

# CONSULTANT RECRUITMENT PACK

## CONSULTANT IN CLINICAL NEUROPHYSIOLOGY **FULL/PART-TIME POST**

For more information, please contact us: rduh.medicalhr@nhs.net (Eastern services)





royaldevon.nhs.uk/join-us

## A Warm Welcome

Hi, I'm Chris Tidman Deputy Chief Executive Officer of Royal Devon University Healthcare NHS Foundation.

Thank you for the interest that you have shown in working with us, at what is an unprecedented time for healthcare across the UK.

Our Trust is a special place to work. We foster creativity, innovation and a personal approach to high quality patient care.

We are proud of our department and are committed to the further development of this successful and cohesive team and recognise the importance of bringing the very best clinicians to Devon.

Good luck with your application and I look forward to meeting you soon.

Chris Tidman

We welcome enquiries for further information and strongly encourage informal visits either in person or virtually so that you can get a feel for what it's like to work with us. A list of contacts is detailed in the final section of this pack.

## **JOB TITLE** Full/part-Time Post for Consultant In Clinical Neurophysiology

**BASE** Royal Devon University Healthcare NHS Trust Eastern

## DATE OF VACANCY Immediate

# Cover image

Budleigh Salterton, 40 minutes car journey from Exeter

## **Application and Advisory Appointments Committee**

Applicants must have completed specialist training in this role prior to taking up the appointment. The expected date of the award of the Certificate of Completion of Training should be no later than six months after the date of AAC interview for this post.

The applicant should also be entered on, or within six months of entry to, the GMC Specialist Register at the time of acceptance of an offer of employment. Applications are though the NHS Jobs online service at **www.jobs.nhs.net**. This will take you to the Career Gateway. Please apply using the online application form at this site.

We are committed to flexible working arrangements, including job sharing.

# Why choose the Royal Devon?

## Research and innovation

We recognise that research active departments deliver better clinical outcomes for patients and as such we invest continuously in a large programme of profession led and commercial research studies, many of which are internationally recognised and award winning. We have a multi-million pound research facility, dedicated research staff and collaborative links with researchers from across the University. Funded time for the development of research proposals is available for interested consultants.

## Service development

The Royal Devon is a newly formed Trust supporting a population of more than 615,000 across more than 2,000 square miles of North, East and West Devon. The scale of operation brings opportunities to establish and develop innovative new services to better meet the needs of our patients.

## Teaching

The Royal Devon is a university trust that enjoys close ties with the University of Exeter Medical School. We offer funded time for teaching of medical students and junior doctors. We are planning a regular programme of evening educational meetings to bring teams from both sites together. These meetings will also provide opportunities for your own CPD.

## Career progression

The size and structure of our Eastern team creates a strong framework for progression, whilst the flatter structure within our Northern service means rapid progression to areas of increased responsibility.

#### Investment

The Royal Devon has received significant capital investment over the past 12 months which has allowed the implementation of a single electronic patient record (EPR) across the Trust. This investment has allowed expansion of the specialist nursing teams and improvements to the infrastructure at both base hospitals.

## Location and relocation

We are fortunate to be based in the beautiful South West of England and you can choose between the hustle and bustle of the city of Exeter, the rolling moors of Exmoor or the stunning beaches of North Devon. Schools, further education colleges and the University of Exeter are good or outstanding, crime rates are low, and transport links and infrastructure investment are also excellent. We can offer you temporary accommodation to support a visit and a relocation package should you choose to come to Devon. A more comprehensive explanation of all of these elements can be found within this job pack, but if you have any questions then please do get in touch or arrange a visit to come and see us.

## About Royal Devon University Healthcare NHS Foundation Trust

We are a newly formed NHS Foundation Trust with a vast geographical footprint, serving a population of over 615,000 people and covering more than 2000 square miles across Devon.

This makes us one of the largest providers of integrated health care in the UK, and the biggest employer in Devon with a workforce of over 15,000 staff.

