

International Podiatrists Programme



Region Profile:
Thames Valley



International Podiatry Programme – Berkshire

Berkshire is a county in South East England. One of the home counties, Berkshire was recognised by Queen Elizabeth II as the Royal County of Berkshire in 1957 because of the presence of Windsor Castle.

Podiatry Department Overview

The Podiatry department has main clinic sites at all of the areas in Berkshire Newbury, Reading Wokingham Bracknell Slough Windsor and Maidenhead

We employ over 50 staff for our department

The Podiatry teams are made up of team leaders senior podiatrists, podiatrists, Podiatry assistance and administrative staff.

Our Podiatry services offer care to patients at risk who suffer from metabolic, vascular or neurological disorders, e.g. diabetes that place the lower limb in a compromised situation.

All Podiatry staff are supported with regular supervision, preceptorship for newly qualified staff, annual appraisals, personal development plans and a comprehensive local and cooperate inductions.

We will nurture you gradually, and we will ensure that you're not be thrown in at the deep end. We will work with you to build your clinical skills through regular support and supervision, and ensure that you start with routine work, until you are ready to take on new patients, wound care, nail surgery and MSK.

<https://www.berkshirehealthcare.nhs.uk/our-services/physical-and-community-healthcare/foot-care-service-podiatry/>

About the Job

- You will be required to assess, diagnose, develop and implement individual treatment plans for patients with a wide variety of clinical needs.
- Nail surgery sessions will be a requirement for this post
- Care will be provided in a range of Primary and Community settings , working independently and often in within a team.

Working pattern + Service operating hours

- The Team's current operating hours are Monday to Friday, 8.45 am to 5.15pm but we encourage you to get in touch if you wish to enquire about flexible working
- It may also be possible to work 9-day fortnights whereby you complete your full-time hours over a 2-week window in 9 working days, providing you with a “non-working day” every fortnight

Living in Berkshire

Newbury



Recreation

Newbury is a market town in the heart of Berkshire and from here, you can travel to London by train in just one hour.

The main shopping areas in Newbury include Parkway Shopping, Kennet Shopping, Northbrook Street, and Bartholomew Street, but remember to check out hidden gems in Weavers Walk, Inches Yard, The Arcade, Market Place, and Cheap Street too! And don't forget to look upwards when you're visiting the shops; many are housed in grand, historic buildings.

Tourist spots

- Newbury Racecourse
- Highclere Castle (Downton Abbey)
- Greenham Common
- Donnington Castle

Local transport options

Newbury station is a mainline station, operated by Great Western Railway (GWR), that takes you into London Paddington. The town is also served with an excellent local bus service, Newbury & District, which is run by Reading Buses.

Local community groups

MovedTo Newbury has been running since 2015 and its events are a great way of meeting new people when you have just moved to the area. For more details, visit www.movedto.com/locations/uk/newbury.

Reading



Recreation

Reading is a vibrant mix of working and living area which is located just 40 miles from London. It has fantastic transport links to the Midlands and the North, and is home to the longest running music festival, and University of Reading, which is ranked in the top 200 in the world.

The main two shopping venues are The Oracle and the Broad Street Mall, which are located on either end of the main pedestrianised shopping street.

Tourist spots

- Reading Abbey
- Reading Festival (August Bank Holiday each year)

Local transport options

Served by four different rail operators, GWR, Cross Country, Elizabeth Line, and South West Trains, Reading is one of the busiest travel exchanges in the country. It also has an excellent bus service provided by Reading Buses.

A list of local services including bus routes can be found at www.livingreading.co.uk/travel.

Local community groups

A list of community groups and places of worship as well as religious community groups can be found on directory.somersetlive.co.uk/search/reading/religious-organisations.

Wokingham



Recreation

Wokingham is a vibrant and historic market town with a centre full of busy independent and national retailers. Wokingham sits in the Thames Valley and as such has a wide range of transportation links that serve the whole of the country.

Tourist spots

- Cinema
- Bowling alley
- Local sports centre

Local transport options

The town of Wokingham is served by Thames Valley Buses and sits on the Waterloo to Reading train line which is run by South Western Railway and GWR.

Local community groups

You can find a list of some of the local community, support, religious and support groups in Wokingham on directory.wokingham.gov.uk. And you can find a list of all places of worship in and around Wokingham on directory.wokingham.gov.uk.

