



***WEST
ESSEX
VOCATIONAL
TRAINING SCHEME***

Authors

Contents

<i>Introduction</i>	1
<i>Why General Practice</i>	2
<i>Why West Essex</i>	3
<i>West Essex Scheme – Current situation</i>	4
<i>The Future Plans for WEVTS</i>	5
<i>WEVTS Training team</i>	6
<i>West Essex Area Map</i>	7
<i>Course Organiser</i>	8
<i>The Trainers & the Training Practices</i>	9
<i>Princess Alexandra Trust</i>	16
<i>Living in West Essex</i>	19
<i>Schooling in West Essex</i>	21
<i>Housing in West Essex</i>	23
<i>Achievements of West Essex VTS</i>	24
<i>What do you do now!</i>	25

Introduction

West Essex Vocational Training Scheme is attached to the Eastern Deanery in Cambridge.

West Essex Vocational Training area incorporates Elsenham and Bishops Stortford to the north, Epping in south and Harlow in the centre. We are strategically positioned between Cambridge and London; with easy access by motorways M11 & M25 by air from Stanstead Air Port.

The scheme has about nineteen to twenty trainees with six Training Practices and nine General Practice Trainers. The hospital component has three rotations each consists of four, six months appointments.

History:

Dr Sydney Scott who was a well-known and well-respected General Practitioner from Epping established the Scheme in 1976. Four Senior House Officer Posts were established at St. Margaret's, Epping. After service in two of these posts the final year was undertaken in a recognised training practice. The trainers involved in setting up this scheme were:

<i>TRAINERS</i>	<i>CURRENT POSITIONS</i>
<i>Dr. Sydney Scott – Epping</i>	<i>Retired</i>
<i>Dr. Neil Jackson – Epping Deanery</i>	<i>Director PGEGP London</i>
<i>Dr. Reed Bowden – Potter Street</i>	<i>Associate Dean London Deanery</i>
<i>Dr. John Davies – Harlow</i>	<i>Retired</i>
<i>Dr. Ian Ross Russell – Bishop's Stortford</i>	<i>Retired</i>

This pilot scheme was successful and four further posts were designated at Herts & Essex Hospital, Bishops Stortford, with later expansion to Princess Alexandra Hospital, Harlow.

By 1987 there were seventeen trainees and ten trainers involved in the scheme. Dr. Bowden, Dr. Davies and Dr. Jackson followed Dr. Scott as Course Organisers, each appointed for a three-year term.

The local Hospital is Princess Alexandra, Harlow. The Herts. & Essex, and St Margaret's Hospitals along with the Princess Alexandra Hospital provided acute and long term care until the services were centralised to Princess Alexandra Hospital in 1991, but the other two still provide the Out Patient care, Phlebotomy, Radiology, Rehabilitation care to the catchments.

Why choose to be in General Practice?

You chose to do Medicine because;

- ***You are caring***
- ***You want to help people***
- ***You wanted to provide service to the community***

General practice is the only profession, which provide a continuity of care, from the beginning to the last breath of a human being. It cares for the whole family; the General Practitioner is a Doctor, a Friend, a Counsellor, and an Advisor and also takes many other roles.

When a patient goes to the hospital, after a Consultant explains an operation or a procedure and asks the patient “what do you think? Are you happy to go ahead with the procedure?”

*Many patients turn around and say, “Can I discuss this with **MY DOCTOR** and come back to you!”*

*Also when a patient is seen in the hospital when he complains about a different problem the Consultant advise the patient “Why don’t you see **YOUR DOCTOR** about this! ”*

My Doctor / Your Doctor; its no one else, He / She is the General Practitioner.

General practice is changing; a General Practitioner care for day to-day illness, Chronic diseases and Terminal cares, they can also set up Minor surgery services, advanced Gynaecology services, Sports medicine, other specialities such as Ear Nose Throat care, Dermatology and Alternate Medicine. General Practitioners can also get involved in the Health Management, Teaching and in Research. This shows that the General Practice speciality will never become boring.

