


Introducing

**FIND YOUR  
PLACE**


in the North East  
& North Cumbria



Have you heard...  
**#itscannyupnorth**



The Find  
Your Place  
campaign  
is a  
collaboration  
between **NHS**  
trusts across  
our fabulous  
region



It promotes the high quality of medical training and lifestyle on offer to recruit more medical trainees to our region.

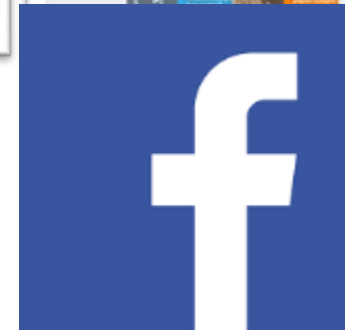
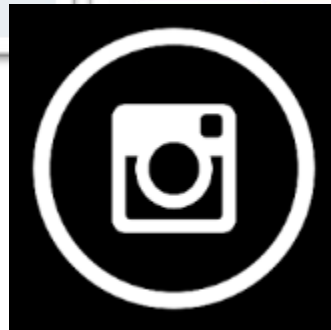
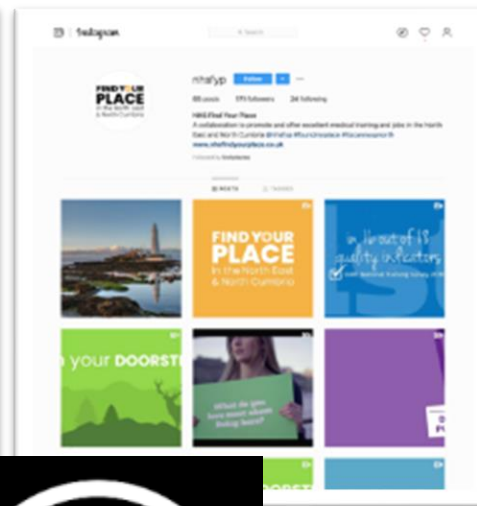
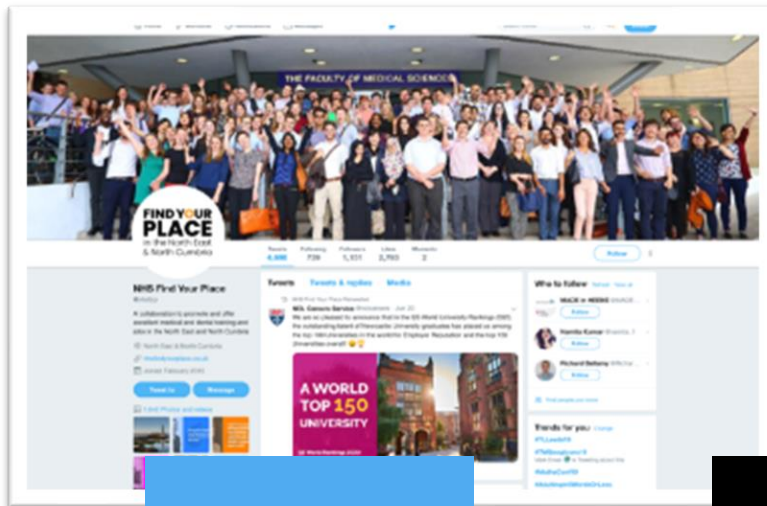
A photograph of a beach at sunset, with the sky and ocean in shades of orange and red. In the foreground, two people are walking away from the camera, carrying surfboards. The person on the left is a woman, and the person on the right is a man. The surfboards are held under their arms. The water is calm with small waves breaking in the distance.

It's time to shout about what we  
love most about living and training  
in the region  
**So join our movement...**

# So check out our website and sign up for updates



# Join us on social media @nhsfyp



# Visit our Found Your Place welcome webpage

Visit [www.nhsfindyourplace.co.uk/welcome/](http://www.nhsfindyourplace.co.uk/welcome/)

**FIND YOUR  
PLACE**  
in the North East  
& North Cumbria  
**DOCTOR**



Home

Our training

Our trusts

Our region

Our doctors

**Welcome to our  
new trainees**





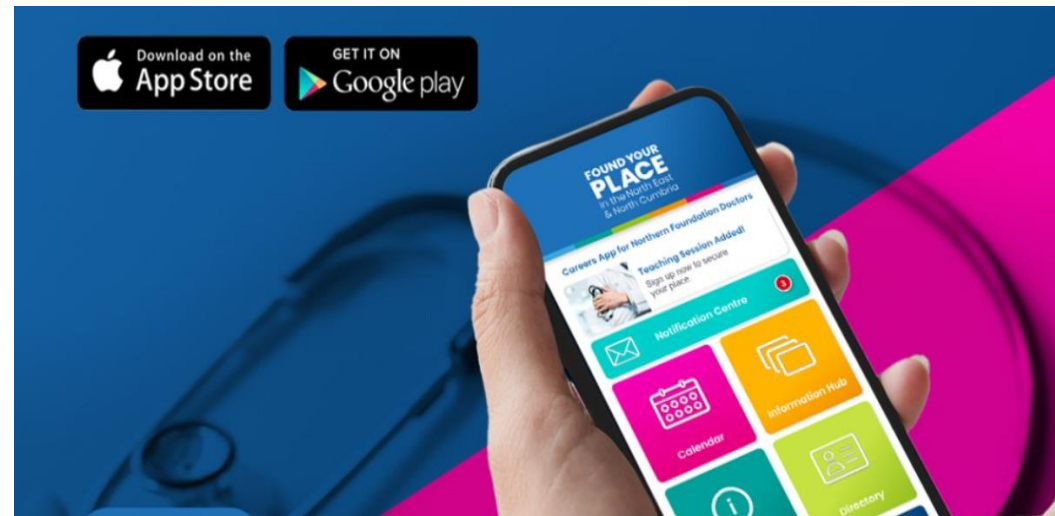
# Download the app

## Manage your career with the Found Your Place app

Your one stop careers information hub for foundation doctors in the Northern Foundation School and suitable for all trainees in the North East and North Cumbria region.

Our top Found Your Place app features include:

- An extensive information hub including career and learning opportunities
- A calendar including all key recruitment dates and regional career events
- A section on mental health support
- Links to HR policies and procedures



Scan QR code for link to download the app



# Get your lanyard!

You should receive a #foundmyplace lanyard within one month of starting

If you have not received one, please do get in touch and we will make sure you receive one.

[alastair.railton2@nhs.net](mailto:alastair.railton2@nhs.net)



# And if you would like to share your story get in touch



I couldn't have imagined having a better experience.



The people are much more friendly up north!



There's something very special about this place.



I couldn't have asked for a better trust for my foundation years.



# Up for a challenge?

## Junior doctor CHALLENGE

There's so much to see and enjoy living in the North East and North Yorkshire we have our top 50 challenges to you. Tweet us your pics, photos, videos and use #foundmyplace to join in the fun and help us fill our website with all 50 completed challenges!



## Join in with our Junior Doctor Challenge?

[www.nhsfindyourplace.co.uk/junior-doctor-challenge](http://www.nhsfindyourplace.co.uk/junior-doctor-challenge)

Tweet your pics to  
@NHSFYP using #foundmyplace  
and help us fill our website with pictures  
of all 50 completed challenges.

**Thank you!**

[www.nhsfindyourplace.co.uk](http://www.nhsfindyourplace.co.uk)

**NHS**