Our services include two acute hospitals, 17 community hospitals, outpatient clinics, and community teams who care for people within their own homes. We also provide primary care and a range of specialist services, stretching from coastline to coastline, extending our reach throughout the South West Peninsula as far as Cornwall and the Isles of Scilly.

Established in April 2022, the Royal Devon brings together the expertise of Northern Devon Healthcare NHS Trust and the Royal Devon and Exeter NHS Foundation Trust, embracing change and innovation to develop new medical models, new ways of working, ground-breaking research and huge levels of investment into new infrastructure, equipment and facilities. There has never been a better time to join us. The Royal Devon is committed to supporting the personal and professional development of our consultant staff and in turn to improve the care offered to our patients. This might include developing or introducing innovative services and bringing these to rural patients, teaching the doctors of tomorrow or undertaking award winning clinical research.

You'll find more information about the role and the Trust in this pack. Further information is also available on our website www.royaldevon.nhs.uk

<image>

## 1. Introduction

Clinical Neurophysiology at the Royal Devon University Healthcare NHS Foundation Trust is a forward thinking and collaborative multidisciplinary team with patient centred focus. We are constantly looking to develop our service and adapt to the evolving challenges of a growing population.

To achieve our ambitions, we are looking to appoint consultants in clinical neurophysiology to join our team. This will allow us to replace a highly respected retiring colleague and expand our consultant complement to deliver high quality, effective and sustainable services for our patients across Exeter, North and South Devon.

Exeter is a brilliant place to live with a strong worklife balance. We have two of the most famous national parks on our doorstep and the beautiful Devon coastline. Outdoor activities are a major attraction with good surfing, kite surfing, mountain biking, kayaking and hiking. The city itself has been voted one of the UK's most desirable places to live with a great selection of shops and independent restaurants mixed with the local farming it's a foodie's dream.

Exeter has excellent transport connections to Bristol and London and a local airport serving Europe. The city is very family orientated with great schools and offers a vast number of family-focused activities and events making it an ideal place to bring up children.

## **2. HOSPITALS AND SERVICES**

The Royal Devon University Healthcare NHS Foundation Trust is a great place to work. We are a large trust with a full complement of medical specialty departments and have approximately 800 beds over 30 wards. The trust has invested in a cutting edge, fully electronic patient management system (MY CARE) which went live in October 2020.

We were one of the first UK trusts to gain foundation status. The hospital is presently ranked good by the CQC and outstanding in our caring attitude to patients. We are consistently ranked amongst the top trusts as a place our staff would recommend to friends and family. Training programmes are highly rated by trainers and junior doctors alike – frequently having been top ranked nationally. The trust is managed day to day by a Trust Executive which includes a Chief Executive, Medical Director, Chief Nurse and Executive Director of Delivery, Director of Finance, Director of Operations, and (ex officio) the chairman of the Medical Staff Committee. The Medical Staff Committee which provides a forum for the discussion of any matters of interest to consultants. All consultants are encouraged to participate. The Chairman is elected and provides advice to the Trust Executive which is independent of the Associate Medical Directors.

For a full description of the main hospitals and services of the trust see the trust website **www.royaldevon.nhs.uk**.

As part of our engagement in the work of the Devon Sustainability and Transformation Partnership, the trust is working increasingly closely with local provider organisations in a networked approach to clinical service delivery. More specifically Royal Devon University Healthcare NHS Foundation Trust and Northern Devon Hospital are building on their long-standing partnership and existing strengths by formally joining together with an aim to improve patient care quality, resilience and sustainability across North and East Devon and enable us to tackle our shared challenges together.

## 3. THE WORK OF THE DEPARTMENT AND DIVISION

#### Overview

The Clinical Neurophysiology Department is situated on the main hospital site at Wonford, with services also provided at Northern Devon Hospital and Torbay Hospital.