If you want to be a caring, good doctor who wants to see a variety of workload, be a General Practitioner.

Why choose West Essex?

West Essex has;

Beauty

Situated between Cambridge and London

Good Motorway link

A major International Air Port

Excellent Training General Practices

Excellent release courses focussed for to-day and future General Practice

The Hospital is not a tertiary centre, but has a high turnover of a variety of clinical material relevant for a good General Practice training.

Of course we are very friendly and looking forward to meet new people

West Essex has Harlow in the centre, which has lots greenery and cycle paths with surrounding leafy suburbs such as Elsenham, Bishops Stortford, Sawbridgeworth, Roydon, and Epping.

Harlow has most of the modern day General Practice clinical materials; social problems such as one parent families, deprivation, drug abuse and also has genuine medical needs such as Ischaemic heart diseases, Malignancies, Respiratory diseases and much more. A keen trainee will have an opportunity to be exposed to a variety of clinical material during the three-year training, laying an excellent foundation, which will give them a tremendous confidence when they start their partnership.

We also train for the future General Practice, more exposure is given for Health Management, Medical Politics, encourage Research and Teaching.

There are opportunities to settle into good Practices in West Essex.

West Essex has major Industries such as Glaxo Smith Kline, MSD and Nortel; which open job opportunities for the spouses.

Why don't you visit us and see it for your self.

West Essex Scheme

Current Situation:

The scheme is for three years, two years spent in Hospital Medicine and the final year is spent in the General Practice as a Registrar.

The posts are advertised in BMJ and in the Internet and filled for February and September.

The Hospital Attachment:

This is for two years, there are three rotations, and each has four, six months posts involving Accident & Emergency, Obstetrics & Gynaecology, Paediatrics, Medicine or Psychiatry.

General Practice Attachment:

There are six Registrar posts available, some are filled in February and the rest in September. Regular tutorials on set days, release to local Hospital to learn some minor specialities, exposure to out of hours care and training and encouragement to achieve RCGP membership are provided amongst the other training.

VTS Release Course:

*Weekly half-day course, predominantly concentrating to nurture the trainee to the General Practice set up. The General Practice Registrars and the VTS Hospital Trainees attend this. Some of the topics discussed are, Information Technology, Audits, Medical Politics, Practice Management's, General Practice finances, Minor Surgery, Premises and Palliative care.
(See attached year 2001 programmes).*

The Fast Track Course:

The WEVTS trainees are also fortunate enough to attend the Fast Track Course run in Epping. This is an intensive course held over a period of one week, the course is organised twice a year.

MRCGP examination course:

Dr David Smalley a local GP who is an examiner of the RCGP organises the local MRCGP course, which is attended by trainees from Harlow, Chelmsford and Cambridge.

The Future Plans for WEVTS

Hospital Posts:

Harlow Hospitals deal with enormous variety of clinical material and the Trainees are exposed and trained to develop a strong foundation to be an excellent General Practitioner. We would like to increase the number of training posts from twelve to fourteen or fifteen. We are planning to incorporate minor specialities such as Otolaryngology, Ophthalmology, Dermatology, Rheumatology, Surgery/Orthopaedics, Palliative care and Oncology into some of the rotations.

General Practice Posts:

The west Essex are has potential of at least another four Training Practices and we would very much be interested in encouraging these practices to become Training Practices.

Senior Registrar in General Practice:

With the way the NHS evolving General Practitioners have to be well versed with not only in Clinical care but also in

*Research
Health Management and finally
Teaching*

We would like to create Senior Registrars post in some of these fields. These are for six months and are ideally suited after the General Practice Registrar year.

