



The Royal College of Surgeons of England,  
registered charity number 212808

# The ICENI Centre

**NHS**  
East Suffolk and  
North Essex  
NHS Foundation Trust

**Arranging ICENI Centre  
Fellowships  
for UK & International  
healthcare professionals**

## Introduction

Taking part in an ICENI Centre fellowships programme offers you the opportunity to improve your level of competence and is a great step in advancing your career in your chosen speciality.

The ICENI Centre, part of ESNEFT (East Suffolk and North Essex Foundation Trust), is just an hour away from London, the largest European city and is conveniently connected, by a direct train link from London Liverpool Street Station to Colchester (50 minutes) and/or Ipswich Station.

If you're looking to organise your Fellowship programme with The ICENI Centre, you are guaranteed first-hand support from our dedicated ICENI Centre International Fellowship and Training Officer, Amy Sinclair.

The Trust is a recognised GMC sponsor and can support your GMC registration, issuing a Certificate of Sponsorship to assist in attaining a Tier 5 Visa. Amy, will also support your welfare needs before and during your stay in the UK, under the ICENI Centre Fellowship Programme.

An overwhelming majority of previous beneficiaries of a fellowship through The ICENI Centre have taken up senior positions in hospitals across the globe. For example:

*UK fellows:*

Consultant Greg Wynn – currently working at ESNEFT and Lead Clinical Director of the ICENI Centre;

Consultant James Kinross – Consultant Colorectal and General Surgeon based at Imperial College London, specialises in colorectal cancer and benign disease of the colon and rectum.

Consultant Jim Khan – Specialist Colorectal Surgeon with a special interest in gall bladder surgery and laparoscopic hernia surgery. Expert in robotics.

Consultant Neil Smart – Leader of CIPHER study, member of British Hernia Society. Specialises in colorectal cancer services and general surgery.

Consultant Gill Talvinder - National expert in single port surgery. Specialises in colorectal and general surgery.

### *Overseas fellows:*

Dr Hashim Haron (Malaysia) – specialises in minimally invasive surgery, particularly in colorectal disease, from benign to malignant cases at Kpj Tawakkal Specialist Hospital.

Consultant Mohammed Sbaih (Saudi Arabia) – Colon and Rectal Surgeon at Prince Mohammed bin Abdulaziz Hospital in Riyadh. Assistant Professor at Imam Mohammed bin Saud University. Program Director, Saudi Board Residency Training Program in Saudi Commission for Health Specialities.

In 2019 the ICENI Centre expanded the Fellowship Programme to incorporate a range of specialisms from Anaesthesia to Urology.

In this document, we will try to outline The ICENI Centre’s UK & International Fellowships Programme, give you information and guidance and hopefully answer any underlying questions you might have. We won’t cover specialty specific aspects as this is a universally accessible document.

## **Taking part in The ICENI Centre’s Fellowships Programme**

Finding and identifying an appropriate fellowship can be a long and time consuming process. One of the advantages our programmes have over other fellowship providers is that The ICENI Centre is part of one of the largest Trusts in East of England - East Suffolk and North Essex Foundation Trust (ESNEFT); hence your access to various facilities and sites is made easy. Besides that, the supervision of a small administration team at The ICENI Centre and support from friendly clinical ESNEFT staff, closely working with the Centre, means a comprehensive care package for each individual that strives to ensure your career needs will be met and taken care of. Differentiation between the International Fellowships and the UK Fellowships certifies that overseas fellows get a programme that will be valued by their home country in terms of gaining experience and training opportunities.

If you’re thinking about joining us in the future and/or you’ve already had a chance to get to know the Centre in the past, we kindly invite you to connect with us via social media channels, so it’s easier to communicate and see our news and upcoming events.



[www.icenicentre.org](http://www.icenicentre.org)



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ICENI Centre

## East Suffolk and North Essex Foundation Trust

ESNEFT provides hospital and community health care services for Colchester, Ipswich and local areas. Formed on 1 July 2018, ESNEFT is one of the largest NHS organisation in the region. The two main hospitals are: Colchester General Hospital and Ipswich Hospital. As a Fellow you will be based at either/or both hospitals. Both our acute sites have a long history of being research active - activity is a mixture of studies that are commercially-funded, non-commercial studies that our Trust acts as a participating site and original studies gained through external grant funding. We continue high levels of recruitment such that a number of research teams are employed across our Trust to support our researchers. The Trust employs approx. 10,000 staff. Facilities also include on-site Nurseries for staff with children under school age. For more details see the education section.

