



WHITBY GROUP PRACTICE

Spring Vale Medical Centre

Whitby

North Yorkshire

Whitby Group Practice is a Personal Medical Services Practice, located in Spring Vale Medical Centre in Whitby, North Yorkshire. It has a current list size of 14,200 patients.

The Practice provides a service to residents of Whitby and the surrounding villages. It has a branch surgery at Robin Hood's Bay, approximately 5 miles from Whitby along the coast. Both surgeries are purpose built, have a dispensary and ample parking. They are owned by the Partners. The Practice dispenses to 22% of patients. In addition, Spring Vale Medical Centre also has a pharmacy located within the premises, and Robin Hood's Bay Surgery has a Dental Practice.



WHITBY – THE PLACE

Whitby is a prime destination on the Yorkshire Coast. The town sits either side of the harbour at the mouth of the River Esk. Whitby has the sea, the harbour, the unspoilt sandy beaches and the cliffs. Whether it is bird, seal or whale watching, surfing, rowing, sailing or just building sandcastles, Whitby has it all. As if that is not enough, within a few minutes you can get out onto the breathtaking, peaceful and colourful countryside of the Yorkshire Coast and North Yorkshire Moors National Park and their delightful moorland and fishing villages. The possibilities for walking, riding and mountain biking are endless, with hundreds of miles of bridleways and footpaths.

For those who like to dine or shop, the town has a wealth of opportunities; quirky teashops, lots restaurants and of course the very best fish and chips! Whitby has more than its fair share of traditional pubs, offering good ale - many child- and dog-friendly, with top quality pub grub. For shopping we have a wide variety of boutiques, jewellers, gift and food shops and also three supermarkets.

Overlooked by the striking gothic ruins of the Benedictine Whitby Abbey, and with a maze of cobbled streets and alleyways and a bustling harbour, Whitby offers something for everyone. For history lovers there is the Celtic connection of the original Abbey, preceded by the Roman signal station. Later we have Captain James Cook, the jet industry and whaling.

Whitby has a strong literary and artistic heritage, the most famous connection being with Bram Stoker's *Dracula* - the stimulus for the famous biannual Whitby Goth Weekend - but there are also connections with Hermann Melville and Lewis Carroll, and contemporary childrens' author, G.P. Taylor. The historical photography of Frank Meadow Sutcliffe is world famous and Whitby continues to draw artists, authors, photographers and film crews.

For lovers of geology it is a rare, rich and fascinating area of Jurassic Coast, with many important fossil finds and opportunities even just walking the beaches. Whitby Museum is worth a visit for more amazing local artefacts. Other attractions include the steam trains of the North Yorkshire Moors Railway, a lively arts and live music scene and many festivals and weekends including the Folk Week, Whitby Regatta, 60s Festival, Angling Festival, Beer Festival and Wartime Weekend. Fishing villages such as Staithes and Robin Hood's Bay are close by, with York, Saltburn and Scarborough within an easy travel. The nearest airport, Durham Tees Valley, is less than an hour's drive.



There is a wide range of good, affordable housing in Whitby and the surrounding countryside, from character period properties and quirky cottages, to equestrian properties, and modern new builds. Partners in the Practice live in a wide range of locations from Whitby itself, Scarborough and villages on the coast and on the moors. Some have commuted from York. The area has many schools which are rated as good, with some attaining outstanding by OFSTED.

THE PRACTICE AND ITS PHILOSOPHY

The Practice is a large team which works together to deliver high quality, accessible care within a supportive, friendly learning environment. The GP Partners have personal patient lists, and most work part-time work in a job-share team with another Partner. Currently, walk-in surgeries are run each weekday morning until 11am, and booked appointments are offered in the afternoon. Any urgent cases which cannot be accommodated within these times are seen in an urgent care surgery at 11am. These patients are shared between the doctors. The doctors meet daily for coffee for half an hour to chat, discuss cases, and have a laugh and the occasional grumble. The Practice also offers telephone consultations.