Bracknell



Recreation

Bracknell is one of England's new towns. The Lexicon social and leisure space is the cultural heart of the town, housing 70 retail and food and beverage outlets, as well as a 12 screen cinema. Bracknell is also home to Berkshire Healthcare's head office.

Tourist spots

- Leisure centre
- 12 screen cinema at The Lexicon
- Coral Reef (Bracknell's Water Fun Park)

Local transport options

Bracknell bus transport is served by four operators. Details of the routes can be found on www.bracknell-forest.gov.uk.

South West Trains stop at Bracknell and Martins Heron stations. Trains go to Reading and London Waterloo and stations in between. GWR also run trains through Bracknell Forest and provide access to Gatwick Airport (via Redhill) and Reading, with stations at Sandhurst and Crowthorne.

Community groups

A list of places of worship in and around Bracknell can be found on www.bracknell-forest.gov.uk.

Windsor, Ascot and Maidenhead (WAM)



Recreation

The Royal Borough of Windsor and Maidenhead is crowned by the stunning Windsor Castle which is better known as the Queen's weekend residence and is also linked by the beautiful River Thames, The Royal Borough has a rich mix of history, culture, heritage and fun.

Tourist spots

- Windsor Castle
- Windsor Great Park
- Legoland
- Ascot Racecourse

Local transport options

Windsor has direct train links to the local area, London Waterloo and Slough (which will take you to Paddington), as well as a good bus service provided by Green Line. A list of transport links can be found on www.windsor.gov.uk.

Local community groups

A list of local services, community groups and places of worship can be found on www.rbwm.gov.uk.

Slough



Recreation

Slough is a large town close to West London and has excellent transportation links which can take you across the country.

Tourist spots

- Langley Country Park (and other park areas)
- Absolutely Ice, Ice Arena
- Library at The Curve
- Queensmere Observatory shopping centre

Local transport options

Slough is within a 10-minute drive of Heathrow Airport and is only a 45-minute drive from Gatwick Airport. These are the UK's busiest airports and amongst the busiest in the world.

It is a mere 20-minute train journey from Slough to Paddington Station in Central London. From Paddington, there are fast train links nearby to the rest of the UK and to Europe.

The town has direct access to the M4 Motorway. To the East lies London, only a short trip away. To the West of Slough, Bristol is an easy drive. A short trip across the Bristol Channel takes you further down the M4 into South Wales.

A list and a map of the bus routes in Slough can be found on www.slough.gov.uk.

Local community groups

A list of community groups as well as places of worship can in Slough can be found on slough.communitydatabase.co.uk/groups.

Introduction

Berkshire Healthcare Foundation Trust is the main provider of community and mental health services for the people of Berkshire. Our services are delivered at community bases, hospitals, and other clinical settings, and in people's homes. We focus on providing care as close to home as possible.

We are based in the county of Berkshire, in South East England. The East of the county is just over 20 miles from London and can easily be reached by train, bus, or car.

The population in this area is just under one million, covering an area of 500 square miles.

We provide Community and Mental Health services across Berkshire, which includes West Berkshire, Reading, Windsor, Ascot & Maidenhead (WAM), Wokingham, Bracknell Forest, and Slough

We employ over 4,500 staff and we look forward to you joining our community.

Berkshire map



You can find out more about our organisation and the services that we offer by visiting our website (berkshirehealthcare.nhs.uk), or our employee intranet (nexus.berkshirehealthcare.nhs.uk) once you have your work log in details.

Our vision, values and priorities are important to us and enable us to remain focussed on providing the best care that we can to the communities we serve.

Our vision:

To be recognised as the leading community and mental health service provider by our staff, patients, and partners.

Our core values:



Throughout our organisation, these four True North priorities highlight what is important to us. All our objectives as individuals and teams link with these at a service, local/divisional, and Executive/Board level. The four areas form part of our Quality Improvement agenda and play an important part in all that we do.

Our priorities (called 'True North' objectives):



1. **Harm free care** – focusing on reducing self-harm and physical harm
2. **Improving staff experience** - focusing on staff engagement and reducing violence and aggression
3. **Improving patient experience & outcomes**
4. **Supporting financial sustainability**

What does Buckinghamshire Healthcare NHS Trust offer you?