The Neurosciences department is part of the Medical Division and is based at the Royal Devon University Healthcare NHS Foundation Trust (Eastern/Wonford). The department provides a comprehensive service to the communities of Exeter, East and Mid-Devon, a population of around 400,000. The main centre of population is Exeter, the regional capital of Devon, a lively centre with a well-established, active and broad-based research university. EG services are via consultant/specialist referral and primarily focused on assisting with diagnosis and optimizing of care for adults and children with epilepsy. This includes investigations on ITU, paediatric HDU and the neonatal unit. We also see referrals for functional neurological disorders, altered consciousness, encephalopathy and out-ofhospital cardiac arrest, amongst others.

Nerve conduction and EMG referrals are received from a wider range of referrers, including General Practitioners via the e-referrals system. Routine referrals for carpal tunnel, ulnar neuropathy and generalised peripheral neuropathy are seen in our scientist-led services. Some referrals for cervical and/or spinal radiculopathies are seen in a joint clinic, currently overseen by one of our Consultant Clinical Neurophysiologists. Consultant led EMG services consist of patients with more complex clinical symptoms and pathologies such as demyelinating neuropathies to include inflammatory neuropathies, mononeuritis multiplex, disorders of the neuromuscular junction, myopathies and MND.

Equipment has recently been replaced with state of the art hardware and software, including networked integration which we are in the process of extending across the three hospital sites. All EEG systems are Xltek, with Persyst (quantitative software) running alongside on review units; spike 2 software is also available. Our EMG systems run full Nicolet software and we have a Magstim system for those with an interest in diagnostic motor evoked potentials.

#### Services

Our close working multidisciplinary team provides a comprehensive neurophysiology services. Services include OP/IP EEG and long term monitoring (inpatient VT and home VT), visual electrodiagnostics (including mfERG), somatosensory EPs, PSG/MSLT sleep studies, Scientist-led NCS (carpal tunnel, ulnar neuropathy and generalised peripheral neuropathy), consultant-led NCS/EMG, and a scientist-led intraoperative monitoring service for spinal cord deformity.



## Staff

#### Joint Clinical Lead/ Clinical Scientist: Lesley Chandra

**Clinical Scientists:** Laura England, Sophie Georgiou

#### Advanced/Specialist Clinical Physiologists:

Katy Danby, Karen Evans, Lisa Farmer, Paul Gerry, Kati Needham, Tamsin Hickmore

**Trainee Clinical Scientist:** Jake Brenton

Healthcare Science Assistants: Rachael Roberts, Lizzie Goodwin

**Slot Administrator:** Sharon

We have established close links with Neurology and Paediatrics teams which include regular MDT meetings. There is the opportunity to develop strong links with the University of Exeter Medical School and the University of Exeter which has an active research program in all aspects of health and sciences. Many national and international figures work within these institutions and distinguished visitors give lectures.

#### Neurology

Neurology consists of a team of eight consultants and two registrars. The wider multidisciplinary team includes MS, Parkinson's and epilepsy nurse specialists. A wide range of common and uncommon neurological conditions is seen.

Dedicated Neurology beds are located on Bolham ward and Neurology outpatient clinics are held in Exeter (this includes specialist clinics which reflect the interests of the consultant neurologists), North Devon and within some community hospitals.

## Neuro-rehabilitation

The Mardon Neurorehabilitation Centre is a twelve bed Level 2b unit situated close to the main Royal Devon University Healthcare NHS Foundation Trust Wonford site and provides in-patient neurological rehabilitation for the populations of South, East and North Devon. The Neurophysiology polysomnography and adult video-telemetry suite is situated within the unit.

## Stroke Services

Stroke services at the Royal Devon University Healthcare NHS Foundation Trust are provided by a team of eight Consultant Physicians, who work across stroke and healthcare for older people services. The acute stroke unit has 28 beds and accepts all acute strokes directly from the Emergency Department. There are also 16 stroke rehabilitation beds on site.

## **Movement Disorders**

Two Consultant Physicians, provide a fortnightly movement disorder clinic in Exeter at the Royal Devon University Healthcare NHS Foundation Trust on a Tuesday afternoon, and a similar service in the community hospitals. An active research programme, with neurology, includes a large Parkinson's Disease database and website in conjunction with the National Hospital for Neurology and Neurosurgery at Queen Square in London.