West Essex Vocational Training Team

Post Graduate Director

Dr Arthur Hibble

Associate Director

Dr Nigel Towson

Course Organiser

Dr Krish T Radhakrishnan

Course Administrator

Mrs Margaret Short

Post Graduate Education Centre Manager

Mrs Susan Goodier

The General Practice Trainers

Dr Richard Anthony

Dr Marleen Arfman

Dr Andrew Ashford

Dr Sajeev Bansal

Dr Mark Jenns

Dr Diane Meehan

Dr Abdul Palliwalla

Dr John Schofield

Dr David Smalley

The Princess Alexandra Trust Clinical Leads

Clinical Tutor & Lead Accident & emergency Medicine - Mr Keith Harvey

Medicine - Dr John Warren & Dr Ron Morgan

Paediatrics - Dr S Zeidan & Dr Tin Hla

Obstetrics & Gynaecology - Mr Al Samarrai & Mr R Hartwell

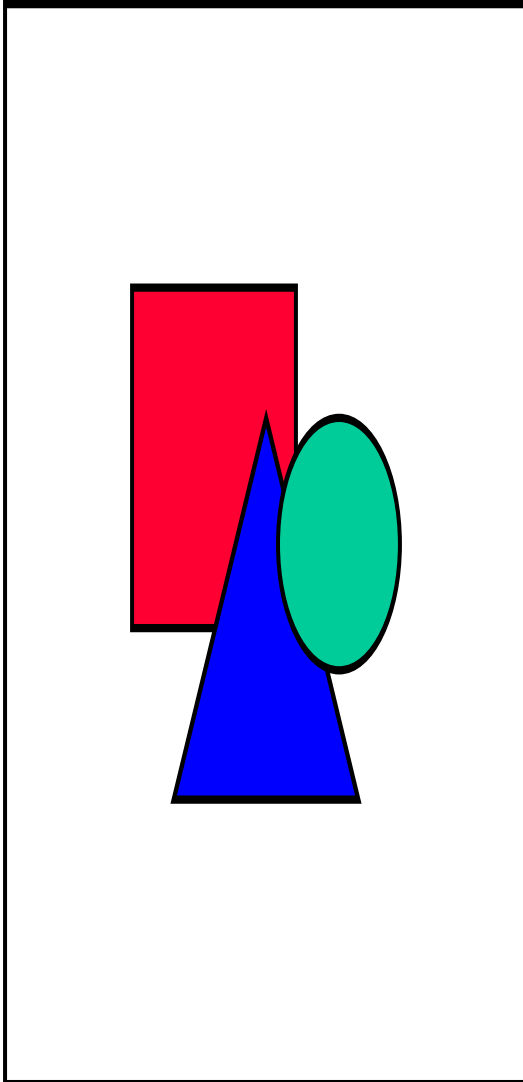
Psychiatry - Dr Robotis

Surgery – Miss Jenny Ackroyd

Head & Neck - Mr Madhav Vempali

West Essex Area Map

Practice Map



Elsenham Surgery
Elsenham, Bishops Stortford

South Street Surgery
South Street, Bishops Stortford

Nuffield House
Harlow, Essex

The Hamilton Practice, Keats House
Harlow, Essex

Jenner House, Old Harlow Health Centre
Harlow, Essex

Osler House
Harlow, Essex

The Limes Medical Centre
Epping

Course Organiser



Dr Krish T Radhakrishnan MBBS, DLO, MRCP

*Joined The Hamilton Practice, Keats House, as a full time principle in 1992.
Completed the VTS in Manchester in 1992.*

*Medical interests: Chronic disease management, Minor Surgery, ENT.
Non-Medical interests: Architecture, Motoring, Eastern Classical music.
Married to Dharshini a Consultant Anaesthetist at Whipps Cross Hospital.
Three children Archchana aged 16, Shiva aged 14 and Ganam aged 12*

Address: The Hamilton Practice, Keats House, Bush Fair, Harlow CM18 6LY
Phone: 01279 692 700 / 692 716. **Fax:** 01279 692 719
Email: [HYPERLINK "mailto:Krish1209@yahoo.com"](mailto:Krish1209@yahoo.com)
Krish1209@yahoo.com