### Accommodation

**Swan Housing Association:** Key worker accommodation units based onsite at Colchester Hospital. The accommodation is within easy reach of the town centre with excellent transport links.

The accommodation is fully furnished to a high standard and ranges from one bedroom flats to two and three bedroom family houses, as well as shared accommodation.

Eligibility for the accommodation is prioritised to NHS key workers working for Colchester General Hospital and then offered to other key workers and finally to those working in the local area.

<https://www.swan.org.uk/contact/>

**Ocasa Homes:** Pearson Square property is located a stone's throw from the hospital, making it the ultimate choice of Ipswich Hospital staff accommodation and key worker housing in Ipswich. With modern design and every amenity to hand, the property even has an on-site office to support residents during the week. Please note that this property contains a mixture of existing self-contained and newly refurbished shared apartments.

<https://www.ocasahomes.co.uk/contact-us>

**Private Rentals:** Whether you're coming alone or with your family, there are plenty of local letting agents that can help you find your new home. Among most popular are: [Fenn Wright](#), [Leaders](#), [Jackson & Co](#) or [Martin & Co](#). Current prices for buying or renting property within a 5 mile radius of the hospital can be viewed on [Rightmove](#).

**Hotels:** The heart of Colchester town offers stay in the [Greyfriars](#) with a Michelin recommended restaurant; the oldest hotel set in Colchester with stunning interiors and attractions for guests - [The George](#) or a modern setting available in [The North Hill Hotel](#). Prices in each of these hotels vary from around £65 to £125 per night per person.

The heart of Ipswich town offers a stay in [Salthouse Harbour Hotel](#) a stylish docklands accommodation at Neptune Marina on Ipswich's waterfront with a boutique restaurant. [Novotel Ipswich Centre Hotel](#) offers spacious rooms in the bustling centre of Ipswich. Prices in each of these hotels vary from around £86 to £189 per night per person.

**B&Bs:** The two biggest Bed and Breakfast resorts in town are [The Rye Farm](#) and [The Black Bond Hall Bed and Breakfast](#). This is a cheaper option and features access to tranquil garden and farm and their surroundings. Prices range from approximately £80 to £90.

## Educational Institutions in Colchester

### Top 4 Secondary Schools in Colchester

School name	Type of school	Number of pupils at end of key stage 4	Progress 8		Entering EBacc	Staying in education or entering employment (2017 leavers)	Grade 5 or above in English & maths GCSEs	Attainment 8 score	EBacc average point score
			Number of pupils included in this measure	Score & description					
Colchester County High School for Girls	Academy	140	117	Well above average 1.01	86%	99% (111 of 112 pupils)	100%	82.2	7.91
<a href="#">Create My schools list</a>									
Colchester Royal Grammar School	Academy	97	71	Well above average 0.55	83%	99% (103 of 104 pupils)	99%	79.7	7.75
<a href="#">Create My schools list</a>									
The Gilbert School	Academy	267	254	Above average 0.31	68%	95% (251 of 263 pupils)	48%	50.7	4.7
<a href="#">Create My schools list</a>									
St Benedict's Catholic College	Maintained school	165	150	Above average 0.25	79%	97% (157 of 162 pupils)	41%	50	4.64
<a href="#">Create My schools list</a>									

### **Colchester County High School for Girls**

An outstanding school that continues to offer an exceptionally high quality of education. It continues to strive for, and achieves excellence in all that it does. Teachers have excellent subject knowledge and high expectations of their students. In return, students have high expectations of themselves. The curriculum is outstanding and well supported by a wide-ranging menu of extra-curricular activities. Students have excellent opportunities to take on additional responsibility and make a positive contribution to the school community and beyond, for example, through the vocal school council, as mentors for their peers and through a range of extensive charity and volunteer work.

### **Colchester Royal Grammar School**

This school has a strong boarding provision that the boarders enjoy attending. They are highly motivated and have a strong focus on academic attainment and achievement. The staff are positive and are respectful and sensitive to the boarders needs, celebrate achievements and actively demonstrate their pride in them. The boarders have a good relationship with the staff and said that they have got to know them well and have done so quickly. The boarders have bonded with each other and feel settled in the boarding provision. Boarders are ambitious and focused and have the highest expectations. Their intelligence and drive combined with staff support and the privilege of boarding help them to achieve excellent examination results.

