

## **I am glad I chose Bedford**

I am currently working as a GP Partner in Bedford. I moved back to Bedfordshire in 2014 after completing my Foundation Training in London because I felt that the lifestyle and cost of living in London were not what I desired in the longer term. Bedfordshire offers a more relaxed lifestyle with affordable housing and still has excellent transport links to London as well as direct trains through to Brighton and the North of England.

A number of my colleagues from the VTS scheme also enjoyed the more relaxed lifestyle in Bedfordshire and have subsequently decided to stay in Bedford after completing their training.

After finishing the scheme I joined Putnoe Medical Centre and Linden Road Surgery as a salaried doctor. I have since joined the Partnership and whilst it is busy it is also very fulfilling.

There is a well established, well attended monthly GP symposium held at Bedford Hospital on a Saturday morning with talks held by Consultants from the hospital to keep up to date.

We also have an annual Medical Society dinner that gives opportunity to meet up with colleagues and network with the Hospital consultants.

The local First 5 group meets every 6-8 weeks to discuss "hot topics" and gives an opportunity to catch-up outside the hustle and bustle of every day practice. It's also an opportunity to share and discuss the challenges that new GP's face.

There is plenty to do in Bedford to fill your spare time. The Embankment is one of Bedford's most popular locations with manicured gardens along the riverfront as well as two rowing clubs. The rugby club in the centre of town is well supported. Bedford's Victorian Park offers plenty of greenery for sport and summer walks. Priory Marina provides further variety for walks as well as a sailing club. There is plenty of choice regarding schools both state and private. Not forgetting that Bedford is also the home of Charles Wells Brewery!

For further information about Bedford First5 group, please send an email to ***christopherhaggart@nhs.net***