## Paediatric Epilepsy & Neurology

Epilepsy care for children and young people is provided by a team of paediatric consultants and an epilepsy nurse. Neurology, neuromuscular and neurodisability services for children operate locally with oversight from Bristol Children's Hospital for rare or refractory neurological disorders.

## Library Facilities

The medical library is linked to all main academic sites through the University of Exeter server. There is easy access to Medline and Pubmed. In addition there is a comprehensive stock of books, journals and videos. Through NHS linked hospital computers, many journals are available on line at the Exeter Medical Library web site.

## 4. POSITION OF CONSULTANTS NOT WISHING TO WORK FULL-TIME

The trust is committed to flexible working arrangements including job-sharing. Nearly all Acute Medicine consultants contribute to the unit part-time or in conjunction with other roles.

The hospital's management structure and links with Exeter University deliver a large number of nonclinical roles. The sessional nature of urgent care gives itself to building a portfolio of clinical and non-clinical work. We view this portfolio style of working very positively – it increases our diversity as a consultant group and makes the clinical work sustainable.

We welcome applications for part-time working.

## 5. THE JOB

## **DUTIES OF THE POST**

The duties of the Consultant Clinical Neurophysiologist will mainly consist of providing a full service in clinical neurophysiology in order to maintain current activity, meet projected service requirements and to extend the scope of the department. The appointee will collaborate in the development of a Neurophysiology Service that is fit for purpose and sustainable in the new NHS environment.

This role offers the opportunity to work closely with Neurological, Paediatric, Orthopaedic and Healthcare for Older People colleagues in providing a cross specialty comprehensive diagnostic service to in and out patients and also direct access primary care referrals. The appointee will also be encouraged to take an active and enthusiastic part in undergraduate and postgraduate teaching and research.

## **Clinical Commitments**

Provide a comprehensive clinical neurophysiology service in Exeter

Support and develop the teaching and assessment of advanced clinical practice skills within the service.

Undertake administrative duties associated with the running of their clinical work.

#### Management

The appointee is expected to be responsible to the Clinical Lead and Associate Medical Director (AMD) for the effective and efficient use of resources under his/her control, to contribute to the planning and development of the service and to participate in directorate/departmental meetings.

## University of Exeter Medical School

The trust has a great relationship with the University of Exeter. Time for teaching and preparation is arranged by mutual agreement with the AMD within the trust's annual job planning and appraisal process. Links to the University bring PA opportunities in every aspect of undergraduate support, clinical and managerial. There are numerous opportunities locally to advance skills and credentials with educational roles in mind.

## **Clinical Audit**

Contribute to the development of Clinical Quality Standards and the progress of IQIPS accreditation through UKAS.

The successful candidate will be expected to participate in the design and completion of audit projects leading to improvements in practice.



## Research and Innovation

The successful candidate will be expected participate, and in some cases lead on, improvement and innovation activity. Where such activity creates potential new intellectual property this must comply with trust policy on Innovation and Intellectual Property.

All research undertaken must comply with trust policy on Research & Development. Trust policy and guidelines are available on the trust's Intranet site and specify compliance with the Research Governance Framework for Health and Social Care.

There are close links with the University Exeter Medical School for research opportunities. Opportunities for research projects exist and the Research and Development Department is a dynamic and active department providing appropriate support for new and existing research projects.

Neuroscience/Neurology is a key research area for the Trust. There is a broad range of interests from basic science/translation, inflammatory/ neurodegenerative/glial, axonal guidance/genetic, endothelium/metastasis) through to clinical studies: the range of studies currently includes longitudinal and Genome Wide Association (GWAS) international multicentre studies (with publications in high impact journals such as Nature Genetics) and multicentre Phase 3 – 5 interventional studies. Interests include Multiple Sclerosis; Dystonia, Motor Neuron Disease, Headache, Huntington's Disease, Anti-TNF a usage and the emergence of CNS demyelination, Cognitive disorder/dementia, and sleep medicine.

## Administration

The appointee will undertake administrative duties associated with the running of his/her clinical work.