Keats House

Keats House surgeries were established in 1956 and steadily expanded to serve about quarter of Harlow population. Keats House is situated in the southern part of Harlow, a purpose built state of the art Health centre built in 1999. It houses two practices totalling eleven General Practitioners, four nurses, two Practice Managers and a full complement of the attached staff. The partners also have varying interests such as Health Management's, Medical Politics and Academic aspects in General Practice. The surgeries also provide high quality minor surgery including vasectomy, in house Chiropractic therapy, Physiotherapy, Dietician service and daily Phlebotomy service.

The Training Practices and the Trainers

<i>Photo</i>	<i>Dr. John Schofield Elsenham Surgery</i>	<i>Page 10</i>
<i>Photo</i>	<i>Dr. Andrew Ashford Limes Medical Centre</i>	<i>Page 11</i>
<i>Photo</i>	<i>Dr. David Smalley Nuffield House Surgery</i>	<i>Page 12</i>
<i>Photo</i>	<i>Dr. Sajive Bansal Nuffield House Surgery</i>	<i>Page 12</i>
<i>Photo</i>	<i>Dr. Diane Meehan Old Harlow Health Centre</i>	<i>Page 13</i>
<i>Photo</i>	<i>Dr. Richard Anthony Old Harlow Health Centre</i>	<i>Page 13</i>
<i>Photo</i>	<i>Dr. Marlene Arfman Old Harlow Health Centre</i>	<i>Page 13</i>
<i>Photo</i>	<i>Dr. Abdul Paliwala Osler House/Church Langley</i>	<i>Page 14</i>
<i>Photo</i>	<i>Dr. Mark Jenns South Street Surgery</i>	<i>Page 15</i>

Elsenham Surgery

The Station Road Surgery, Elsenham, Bishops Stortford. Herts CM

Phone: 01279 652783

Fax: 01279 659798

The Surgery has been involved with Vocational Training since 1982 and look forward to helping future doctors with their education in the community.

Elsenham is an Essex village situated near to Bishop's Stortford and Stansted. It is accessible by road from the M11, by rail on the Liverpool Street to Cambridge line and by air from Stansted airport.

The practice premises were newly built in 1989 and offer most of the facilities that are now expected of a modern practice. We employ the usual practice support staff as well as practice nurses. There are sessions held by a dietician, clinical psychologist and chiropodist.

The practice population is 4,200. There are at present 3 three-quarter time doctors in the practice. Out of hours work is through a local CO-OP.

Trainer:

Dr John Schofield

John has been involved with medical education since the early 1980s. He is currently an Associate Dean for North Thames East in Quality & Audit. Over the years he has produced a number of publications ranging from articles in Pulse to medical educational textbook chapters.

His current speciality is the application of Quality ideas to health care and in particular to medical educational methods. Research into this area is proceeding at present.

John is also a member of the board of Uttlesford PCO and from April will be Associate Dean for the London Area dealing with Assessment and Quality.

On a personal note he has just become a Grandfather so is having to relearn how to change nappies etc. The other new hobby he has taken up is wood turning – very relaxing after a busy day!

Email: Schofield-john@msn.com

Limes Medical Centre

The Plain, Epping, Essex CM16 6TL

Phone: 01992 572728

Fax: 01992 574889

Email: LimesMC@aol.com

The Limes Medical Centre is one of two group practices in the town of Epping, situated at the northern end of the Epping Forest area. The practice has long experience of training; GP vocational training was established in 1955, and former partners were instrumental in setting up and running the West Essex Vocational Training Scheme. Our innovative development and in-house training of Nurse Practitioners has been recognised by a Beacon Practice award, and for the last two years the practice has established links with and taken medical students from The Royal London and St Bartholomews Medical School. The Limes is a research practice and part of the East London & Essex Network of Researchers (ELENoR).