The GP team is supported by a highly experienced innovative nursing team which includes a minor illness Nurse Practitioner, a Nursing Team Leader, eight Practice Nurses, a Clinical Support Worker and five Healthcare Assistants. They provide a wide range of services including clinics for diabetes, asthma, cervical smears, Chronic Obstructive Pulmonary Disease, hypertension, chronic heart disease, pressure sore treatment, immunisation including foreign travel advice



and immunisation with yellow fever vaccinations. We also provide treatment monitoring clinics for warfarin, novel anticoagulants, lithium, psychiatric, dementia and other amber drugs, a nurse-led cryotherapy clinic and a family planning clinic where in addition to the usual services, nurses offer contraceptive implant insertion and the doctors offer IUD fitting.

In addition, the nursing team runs a treatment room service which allows bloods tests, ECGs, dressings etc. to be fitted in on the day. Blood tests are taken to Scarborough Hospital each lunchtime; however the nurses are able to centrifuge samples so they can be obtained throughout the day.

In the community, the doctors are supported by an excellent District Nursing Team, an Outreach Prescribing Nurse who regularly visits the residential and nursing homes and convents in the Practice area, a Macmillan Nurse and a Cardiac Failure Nurse.

X-rays and ultrasounds are available at Whitby Community Hospital. Other radiological and investigative services are obtained from Scarborough Hospital or James Cook University Hospital at Middlesbrough.



The administrative, secretarial and dispensing team are highly skilled. Thus, many issues and queries from doctors, patients and outside agencies can be delegated safely in the knowledge that they will be dealt with efficiently and effectively. Meanwhile the management team, consisting of Practice Business Manager, Head of Finance, Head of Operations and Head of Human Resources, Premises & Patient Liaison ensure the smooth running and development of the business.

The teaching and training ethos is integral to the Practice. We host Year 4 and 5 medical students from Hull York Medical School. There are also currently two GP Registrars working at the Practice, with the capacity to increase to four GP Registrars and one Foundation Year 2 GP. The Practice offers an innovative GP training post, where GP Registrars spend an additional 6 months (on top of their usual 18 months) in General Practice working at Whitby Community Hospital. All doctors are involved with teaching to some extent, and the Practice encourages all staff to train and develop. The Practice will shortly be acting as a hub for the Advanced Training Practice Scheme for student nurses.



Whitby Group Practice is research active, and takes part in high quality medical research. Medical research helps to improve the health and wellbeing of the nation. Whitby Group Practice works in collaboration with the National Institute of Health Research Clinical Research Network, to offer a wide range of research studies to our patients. We employ two part-time research nurses and a part-time research administrator. There are opportunities for the applicant to become involved in this research.

Whitby Group Practice delivers clinical provision in the local Community Hospital including the Minor Injuries Unit. Currently, three partners from the Practice deliver this care on one day each per week within their Practice working hours, and another delivers this care in time outside of their Practice working hours. GPs from the Practice provide this service on weekends between 9-11am

and on Bank Holidays. The commitment to cover this work varies amongst the partners, with some choosing to cover more weekends and some only doing one weekend per year.

The Practice also has drug and alcohol services, primary care Mental Health Nurses, Alzheimer's Society and Carers' Resource services available on site.

The Practice is proud of its 'can do' attitude, and seeks to be at the forefront of innovation. The Practice will shortly be recruiting an Acute Clinical Practitioner and is in the process of employing a Senior Clinical Pharmacist.

The Practice was rated Good at a recent CQC inspection. QOF (Quality and Outcomes Framework) points have remained high and steady since introduction in 2004. It continues to aspire to meet the challenges and targets of the NHS and National Standards requirements.

Both the staff and doctors have a good work/life balance. The Practice is very caring and values their staff, who are similarly committed to providing good quality care. The Practice is a very comfortable place to work, with a good team of friendly staff. There is a relaxed atmosphere and the environment is very pleasant to work in.



The Practice is a member of the Hambleton, Richmondshire and Whitby CCG (Clinical Commissioning Group) and of Heartbeat Alliance Federation. These have pioneered several innovative services. As a result, patients can self-refer to physiotherapy and for cognitive behavioural therapy; DVTs and acute urinary retention are managed within the community. The local residential and nursing homes have access to a telemedicine hub.

OUR DOCTORS

There are twelve partners and two salaried GPs as listed below. Most work part time in the Practice, and many have special interests and other medical roles outside of the Practice. Many were on the local GP training scheme before joining the Practice. The Practice is ideal for those wishing to develop a portfolio career.