Listen to why colleagues think Buckinghamshire is a great place to work!
<https://bit.ly/3DNEQfD>

As part of our BHT family, you will benefit from learning and development opportunities to support your career progression. For those new to the NHS, the Trust offers a multi-disciplinary preceptorship scheme, alongside your NHS benefits of generous annual leave entitlement, pension and access to NHS discount schemes. We also provide a range of health and wellbeing services to promote a healthy, happy workforce.



Why work for us?

We're committed to promoting inclusion and making sure all colleagues feel they belong. We encourage new colleagues from a diverse range of backgrounds to apply.

As an employer, we aim to create a workplace where differences are valued, and colleagues treat one another with dignity and respect. Greater diversity within our BHT family improves positive outcomes for the people and communities we serve.

What do we stand for?

Our vision is to provide outstanding care, support healthy communities and be a great place to work.

Our mission is to provide personal and compassionate care every time.

Our CARE values are collaborate, aspire, respect and enable.

Buckinghamshire: We care about your career

We are an exciting place to work. As an integrated trust your career could span hospital and community health. You could work in one of our specialist areas, such as, rheumatology, musculoskeletal and diabetes / wound clinics and all podiatrists can develop skills in nail surgery, as well as a small home visiting caseload.

You will work in a variety of clinical settings within the beautiful county of Buckinghamshire, with the aim of delivering excellent care to high-need patients in order to maintain their mobility and independence. You will have the opportunity to work as part of the team with clear criteria to follow for our packages of patient care as well as using your own initiative.



We have a reputation for teaching and training excellence. There are modern, well equipped education centres and a library on our hospital sites with an active programme of continuing education. Our education, learning and development team continue to build both internal development programmes and engage with external education partners to ensure we are developing the right people in the right way.

Buckinghamshire: We care about you

Our occupational health and wellbeing department provides staff with a range of health and wellbeing services to promote a healthy workforce, support staff with health conditions and advise managers how to accommodate employee health needs.

Alongside this our staff wellbeing team offer free confidential support, information and advice to anyone wanting to make positive changes in their lives. They do this at our healthier lifestyle's hub and through outreach services across our hospital and community sites. Some of the services offered cover general emotional wellbeing, stress management, resilience and work/life balance, meditation for inter-personal relationships, as well as mindfulness sessions.

A beautiful shire county

Buckinghamshire, abbreviated to Bucks, is a ceremonial county in South East England that borders Greater London to the south-east, Berkshire to the south, Oxfordshire to the west, Northamptonshire to the north, Bedfordshire to the north-east and Hertfordshire to the east.



Buckinghamshire Podiatry

We treat patients at 10 clinical sites across Buckinghamshire. These include doctor surgeries, health centres, hospital outpatient departments and community sites where podiatry have 2 clinics side by side to provide clinical support from a colleague.

- Amersham Hospital (4 clinic rooms)
- Brookside Clinic, Aylesbury (4 clinic rooms)
- Buckingham Community Hospital (2 clinic rooms)
- Marlow Health Centre (2 clinic rooms)
- Oakridge Centre, High Wycombe (2 clinic rooms)
- Thame Community Hospital (2 clinic rooms)

The podiatrists have the opportunity to observation in the Acute Hospital clinics:

- Rheumatology clinics at Amersham Hospital and Stoke Mandeville Hospital
- Wound care/ Diabetes placements at Wycombe and Stoke Mandeville Hospital
- Observe Multidisciplinary Diabetes Foot Team sessions
- Musculoskeletal placement at Amersham and Brookside clinic
- Advanced MSK clinics with the use of RS Scanner for High Risk foot assessment
- Nail operation induction, placement and peer review at Brookside/Amersham
- Home Visits with a Band 6 colleague initially
- Observe ward visits, shadowing the Diabetes Putting Feet First Team
- Within the next year we are developing a vascular assessment clinic



International Podiatry Programme – Spanish Graduate Recruitment Programme supported by HEE

Community Podiatry Service – Oxfordshire

We hope the following information about living and working in Oxfordshire will be of interest and use! Oxfordshire is known as one of the 'Home Counties' in the Southeast of England. It is a large area to the northwest of London (but only an hour from central London). It is a mix of City (the world-famous University City of Oxford itself) Market Towns and rural countryside and villages – with the River Thames running through it.

