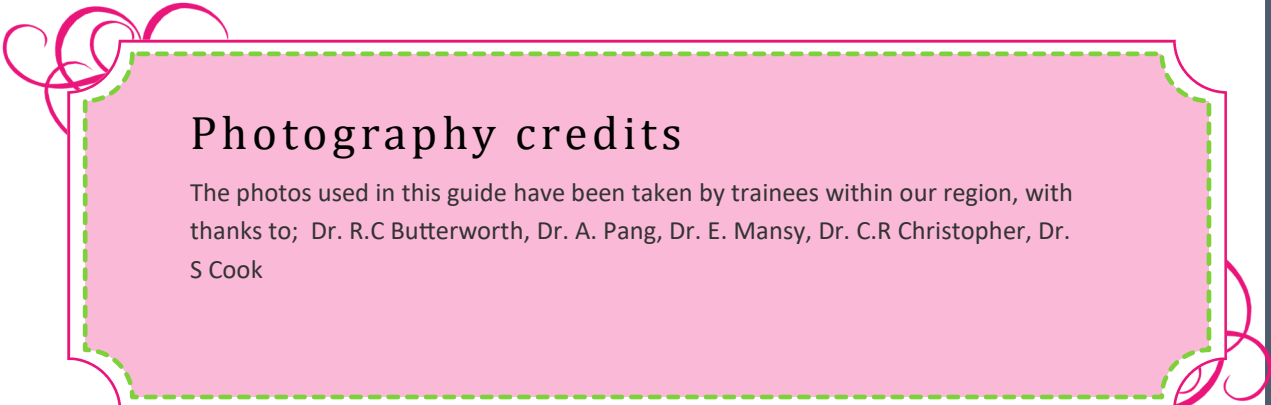
**[www.hee.nhs.uk/our-work/
supporting-doctors-returning-
training-after-time-out](http://www.hee.nhs.uk/our-work/supporting-doctors-returning-training-after-time-out)**



WHY CHOSE THE NORTHERN DEANERY?

The North East is a wonderful place to work and train. As I mentioned, my move here was only planned to be temporary but it is such an amazing place I have never left. Lots of information about living and working in the north east can be found on the following website; **www.nhsfindyourplace.co.uk**

I hope you have found this guide useful. Please do not hesitate to get in touch if you have questions by emailing **n2ne.anaesthesia@gmail.com**



Photography credits

The photos used in this guide have been taken by trainees within our region, with thanks to; Dr. R.C Butterworth, Dr. A. Pang, Dr. E. Mansy, Dr. C.R Christopher, Dr. S Cook

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