## Leadership and Management

The appointee will be responsible for the leadership of his/her team as appropriate within the specialty. Specific leadership responsibilities for areas of the service will be agreed on an individual basis and will be detailed in the postholder's job plan.

The appointee will assist in the management of demand, working flexibly and prioritising on the basis of clinical need.

The appointee will ensure audit and governance processes within the department are robust and able to demonstrate excellence of care for patients.

Clinicians are well integrated into the trust's management structure. With this come PA's and opportunities to develop skills through courses here (and funded elsewhere). We welcome colleagues envisaging senior managerial roles. The trust has a good track record of supporting such journeys.

## Interpersonal and Communication Skills

The appointee will be willing to join an established collaborative neurophysiology department. This involves close multidisciplinary working and teamwork to provide a comprehensive and cohesive service. The appointee will have excellent report writing skills and be able to communicate effectively with clinical colleagues.

The appointee will continue in the development of effective networks within the region enabling best practice to be identified, implemented and monitored across the peninsula.

The appointee will have well-developed listening and communication skills and be able to interact effectively with a wide range of clinicians, managers and professionals both within and outside the Trust.

## Professional Performance

It is a requirement that if the employee has concerns about the professional performance of a member of the medical staff, they have a duty to speak to the person concerned. If the matter is potentially serious, or satisfaction is not obtained with the direct approach, such concerns should be discussed with the AMD, if satisfaction is again not obtained, concerns should be discussed with the Medical Director.

The appointee will be expected to take part in professional, audit, training and quality assessment activities.

The appointee will have continuing responsibility for the proper function of the service.

## Infection Control

All medical and dental staff have a duty to practice safe medicine in relation to infection control and other issues. Appointees will therefore be expected to attend infection control learning opportunities once per year as a minimum, and also to comply with trust Infection Control policies and guidelines.

## Cover for Colleagues

It is expected that the consultant(s) providing cover will also provide clinical supervision to junior staff and those in training. Locum cover will not normally be provided.

## Staff and office

The appointee will have office accommodation, secretarial support and access to their own PC and the Internet.

## 6. TIMETABLE

The content and detail of the timetable to be agreed by the host organisation. We can be flexible when developing job plans to fit around the needs of the appointee.

- 5.5-6 DCC NCS/EMG
- 0.5-1 DCC EEG reporting
- DCC Teaching/assessment
- DCC RDE/PHT MDT
- 1.5 SPA

#### 8.5 DCC Total

#### 1.5 SPA Total

#### 10 PA Total

A minimum of 1.5 SPAs will be provided within a full-time contract, for a consultant's personal development. Further discussion on supporting professional activities will depend on the Trust's requirements and the individual's particular expertise. 7. Main Conditions of Service

## Salary Scale

£88,364 - £119,133 per annum / pro rata

## Annual Leave

6 weeks + 2 days per year (+ day off in lieu for each Public Holiday worked) rising to 6 weeks and 4 days after 7 years' service pro rata. Five weeks of entitlement to be taken in full weeks. Part time staff may elect to take public holidays as they fall or a pro rata entitlement.

## Study leave

30 working days over a period of three years.

## Date of Vacancy

Immediate

## Domicile

Consultants are expected to reside within a reasonable distance of Exeter, normally within 10 miles or 30 minutes. Exceptions to this rule will need to be discussed with the Medical Director.

## 8. ACADEMIC FACILITIES

The University of Exeter Medical School (formerly part of the Peninsula Medical School) is founded on a unique partnership between the University of Exeter and the NHS in Devon. All teaching is underpinned by a strong research base with research focused in the Institute of Biomedical and Clinical Science, Institute of Health and Social Care and the Institute of Clinical Education.

Years one and two of the Bachelor of Medicine, Bachelor of Surgery degree programme lay the scientific foundations for the future years of the course. Students are introduced to clinical methods and begin acquisition of a range of transferable skills, learning science within a clinical context. The programme reflects the belief that doctors need to adopt a socially accountable approach to their work and to understand the human and societal impact of disease as well as the community-wide context of contemporary health care provision. The curriculum is structured around the human life cycle and the first year student studies human physical and psychological development from birth through to death. 70% is "core", providing the knowledge and abilities essential for entry into the Pre-registration House Officer year and 30% is comprised of Special Study Units, which allow students to select areas of interest to study in depth.