The partnership consists of five full time and three part time partners, with a wide spread of individual interests and expertise. The main surgery is a relatively new purpose-built building which was developed under the cost rent scheme and commissioned in 1993. We are fully computerised - though not yet "paperless" - with land-line computer links to our branch surgeries in North Weald and Theydon Bois. We were fifth wave fundholders, and are looking towards becoming a PMS pilot site.

Trainer:

Dr Andrew Ashford:

Andrew has been training for ten years. His particular training interests include consultation skills and assessment (he is a video assessor for summative assessment).

The practice has frequently taken two registrars together in the past, which has been popular both with the practice and with registrars. In recent years however the demands of fundholding and then PCT development have made this impractical!

Email and.ash@dircon.co.uk

Nuffield House Surgery

The Stow, Harlow, Essex CM20 3AX

Phone: 01279 425661 / 419339

Fax: 01279 427116

Nuffield House is a purpose-built Health Centre which was opened by Lord Nuffield in 1955. The Harlow Health Centre Trust, a local charity organisation, owns the building. The building has the Medical wing and a Dental wing, which provides facilities for a practice of three Dentists.

The Medical wing has a pleasant waiting room which leads to the consulting rooms, the offices for Practice Manager / Deputy Practice Manager, computer room, secretarial office, common room with kitchen, practice nurse's treatment room, practice nurse's clinic and a seminar room / library. The wing also accommodates Health visitors and Midwives.

Nuffield House has been a Training Practice since 1987 and has so far trained fourteen Registrars. The Registrars trained have a high success rate in the MRCGP examination.

Doctors: Shaun Firth, Arvind Chhibber, Joanna Swainsbury, David Smalley, Elizabeth Ingham, Sajive Bansal and Susan Hull.

Practice Manager: Mrs Elaine Murr

Trainers:

Dr David Smalley MBBS, DCH, DRCOG, MRCGP

Qualified from Guy's Hospital in 1982 joined the Practice in 1986 having completed the Plymouth Vocational Training Scheme. Pre-registration jobs at Guy's and Derriford Hospitals, Plymouth.

Examiner for the Royal College of General Practitioners and a Member of the Essex Faculty Board of RCGP.

Married to Carolyn a local GP, has two children Matthew aged 12 and Adam aged 10

Non-Medical Interests: soccer, golf, swimming, walking, reading and music

Email: *Davidsmalley@lineone.net*

Dr Sajive Bansal MB, ChB, DRCOG, MRCGP

Qualified from Manchester in 1989, joined the Practice in 1994. Did the Pre-registration jobs at Blackburn Royal Infirmary and North Manchester General Hospital. Joined the Dartford and Gravesham VTS from 1991-1994, following which spent one year as a SHO in Community Paediatrics.

Married to Dr Angila Agrawal a full time\ principle at Little Waltham Surgery in Chelmsford.

Non-Medical Interests: computer and the Internet, swimming and travel

Email: *Sajivebansal@hotmail.com*

Old Harlow Health Centre

Jenner House, Garden Terrace Road, Harlow, Essex CM17 0AX

Phone: 01279 418136

Fax: 01279 429650

A long established practice with five partners and three practice nurses serving the old town of Harlow. There are about 9000 registered patients who live mainly in the old town and some in the surrounding villages. The practice has a flourishing patient participating group and there are District Nurses and Health Visitors based in the building. The practice provides in-house minor surgery, physiotherapy, phlebotomy and dietician services.

This Health centre has been a training practice for ten years and all partners are keen educators. The partners enjoy the fresh ideas and enthusiasm that the registrars have brought to the practice. The practice has recently undertaken an extensive refurbishment of the Health Centre and the registrars have their own spacious consulting room. The Registrar attends the weekly Practice meetings to gain an insight into General Practice management.