<https://en.wikipedia.org/wiki/Oxfordshire>

Podiatry Department Overview

Oxfordshire Community Podiatry Service is one of the many Community Health services offered by Oxford Health NHS Trust (OHFT):

<https://www.oxfordhealth.nhs.uk/>

The Trust also has its own YouTube Channel:

<https://www.youtube.com/user/OxfordHealth/videos?app=desktop>

We are a large team of Podiatrists at all Bands, and Admin support. We have a Head Count of 83 staff covering 73 'whole time equivalent' posts.

We have our own patient facing website:

<https://www.oxfordhealth.nhs.uk/oxtc/podiatry/>

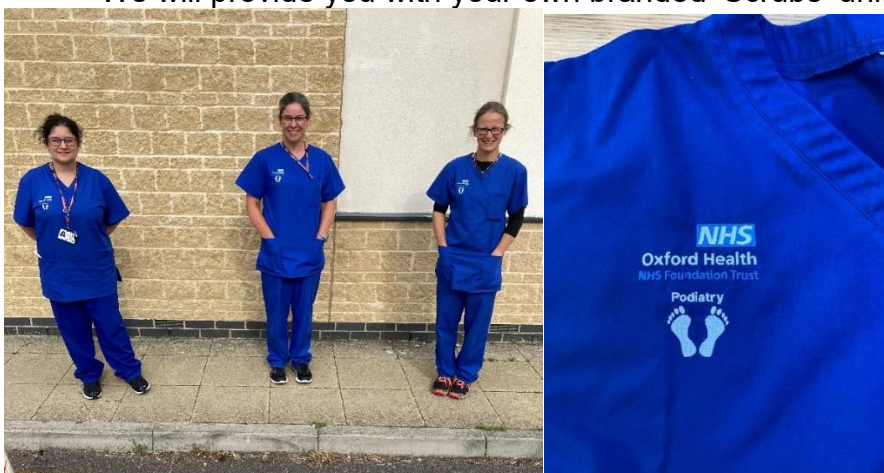
We are split into 6 regional teams across the county of Oxfordshire:

- NORTH – Based around the market towns of Banbury and Chipping Norton
- NORTH EAST – Based around the market town of Bicester – now more famous for Bicester Village Designer Shopping outlet!
<https://www.tbvsc.com/bicester-village/en>
- OXFORD CITY – The diverse university city at the heart of the county
- SOUTH EAST – Based around the market town of Wallingford and riverside Henley-on-Thames
- SOUTH WEST – Based around the market towns of Abingdon & Wantage
- WEST – Based in the market town of Witney – bordering the Cotswolds

Each team has about 11 staff members and runs approximately 7 clinics/chairs across 2 or 3 sites. Most teams/clinics are multi-chair sites, to ensure staff (especially new Band 5 staff) are rarely ever lone-working. You will always have someone on hand to support and advise!

What is working as a new Band 5 Podiatrist like?

- You will work full time (37½ hours per week)
- You will have the choice if you wish to work those hours over 5 days a week, 4 days a week or a mix of those (i.e., one day off every other week).
- Most working days are 8.30am to 5.30pm with a 40-minute lunch break.
- A 'normal' clinic will have 14 appointment slots (30 minutes long) each day
- You will have Toenail Surgery as part of your programme – at least once a month.
- Our caseload is almost all patients who for the At Risk/High Risk (of foot ulceration) category. At Band 5 you will see/support the lower risk side of this caseload – maintaining optimum foot health in the At Risk group, with minimal exposure to ulcer patients.
- That said you will have monthly direct supervision/support from your local lead Band 7 podiatrist who will ensure your competencies and skills in wound care are safely established and grown.
- You will also have monthly 1:1 support from your line manager/team leader, as well as group clinical supervision as part of the team meetings.
- We don't do traditional MSK Podiatry (Sports Injuries etc) – but we do ensure it forms part of the pressure offloading plans for all suitable patients.
- We allow at least 1 session per month for personal learning/clinical supervision/reflective practice etc.
- In addition, you will be enrolled onto a Preceptor Programme to support your post-graduate learning
- We support all staff with study leave and funding for relevant courses and training.
- We support all new staff with time spent at/observing our colleagues in the Acute Hospital Podiatry service – both in-patients, Vascular and Diabetic Foot Clinic (OCDEM) – all run by OUHT: <https://www.rdm.ox.ac.uk/about/our-divisions/oxford-centre-for-diabetes-endocrinology-and-metabolism>
- We will provide you with your own branded 'Scrubs' uniform!