In the second year students revisit the human life cycle, this time with an emphasis on disease and the pathological and psychological impact of illness. The Years 3 and 4 programme moves away from the traditional curriculum model to reflect today's evolving models of care. Known as 'Pathways of Care', Years 3 and 4 reflects the patient experience of care in acute, primary and community care settings. Learning is patient centred. In year five students learn the job of medicine and start to develop their understanding of principles of practice in the NHS. Students are involved in a series of apprenticeship attachments; to consultants across the South West and to Principal General Practitioners on a one-to-one basis throughout Devon.

There is great scope for staff in NHS Partner Organisations to become involved in all aspects of the University of Exeter medical school curriculum for undergraduate education; for example, clinicians may be engaged as Clinical Skills Tutors, SSU Providers, and Academic Mentors.

The Institute of Biomedical and Clinical Science has developed several core "platform" technologies, accessed by a range of clinician scientists. These include: molecular genetics; clinical microvascular research; cell and molecular biology laboratories; the peninsula MRI facility on the St Luke's Campus. Research in the field of diabetes and microvascular science is particularly strong with the University of Exeter being awarded a Queen's Anniversary Prize for Higher Education in 2005 for the work of Professor Andrew Hattersley and his team entitled "Using genetics to improve clinical care for diabetic patients". The Institute of Health and Social Care Research possesses core skills in epidemiology (including genetic epidemiology), health technology assessment, concordance, access to services and systematic reviews.

## The Research and Development Support Unit (RDSU)

The trust holds a contract from the Department of Health to host a Peninsula wide Research and Development Support Unit to facilitate NHS R&D in the implementation of Evidence Based Practice in the research community of the Health Authority area. This new Peninsula Unit, which has been formed from three highly successful units, will involve networks throughout the Peninsula embracing both Primary and Secondary Care and will support all professional groups.

## 9. CANVASSING

Candidates are asked to note that canvassing of any member of the Advisory Appointments Committee will disqualify them from appointment (see Statutory Instrument 1982 No. 276 paragraph 8(1)(b)). This should not deter candidates from seeking further information relevant to the post from those members of the trust detailed below and, further, this should not deter candidates from making informal visits to the trust which are encouraged.

## 10. ACCESS TO CHILDREN AND VULNERABLE ADULTS

The person appointed to this post may have substantial access to children and to vulnerable adults. Applicants are, therefore, advised that in the event that your appointment is recommended and in line with trust policy, you will be asked to undertake an Enhanced disclosure check with the CRB prior to commencement of employment. Refusal to do so could prevent further consideration of the application. Attention is drawn to the provisions of the Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975 as amended by the Rehabilitation of Offenders Act 1974 (Exceptions)(Amendment) Order 1986, which allow convictions that are spent to be disclosed for this purpose by the police and to be taken into account in deciding whether to engage an applicant.

## 11. REHABILITATION OF OFFENDERS

This post is not protected by the Rehabilitation of Offenders Act, 1974. You must disclose all information about all convictions (if any) in a Court of Law, no matter when they occurred. This information will be treated in the strictest confidence.

## 12. DATA PROTECTION ACT 1988

Candidates are informed that the information given by them in application for the post will be used only for the recruitment and selection process. For successful candidates this will then form part of their personal file, and for unsuccessful candidates the information will be destroyed. The information is stored both in hard copy form and minimally on a database. This information is held and administered in line with the Data Protection Act and the trust's confidentiality procedure.



## Equality, Diversity and Inclusion

The Royal Devon University Healthcare NHS Foundation Trust is committed to recruiting and supporting a diverse workforce and so we welcome applications from all sections of the community, regardless of age, disability, gender, race, religion and belief or sexual orientation.