Doctors: Norman Nash, Carol French, Diane Meehan, Richard Y Anthony,

Marleen Arfman.

Practice Manager: Jan Dixon

Trainers:

Dr Diane Meehan (1970) MBBS, FRCGP, DRCOG, DCH, FP Cert.

Trainer since 1990

Medical interests: Education

Personal interests: Aga owner, theatre and concert goer and a keen gardener

Dr Richard Y Anthony (1983) MBBS, MRCGP, DRCOG, DCH, FP Cert.

Trainer since 1999

Medical interests: In-house minor surgery, palliative care and chest medicine

Personal interests: Transporting three sons in different directions and dingy sailing.

Dr Marlene Arfman (1992) University of Amsterdam, MRCGP

Recently completed the GP Trainer Course

Medical interests: In-house minor surgery

Personal interests: YFS and plays tennis and works out in a local gym.

Frequently flies to Holland

Osler House / Church Langley Practice

Prentice Place, Potter Street, Harlow, Essex CM17 9BG

Phone: 01279 422 664

Fax: 01279 422 576

This is a two site practice servicing approximately 11,000 patients. Osler is an old established practice while Church Langley is a relatively new practice set up in an expansion area of the town. The two practice sites are about a mile apart. The registrar at present is based at Osler House although in the near future Church Langley may also have a registrar.

The practice is fully computerised and offers a full range of services. It has a full compliment of staff and three practice nurses.

The practice has been a training practice since 1976. There is a designated consulting room for the registrar, a good selection of books and a video camera, video recorder and a TV.

Doctors: Abdul Paliwala, Kim Linda Gerlis, Carolyn Smalley, Raza Razid, Margaret Kisenyi, Sonia Dhillon, Christopher G W Loxley.
Practice Manager:

Trainer:

Dr Abdul Paliwala MBBS (Lon.), FRCGP, MRCP (UK), DCH

Email: a.paliwala@talk21.co.uk

Abdul Paliwala has been a trainer for over twenty years. He was also Course Organiser for West Essex for 10 years (until 2000), at present he is an assessor for summative assessment (video and audit) and up until recently an examiner for the college examination. Registrars are encouraged to take the MRCGP.

Dr Rashid is currently undertaking training to become a trainer.

South Street Surgery

83 South Street, Bishop's Stortford, Hertfordshire CM23 3AP

Phone: 01279 710 800

Fax: 01279 710 801

The Practice is long established and one of the largest in the area, with list size of around 20,000 patients. The practice is based on two sites. The main surgery is situated opposite the Post Office in the town centre with a separate premises adjacent to the surgery accommodates the office staff. The second site is a large branch surgery situated next to the Tesco Stores on the outskirts of the town in the new Bishop's Park housing estate. The premises are leased and the rent is fully reimbursed by the Health Authority. The two sites are linked with telecommunications. The community nursing team of district nurses and Health visitors are based in a primary care centre next to the surgery and work closely with the practice team. The practice has retained many of the in-house services developed through fund holding, including physiotherapy, counsellors, dietician, chiropodist, psychologist, audiologist as well as consultant sessions in dermatology and psychiatry for the elderly.

South Street Surgery is one of the most computerised practices in the area and has one of the largest data bases for EMIS in the country. The practice is virtually paperless, with all consultations being entered by all users, including attached staff, on to the clinical system. Hospital letters are summarised and scanned on to the system, Lab results are received daily on-line from the local pathology laboratory. Connections to the NHSNet have been established. There is a network of PCs within the practice and the use of email is growing both within and outside the practice. There is a modern telephone system with advanced message and voicemail facilities, enhancing communications between users further.

South Street Surgery has been a training practice for many years with two Registrar posts.