Dr Colette Broadhurst (part time) is a GP trainer, with a special interest in chronic disease and nutritional medicine. Dr Broadhurst is the dispensing lead for the Practice. Her outside commitments include teaching communication skills on the local GP training scheme.

Dr Lynda Carter (part time) has a special interest in tropical medicine, having worked in the past as an expedition doctor, trainer and rural doctor in Central America, Sub-Saharan Africa and Asia. Dr Carter has an interest in women's health and carries out contraceptive implants. She is an enthusiastic trainer and teaches medical students. Outside the Practice, she works a Locality Lead for Careers and Recruitment for Health Education England, and is a local Training Programme Director for GP trainees across Yorkshire and Humber.

Dr Becky Chandler (part time) has a special interest in women's health. Dr Chandler looks after the Year 5 medical students.

Dr Napa Gopikrishnan (part time) is an FRCS (Fellow of the Royal College of Surgeons) and has a special interest in teaching, ENT (ear, nose and throat), orthopaedics and joint injections. Dr Gopikrishnan is the buildings lead for the Practice. Outside of the Practice he works in Whitby Community Hospital and does out-of-hours sessions.

Dr Rob Hazledine (part time) is a GP trainer has a special interest in teaching and joint injections. He also works in the local Community Hospital.

Dr Tara Hazledine (part time) has a special interest in teaching, paediatrics, women's health and palliative care. She is an FY2 trainer and teaches the 4th year HYMS medical students. Outside of the Practice she works as a hospice doctor at



St Catherine's Hospice in Scarborough and until recently worked for the CCG as a Macmillan GP.

Dr David Hilson (part time) has a special interest in palliative care. He also works in the local Community Hospital. Outside of the Practice he works as a Hospice Doctor at St Catherine's Hospice and does out-of-hours sessions for PrimeCare at Whitby Hospital.

Dr Paul Johnson (part time) is a GP trainer, teaches medical students and has a special interest in diabetes, research and computing. Dr Johnson is also an FRCGP (Fellow of the Royal College of General Practitioners). Dr Johnson is also the Caldicott Guardian for the Practice. Outside of the Practice is he is the Associate Postgraduate Dean for Health Education England Yorkshire and the Humber, an RCGP CSA examiner and marshal and a RCGP Quality Assurance assessor.

Dr Martin Linton (part time) has a special interest in research, ophthalmology and joint injections. He is the Practice lead for the Community Hospital.

Dr Terry McCormack (part time) has a special interest in research, teaching, orthopaedics, joint injections and cardio-vascular medicine. Dr McCormack also liaises with the Whitby Lifeboat crew and in 2016 received the Royal National Lifeboat Institution Gold Award. He is an extensively published researcher, and in February 2016 was awarded the NIHR Clinical Research Network Award 'Leading Commercial Trial Principal Investigator' Recruitment Category 19. He is an Honorary Reader in Primary Care Medicine, Hull York Medical School and Honorary Teaching Fellow, Imperial College of Medicine, London. He is editor of the British Journal of Cardiology and on the Editorial Board, Therapeutic Advances in Chronic Disease as well as being an. He is an Expert Adviser NICE Centre for Clinical Practice and a member of both the Hypertension and Venous Thromboembolism Guideline Committees.

Dr Amanda Smart (part time) is a GP trainer and has a special interest in teaching, family planning, paediatrics, women's health and palliative care. Dr Smart is the HR lead for the Practice. Outside of the Practice she works as a GP appraiser.

Dr Simon Williams (part time) has a special interest in emergency medicine and IT. Outside of the Practice he provides medical cover for a wide range of events, and also works in the local Community Hospital.

Dr Sarah Brown (full time salaried GP) is our newest member of the team. She qualified from Birmingham Medical School in 2012 and underwent her GP training in Scarborough. She loves living and working in North Yorkshire.

Dr Carolyn Fisher (full time salaried GP) has a special interest in teaching, family planning, IT, women's health and psychiatry.

COMPUTER AND INFORMATION TECHNOLOGY

The Practice is paper-light and uses EMIS Web, IRIS payroll and Sage accounts. More recently, the Practice has taken to social media with a Facebook pages and Twitter profile, and actively seeks innovate IT solutions to promote and continually progress.