### **The Gilbert School**

The school's key strength is its commitment to a well-rounded education. In addition to academic success, pupils gain the necessary skills to succeed in life through the thoughtful and wide-ranging promotion of pupils' spiritual, moral, social and cultural development. The personal development and welfare of pupils are central to the school's work. This results in highly confident, mature and polite young people. Behaviour around the school and in lessons is excellent. The academic progress and attainment of pupils of different backgrounds and abilities across a wide range of subjects are consistently above average. The very high quality of teaching is one of the major contributors to pupils' outstanding outcomes. Teachers demonstrate excellent knowledge of their subject and understanding of how to teach that knowledge. Teachers skilfully use assessment when planning for learning.

### **St Benedicts School**

The leadership team has maintained the good quality of education in the school. Pupils' attainment at GCSE in the core subjects of English and mathematics, and in science and humanities subjects, is above average. Adjustments to the key stage 3 curriculum ensure that pupils are prepared to meet the demands of new GCSE examinations. The school's flexible approach to Year 9 as a transition year between key stages 3 and 4 has been well received by pupils, parents and carers. Staff are supportive of the vision and their purpose in serving the children of the community.

## Public Primary Schools

School name	Type of school	Number of pupils at the end of key stage 2	% of pupils meeting expected standard	Progress score & description			% of pupils achieving at a higher standard	Average score in reading	Average score in maths
				Reading	Writing	Maths			
St Thomas More's Catholic Primary School, Colchester	Academy	30	97%	Well above average 6.5	Average 1	Well above average 3.7	30%	114	111
				?	?	?			
<a href="#">Create My schools list</a>									
Hamilton Primary School	Maintained school	60	92%	Above average 2.1	Above average 1.6	Above average 2.3	27%	109	109
				?	?	?			
<a href="#">Create My schools list</a>									
St Teresa's Catholic Primary School, Colchester	Academy	33	88%	Average 0.3	Below average -2.3	Average 0.1	18%	109	109
				?	?	?			
<a href="#">Create My schools list</a>									
Iceni Academy	Academy	50	84%	Well above average 3.5	Well above average 3.8	Well above average 3.6	12%	106	107
				?	?	?			
<a href="#">Create My schools list</a>									

## Nurseries

### St. Mary's School Colchester

Address: 91 Lexden Road, Colchester CO3 3RB

Tel: 01206 572544 or email [info@stmaryscolchester.co.uk](mailto:info@stmaryscolchester.co.uk)

Nursery for girls aged 3+ and boys aged 3-4.

Website: <http://www.stmaryscolchester.org.uk/Our-Kindergarten> (download or request the prospectus option)

### Nanna's Day Nurseries (Colchester Hospital on-site daycare)

Address: Villa 1, Turner Village, Turner Road, Colchester CO4 5JL

Tel: 01206 843851 or email [abibarton@nannas.co.uk](mailto:abibarton@nannas.co.uk)

Nursery admitting kids from birth to 5 years of age. This nursery is located on site of Colchester General Hospital.

Website: <http://www.nannas.co.uk/>

## Educational Institutions in Ipswich

### Top 4 Secondary Schools in Ipswich

School name	Type of school	Number of pupils at end of key stage 4	Progress 8		Entering EBacc	Staying in education or entering employment (2017 leavers)	Grade 5 or above in English & maths GCSEs	Attainment 8 score	EBacc average point score
			Number of pupils included in this measure	Score & description					
Copleston High School	Academy	288	277	Above average 0.38	31%	98% (282 of 287 pupils)	49%	50.5	4.38
<a href="#">Create My schools list</a>									
Northgate High School	Maintained school	218	216	Above average 0.2	51%	97% (237 of 244 pupils)	48%	48.7	4.43
<a href="#">Create My schools list</a>									
Ipswich Academy	Academy	152	131	Average 0.15	13%	88% (93 of 106 pupils)	36%	40.7	3.42
<a href="#">Create My schools list</a>									
Chantry Academy	Academy	134	130	Average -0.16	29%	93% (93 of 100 pupils)	16%	36.9	3.1
<a href="#">Create My schools list</a>									

### **Copleston High School**

The leadership team has maintained the good quality of education in the school. Leaders at all levels, and governors, are highly effective and are well supported by a committed and passionate staff. The school is truly inclusive, where pupils are given every opportunity to achieve their best, pursuing what is in the best interests of pupils and, in this, has been very successful. Improvements in teaching and learning have led to outcomes rising sharply for pupils in key stages 3 and 4. The actions to promote good attendance have worked well; overall attendance is now better than the national average, with many more disadvantaged pupils now attending school regularly. Through skilful and innovative leadership, they have created a culture where pupils want to do well, and they respect and appreciate staff. Equally striking is the strength of the relationships between staff and pupils, and the exemplary behaviour observed throughout the school. Pupils look out for each other while also being polite, responsible and conscientious.