Doctors: Mark Jenns, Alison Jordan, Tracey Clemans-Gibbon, Andrew Chisnall, Sue Rogers-Weedon, Stuart Fitness, Milinda Tennekoon, Paresh Dawda and Sarah MacHale. Practice Manager: Mrs Patricia Gray

Trainer:

Dr Mark Jenns

Is the senior partner and has been with the practice for 19 years, has been a trainer for 12 years. He has trained 17 registrars, 4 of whom became partners. His wife is a school nurse and they have three teenage children.

His interests in General Practice include Information Management and Technology, Minor Surgery and Family Planning. He sits on various committees for the LMC, PCG and Health Authority for IM&T.

His outside interests include dingy sailing, tennis and squash.

Princess Alexandra Trust

The Princess Alexandra Hospital NHS Trust was established on 1st April 1995 and enjoys the patronage HRH Princess Alexandra GCVO. The trust provides acute hospital services to the population of West Essex and East Hertfordshire.

Approximately 90% of trusts patients are from Harlow, Epping Forest, Uttlesford, East Hertfordshire and Broxbourne Districts, giving a catchments population of 448,787.

The services are currently located on four sites: -

The Princess Alexandra Hospital - in Harlow, Essex, the main site

Outpatients and diagnostic services only, in
St. Margaret's Hospital - Epping, Essex
Herts. and Essex Hospital - Bishop's Stortford, Hertfordshire
The Tower Clinic - Hoddesdon, Essex

The trust has 451 (including a 5 bed intensive care unit and a 5 bed HDU and 8 inpatients theatres)

Day stay facilities are provided in the purpose built Alexandra Day unit, which was opened in 1995. This unit has 2 modern operating theatres and 2 endoscopy suites.

The maternity unit delivers approximately 2,500 babies a year.

Magnetic Resonance Imaging (MRI) is undertaken in the Andrew Bryce Smith unit, which was opened in 1994.

The sites at Bishop's Stortford and Epping are soon to be redeveloped as modern community hospitals. The Trust will continue to provide diagnostic, outpatient and minor day procedures at these sites.

Outpatient services are currently provided on four sites including a clinic in Hoddesdon.

Elderly continuing care, mental health, learning difficulties, professional therapeutic and other community services are provided by North Essex Mental Health trust and the other local Primary Care Trusts. St. Margaret's Hospital, Epping is managed by the Epping Forest Primary care Trust and Herts. & Essex Hospital, Bishop Stortford, by the Royston, Buntingford and Bishop Stortford Primary Care Trust. The Princess Alexandra Hospital Trust leases facilities on both these sites.

Princess Alexandra Hospital

The hospital was first opened in 1965. It is situated within easy walking distance of Harlow Town centre with good approach roads and is within easy reach of the M11. The following services are provided: -

*Child Health services including Child Development Centre
Medicine for the elderly
General medicine
Cardiology and coronary care
General surgery
Urology
Trauma and orthopaedics
Plastic Surgery
Obstetrics
Gynaecology
Ophthalmology
ENT
Maxillo-facial surgery
Orthodontics
Intensive and high dependency care
Accident and emergency
Radiology including CT & MRI*

Plus a full range of diagnostic and support services

The North Essex Mental Health Trust provides Mental Health services on the Princess Alexandra site.

Post Graduate Facilities

The Postgraduate Practice Development Centre serves clinical staff from both Trusts in the 19th Century Parndon Hall, which is in the grounds of the The Princess Alexandra Hospital. Facilities include a postgraduate library, quiet study room and lecture theatre managed by a librarian with support staff.

Medline CD-ROM is available and can be assessed by fax machines on all three sites.

There are comprehensive postgraduate teaching programs including M.R.C.P. Conferences, journal clubs, grand ward rounds and GP meetings.

The Trust has a number of teaching hospitals links, particularly the Royal London Hospital Trust, University College and the London School of Medicine and takes part in Medical students teaching and postgraduate rotations. Existing links with Addenbrookes's Hospital are being further developed.