The Trust is one of 39 NHS Trusts recognised as a diversity and inclusion partner by NHS Employers for 2019/20. This will provide the opportunity to develop and continuously improve the Trust's equality and diversity performance as well as giving the opportunity to influence national policy direction.

The Trust expects all staff to behave in a way which recognises and respects this diversity, in line with the appropriate standards. The Trust is committed to fair and equitable recruitment processes for all applicants and will make any reasonable adjustments you require to our selection process.

Please contact the Medical Staffing Team to let us know what reasonable adjustments you require.

## **Further information**

The Trust welcomes informal enquiries; the relevant people to speak to are as follows:

#### **Deputy Chief Executive:**

Mr Chris Tidman Deputy Chief Executive The Royal Devon University Healthcare NHS Foundation Trust Barrack Road Exeter EX2 5DW Telephone (PA): 01392 40 2357

#### **Chief Medical Officer:**

Prof Adrian Harris Royal Devon University Healthcare NHS Foundation Trust Barrack Road Exeter EX2 5DW Adrianharris1@nhs.net Tel: 01392 403919

#### **Medical Director:**

Dr Anthony Hemsley Anthony.hemsley@nhs.net Tel: 01392 406215 Associate Medical Director for Medicine: Dr Helen Lockett hlockett@nhs.net Tel: 01392 402294

**Clinical Director for Medical Services:** Dr Lynsey Webb lynsey.webb@nhs.net Tel: 01392 402785

Clinical Lead for Neurophysiology: Lesley Chandra Joint Clinical Lead/Lead Scientist I.chandra@nhs.net Tel: 01392 402456

The Quay 20 minutes walk from Royal Devon

# Living in **Devon**

Dartmoor

Devon offers a quality of life few other English counties can match. Where else will you find such a unique landscape that encompasses over 450 miles of dramatic coastline, rugged moorland and gently winding rivers?

Interspersed with vibrant market towns, chocolate-box villages and sleepy hamlets, it is easy to see why we are consistently voted as one of the top places to live in the country.

Devon's outdoor lifestyle is its biggest draw. This natural playground is unsurpassed with over a third of the county designated as Areas of Outstanding Natural Beauty. You'll have over 5,000 km of footpaths and 250 km of off-road cycle paths to explore, not to mention endless opportunities to surf along the vast stretch of Atlantic coastline or paddleboard across tidal estuaries.

Your taste buds will find plenty to savour here too - Devon is rightly proud of the farmers and producers who make the South West one of the best regions in the UK to enjoy locally produced food and drink.

Whether you fancy surfing or fishing, cycling or climbing, fine dining or hearty pub fare, the county really does have it all. Never let it be said, it's all work and no play. Not here in Devon.

## Vibrant cities and friendly market towns

A thriving, forward-looking city, Exeter is home to the world-leading Met Office, boasts the UK's first leisure centre built to ultra-energy-efficient Passivhaus standard and has one of the top 20 universities in the country.

At the very heart of the city is Exeter Cathedral, an architectural gem surrounded by cobbled streets and beautiful old buildings, many of them shops and eateries. In the compact city centre, you can stroll alongside parts of the ancient Roman wall, visit the remains of Rougemont Castle or explore the depths of Exeter's historic Underground Passages. Exeter Phoenix Arts Centre and the Royal Albert Memorial Museum (RAMM), add to the cultural mix, plus you'll have performance venues such as the Northcott Theatre, the Barnfield Theatre and Corn Exchange close to the city centre.

The main shopping area provides a wide range of leading High Street brands alongside an eclectic mix of independent shops, many to be found in the narrow thoroughfares off Cathedral Close and the High Street. Nearby Fore Street is a haven for all things vintage and retro. Exeter also has a historic quayside, a great spot to sit and watch the world go by at one of the many cafes and restaurants with al fresco dining.

## Friendly market towns

You'll find an array of historic towns across North Devon and Torridge such as Okehampton, famed for its easy access to stunning Dartmoor. Heading towards North Devon, you'll also have delights such as the charming harbour town of Ilfracombe and the riverside port of Bideford.