Feedback from all previous graduate B5 podiatrists has been really positive – all have reported that their first year with us has been really supportive, enjoyable and a fantastic learning experience – many saying they have had a much more enriching experience than some of their student colleagues working elsewhere!

Living in Oxfordshire

Oxfordshire is a beautiful county from the ‘Dreaming Spires’ of Oxford city to rural Cotswold towns and villages and the riverside towns like Henley-on Thames. Our posts will be based around the county – most likely these 4 locations:

- Oxford City Team
- SE Team (Henley)
- SW Team (Abingdon)
- West Team (Witney)

All towns in the county are within a 1-hour commute (car) from Oxford City. Public transport (busses and some train) is reasonable across the county – but being a car driver will allow you to explore the county and surrounds much easier! The good news is central London is less than an hour by train from many Oxfordshire towns, and a 24 hour a day bus service runs between London & Oxford. The city/county is also really well positioned to explore the rest of the UK – with many interesting places within a comfortable 2-3 hour drive: from the beaches on the South Coast, to the Mountains of Wales and many other well known cities in England. Birmingham and Heathrow airports are also an easy 1-2 hour commute away – making air travel easily accessible.

The following weblinks might give some more information:

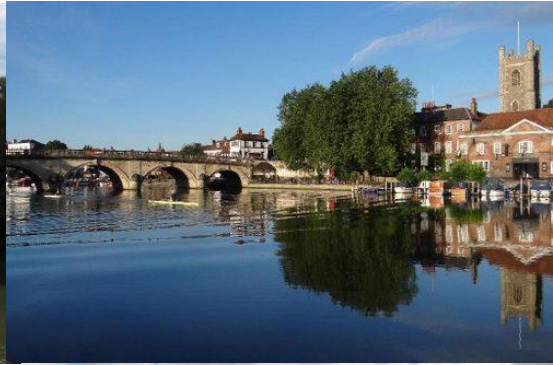
Oxford Health Staff benefits – this weblink shows some of the other benefits of working for Oxford Health – and has a bit of information on Staff Accommodation: <https://careers.oxfordhealth.nhs.uk/staff-benefits/#:-:text=The%20trust%20provides%20affordable%20and,rooms%20and%20one%20bedroom%20flats.>

Daily Info billed as “Your one-stop guide to staying, living and working in the historic city of Oxford” is also a good ‘What’s on’ Guide to Oxfordshire: <https://www.dailyinfo.co.uk/>

Ex-pat in the City - This is an interview with Anna from Italy – explaining about her experience of living in the city: <https://www.spendlifetraveling.com/expat-living-in-oxford-england/>

YouTube link to one video on living in and around Oxford: <https://www.youtube.com/watch?v=2QZIG3I5q24>

Some images of Oxfordshire:





International Podiatrists

Thames Valley – Frimley ICS

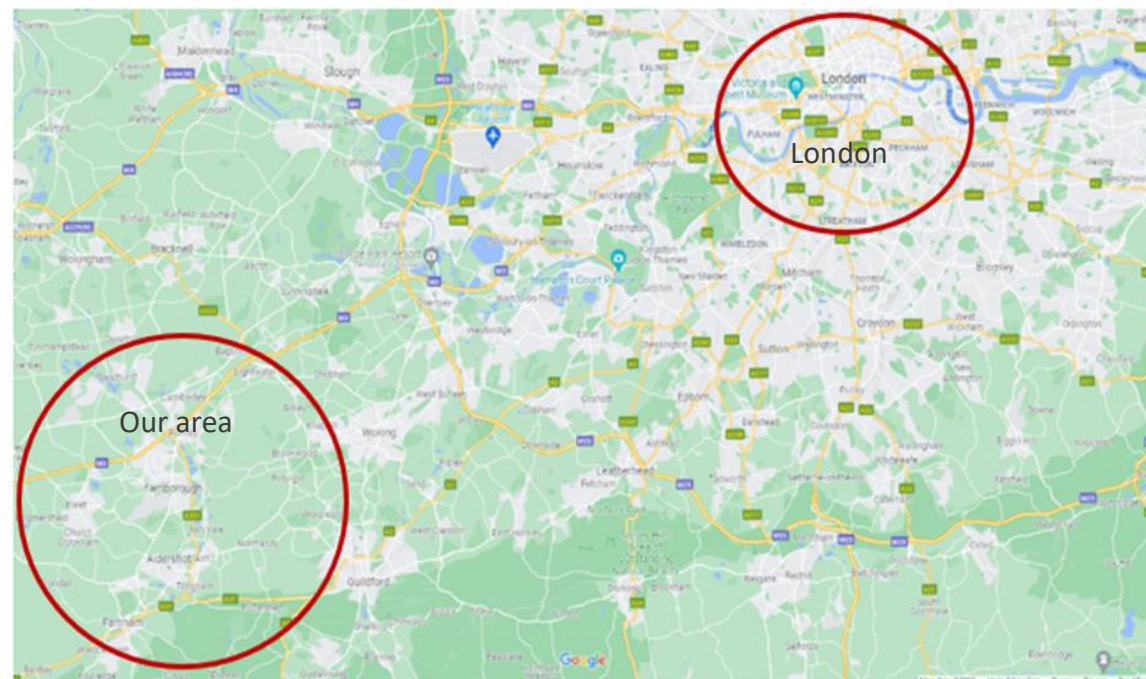
The Team

- We are a small but friendly team with 5 Podiatrists, 2 Podiatry assistants, one Podiatry apprentice and 2 administrators.
- We regularly meet up for social events outside of work.
- We have a range of interests in the group including running, cycling, golf, rugby, painting, baking etc.
- We have a What's App group and regularly chat to each other on that (non work stuff)!



Where are we located?

- The area we work in is about 35 miles from the Centre of London.
- Train journeys into the capital take about 45 minutes.
- We have a mix of town and countryside and based on the county borders of Surrey and Hampshire.
- The main towns you will be working and living in are: Farnham, Farnborough, Frimley, Fleet, Aldershot and Yateley.
- You will need to be a car driver to work across our area.
- A range of amazing restaurants and places to visit.
- In a great locations for visiting many other areas/sightseeing in your spare time.



Our clinics

- We work from 5 different clinic locations and also do some home visits to housebound patients.
- Aldershot Centre for health – multi chair clinic
- Farnham Hospital – multi chair clinic
- Frimley Green Clinic – multi chair clinic
- Fleet Hospital – Single chair clinic
- Yateley Medical Centre – Single chair clinic



What do we do?

- We provide NHS care to high risk patients.
- We see patients for ulcers and wounds, nail surgery for ingrowing toe nails, high risk routine care, neuro-vascular assessments, musculoskeletal clinics, orthotics and domiciliary visits.
- We have our own orthotics lab, all staff have their own doppler and we have an automated ABPI machine and iPads for home visits..
- We work closely with the Diabetic foot multidisciplinary team at Frimley Park hospital referring to the vascular, diabetes and orthopaedic consultants.
- We work alongside the Physiotherapy team at Farnham Hospitals.
- Look after patients on our community wards.
- Education for patients, family, carers and other health professionals.
- Monthly team meeting
- Podiatry training days held several times each year
- Have our own in-house training and development company who run many different courses online and face to face
- Support personal development
- Regular peer review and supervision
- Support students and assistants
- Access to wellbeing information and support
- Company discount scheme which we have access to as well as NHS discount schemes
- Additional 5% HCAS on salary

A typical day:

- We work from 09:00 to 17:00 Monday- Friday.
- No weekend working or bank holidays.
- 30 minute lunch break each day.

- 30 minute appointments for our routine and ulcer clinics.
- We see 13 patients a day in these clinics.
- 1 hour appointments for nail surgery clinics which we run weekly. Have a nail surgery rotation.
- 40 minute appointments for MSK clinics.
- 1 hour admin/clinic preparation time each day.

- You will be working in different locations and doing different types of clinics throughout the week, so lots of variety!



Helpful information

- We are employed by HCRG Care group and undertake work for the NHS. Our values are to Care, Think and Do our bit.
- <https://www.hcrjcaregroup.com/>
- We work in partnership with Frimley Health
- <https://www.fhft.nhs.uk>
- Our commissioners are Frimley CCG
- <https://www.frimleyccg.nhs.uk/>
- Information about the local area:
- <https://www.visitsurrey.com/visitor-information/surrey-heath-countryside-information-p971511>
- <https://www.visit-hampshire.co.uk/explore/areas-to-visit/north-hampshire>

Details of other Trusts in this region to follow shortly