Postgraduate Centre Staff

Susan Goodier, Education Centre Manager

Susan was appointed as Education Centre Manager in August 2000 to supervise the transition from Postgraduate Medical Centre to multidisciplinary Education Centre providing a focus for the education and training of all staff within the Trust. Previously Susan had worked in West Hertfordshire Hospitals Trust for thirteen years with posts in Pharmacy, the Research Ethics Committee and as Postgraduate Education Manager at Hemel Hempstead General Hospital.

Margaret Short, GP and GPVTS Administrator

Margaret has worked for the Trust for five years. Her responsibilities include the organisation of a programme of PGEA sessions for GPs in the West Essex Region. She has recently assumed responsibility for the Administration of the GPVTS Course Organisation. Previously Margaret worked for Rank Xerox organising exhibitions and conferences.

Living in the West Essex Area

MAP OF REGION

Location

The area is one of contrasts. Historic market towns surrounded by picturesque villages. Large areas of common land such as Epping and Hatfield Forests with countless public walks and bridleways offering unlimited opportunities for exploration. In contrast there are several major industrial and commercial centres. With London's third airport located in the area of Stansted economic growth is set to continue.

Epping still has the atmosphere of a country town with a market each Monday in the wide main street, and the practice reflects this character. Situated at the end of the central line, Epping and Theydon Bois have many commuters, and local employment ranges from some mixed light industry to agricultural work.

Industries

Industries within the region include Glaxo Smith Kline, MSD, Nortel, Pitney Bowes, Gilbeys, BAA.

Shopping

The area is well served with shopping facilities. There are a reasonable selection of shops locally and Brookfield Centre, Lakeside, Bluewater and Cambridge are all within easy driving distance.

Schooling in West Essex

The region is well served by a variety of Private and State schools. Following are a few examples of the education available.

St. Nicholas School, Old Harlow (fee paying)

Details to follow

Mark Hall Comprehensive School, Harlow

Details to follow

Harlow College

Details to follow

The Bishops Stortford High School, Bishops Stortford

The Bishop's Stortford High School is proud of its ethos and standing within the community. It is a school which continues the pursuit of excellence and combines innovative methods and contemporary educational philosophy with its fine traditions. The school has five forms of entry and admits 155 boys at the age of eleven most of whom continue their education in the Sixth Form where there are some 340 students in total including about 80 young ladies. Most further their studies at University and the school has a strong tradition of success in applications to Oxford and Cambridge.

The school is fortunate in having an extremely well qualified and dedicated staff whose aim is to equip tomorrow's young people with the education and skills they need for their future. They set high standards of expectation and commitment. We are renowned for providing a truly all round education and our guiding principles are academic excellence and personal fulfilment within a forward looking and disciplined environment. The school offers opportunity for all and its outstanding range of extra-curricular activities complements the work in the classroom to produce well rounded young adults with a sense of pride in the school, themselves and the community.

I commend the reader to our website whose address is <http://www.tbshs.herts.sch.uk>.

The Hertfordshire & Essex High School, Bishops Stortford

Founded in 1909 by Hertfordshire & Essex County Councils jointly, we are an all-ability secondary day school which admits girls between the ages of eleven and eighteen. Boys are admitted in the Sixth Form. There are currently 1001 pupils in the school, of whom 198 are in the Sixth Form.

The school endeavors to develop the full potential of all the students, so that they may be able to continue in further education or training, or to be ready to take up worthwhile work. High standards of self-discipline and hard work are expected. The school is a caring community to which all can contribute, responsibility, reliability, courtesy and consideration for others are positively fostered.

Results at GCSE and A Level are excellent, with a 96% pass rate of grade A to C in GCSE (5 subjects or more) and a 90% pass rate grade A to E in A Level.

The Bishops Stortford College, Bishops Stortford (fee paying)

Details to follow

Newport Free Grammar, Newport

Details to follow

Hailybury College, Hertford Heath

Details to follow

Housing in West Essex

Achievements of West Essex VTS

What do you do now!