### **Northgate High School**

Leaders are proud of the wide, ambitious curriculum that they offer to pupils. The curriculum leads to qualifications that pupils need for the future. In mathematics, pupils use online resources to check their learning. This helps pupils to deepen their understanding and use their knowledge of mathematics. In English and design technology, lessons are well sequenced. This means that pupils build on their prior knowledge and skills effectively. Teachers have strong subject knowledge and they use this to good effect to plan learning activities. Pupils develop an appreciation of different cultures and religions. They also learn how to keep themselves safe when not in the school, deal with mental health issues and live healthy lives.

### **Ipswich Academy**

The high-quality curriculum prepares pupils well for the next stages in their lives. Pupils also enjoy the opportunities they have to develop their personal and social skills through the wide range of extra-curricular activities. Ipswich Academy rightly prides itself on its inclusive ethos. As the school's reputation improves, an increasing number of pupils are joining the school at different points in the year. Pupils act as buddies to these new arrivals, many of whom speak English as an additional language, and ensure that they are made to feel welcome.

### **Chantry Academy**

Leaders and staff are committed to providing high-quality care and support for every pupil. They are aware of any barriers to learning that pupils may face and take successful steps to address these. As one parent commented: 'The school helps pupils to be the best they can and supports them very well in their success. Staff take pride in the pupils.' As a result of improved teaching, learning and assessment, achievement is improving across all year groups in a range of subjects, especially in English and mathematics.

## Public Primary Schools

School name	Type of school	Number of pupils at the end of key stage 2	% of pupils meeting expected standard	Progress score & description			% of pupils achieving at a higher standard	Average score in reading	Average score in maths
				Reading	Writing	Maths			
St John's Church of England Voluntary Aided Primary School, Ipswich <a href="#">Create My schools list</a>	Maintained school	30	93%	Well above average 4.7	Average 1.5	Well above average 3.6	20%	111	110
St Margaret's Church of England Voluntary Aided Primary School, Ipswich <a href="#">Create My schools list</a>	Maintained school	30	83%	Above average 3	Average 1.5	Average 1.4	7%	107	105
Springfield Junior School <a href="#">Create My schools list</a>	Maintained school	85	81%	Average 0.8	Average 1	Above average 2.3	9%	105	107
St Mary's Catholic Primary School, Ipswich <a href="#">Create My schools list</a>	Academy	32	81%	Average -0.5	Average -0.6	Average -1.4	16%	108	107
Handford Hall Primary School <a href="#">Create My schools list</a>	Academy	38	79%	Well above average 4.6	Well above average 5.9	Above average 2.9	5%	104	104

## Nurseries

### Hunnitots Day Nursery (Ipswich Hospital on-site daycare)

(co-ed; preschool; 4 months – 5 years)

Address: Ipswich Hospital NHS Trust, Heath Road, Ipswich, Suffolk, IP4 5PD

Tel: 01473 704514 or email Jackie Naylor, Nursery Manager: [jackie.naylor@ipswichhospital.nhs.uk](mailto:jackie.naylor@ipswichhospital.nhs.uk) or Lorraine Mills,

Office Coordinator: [lorraine.mills@ipswichhospital.nhs.uk](mailto:lorraine.mills@ipswichhospital.nhs.uk)

Ofsted report: <https://reports.ofsted.gov.uk/provider/16/251761>

Website: <http://www.ipswichhospital.nhs.uk/hunnitots/hunnitots-day-care-nursery.htm>

### Garden House Nursery

(co-ed; preschool; 3 months to 5 years)

Address: 18A St Nicholas St, Ipswich, Suffolk IP1 1TJ

Tel: 01473 281616 or email [info@gardenhouseipswich.co.uk](mailto:info@gardenhouseipswich.co.uk)

Ofsted report: <https://reports.ofsted.gov.uk/provider/16/EY537025>

Website: <https://www.gardenhouseipswich.co.uk/>