## Great for families

Outstanding Ofsted-rated primary schools, highranking secondaries and proximity to two leading universities are some of the biggest draws to Devon, making this a desired destination for families. Whether you have young children or teenagers in tow, the sheer quality of education and extracurricular activities available are guaranteed to impress.

## Living and travelling

Housing wise, housing stock is diverse, with everything from thatched moorland cottages to Georgian townhouses and contemporary builds. Time and distance are different here, too. Many residents in this – the fourth largest county in the UK – are happy to travel up to an hour or more for work. This means there's a great deal of choice when it comes to finding somewhere to live.

Transport links are also good. The county has more than 8,000 miles of road – the largest road network anywhere in the country, although (it has to be said) many are narrow Devon lanes. From Exeter's main station, Exeter St David's, there are fast and frequent rail services to Bristol (1 hour), London (around 2 hours to Paddington) and Birmingham (under 3 hours to Birmingham New Street). Exeter itself has an impressive rail network with no fewer than nine stations serving different parts of the city. There are a number of branch lines providing services to Mid and North Devon, Dartmoor and the Exe Estuary. Exeter International Airport provides flights to numerous destinations throughout the UK, Europe and even North America.

## Support with relocation

Our Medical Staffing Team will help you get settled, providing financial relocation support, help with somewhere to live, registration for children at one of the excellent local schools and support for partners seeking employment.

More information about the area and help with relocating can be found at royaldevon.nhs.uk/join-us

Budleigh Salterton



# Health and Wellbeing

At the Royal Devon, staff's health and wellbeing is hugely important to us. We are passionate about creating a happy and healthy work environment for our staff, and we have a range of benefits available to support staff's health and wellbeing.

We want to support staff to improve their physical and emotional wellbeing and help them to lead a healthy lifestyle. In order to be able to care for others, it's important that staff take the time to care for themselves.

The Trust has a Health and Wellbeing Improvement Practitioner, whose role is dedicated to improving the health and wellbeing of staff across the Trust. The Practitioner is also supported by a Health and Wellbeing group which includes

## Staff Physiotherapy Service

All staff can self-refer to our dedicated staff Physiotherapy service to get early help with any musculoskeletal problems.

## Staff Support and Counselling Service

All staff can access dedicated face-to-face and telephone counselling support for work and personal problems.

## Employee Assistance Programme

We have a 24/7 service available which provides emotional support and advice to staff. This service also provides support with a range of personal problems such as financial, legal or tax advice. a number of clinical and non-clinical members from across the Trust.

We also have trained a number of Health and Wellbeing Champions and Mental Health champions across the Trust to support in creating a positive and healthy working environment for all.

We have a range of benefits available to support staff's health and wellbeing, including:

## Wellbeing Activities

We have a range of activities on offer for staff to access including meditation sessions, mindfulness courses, sleep coaching courses, staff away days and health checks.

## Onsite fitness activities

We run a variety of fitness classes onsite, including Yoga, Pilates, Qi gong, Circuits and running groups.

## Smoking Cessation Support

Staff can access up to 6 face-to-face sessions of support from a dedicated Stop Smoking Advisor.

## Staff Lottery

Staff can sign up to our Staff Lottery and win first prize of up to £2,500 in the monthly draw.

## Cycle to Work Scheme

Through Cyclescheme, staff can obtain a Bike and accessories up to a maximum cost of £1,000 through a salary sacrifice scheme. Staff also benefit from a saving to the overall cost attained through reduced income tax, national insurance and pension deductions.

# We're here if you need us!

For more information, please contact us: rduh.medicalhr@nhs.net (Eastern services)

F NHSRoyalDevon MAS

## **Privacy Notice**

During the course of this recruitment process, the Trust will be collecting your data and processing it in accordance with relevant Data Protection Legislation. Please see our website for more information with regards to the Trust's Privacy Notice (Royal Devon website – Information Governance page).

This Privacy Notice is designed to provide you with further information on how we will be using your data for this purpose and to comply with the relevant legislation.

