

Public Health Training at Cumberland Council

Introduction

Cumberland Council is a brand new Unitary Local Authority in the Northwest of England, which will come into authority on 1st April 2023. It is the most Northerly Local Authority in the NorthWest, bordering directly with Scotland in the North. It covers the geographical footprints of the predecessor District Councils of Carlisle, Allerdale, and Copeland.

The area

Cumberland is a geographically large local authority area covering some 301,000 hectares and home to approximately 273,000 people. Many of the population live in rural and coastal isolated communities, but there are several large conurbations such as the towns of Workington and Whitehaven on the West coast, and the city of Carlisle to the North. Most of these settlements are located in the North and West of the county, with the large Lake District National Park (a UNESCO World Heritage Site) to the South East. Cumberland is a lovely place to live and provides plentiful opportunities for outdoor activities and enjoyment of the beautiful national park.

The Council

Cumberland is a new unitary authority, which brought together three district areas, and split the former Cumbria County Council. There is also the Lake District National Park Authority governing the national park, a large part of which sit within Cumberland.

Cumberland is a forward-looking LA that is seeking to build health into the core of it's activities through the Cumberland Council Plan, and looking to put the people of Cumberland at the centre of all that they do. Check out the link to the Cumberland Council Plan at the end of this document for more information.

Cumberland is included within two separate NHS Integrated Care System (ICS) geographies. North East & North Cumbria ICS covers most of the region. A small area in the South of the county is included in the Lancashire and South Cumbria ICS, primarily the town of Millom and surrounding areas.

Cumberland faces a diversity of public health challenges and can, therefore, offer a varied training experience. In fact, the geography of the county, its rural and urban health issues, and its nuclear, tourism, and agricultural industries make Cumberland one of the most interesting and diverse areas to undertake public health work in England. While the region, on average, appears to be relatively healthy, many health issues and inequalities become very stark at a more granular level of analysis, and inclusion of local people in public health activity is key to understanding this and effecting change.

The Public Health Team

The team is led by Colin Cox, Director of Public Health (DPH), and he is joined by consultants in Public Health, Carol Stewart and Claire King. Carol is the lead trainer for Public Health Speciality Registrars on placement with Cumberland Council and Claire is a qualified Lead Trainer. The wider public health team includes several public health managers and three public health project officers. The team is spread across the whole of the region with primary locations being in Carlisle and Whitehaven. Cumberland has capacity for two to three Specialist Registrars.

The public health team will continue to work closely, on several areas of work, with the neighbouring LA of Westmorland & Furness (W&F). A placement with Cumberland should provide opportunities to work in partnership with trainers and colleagues across both LAs, offering additional opportunities to gain relevant competencies. There is also initial agreement between the two LAs to share office locations, potentially allowing Cumberland trainees to make use of W&F desk space and WiFi access, and visa versa.

Both teams are welcoming, friendly, and supportive, and value the contribution of registrars while always looking to support registrar development.

As part of the public health team in Cumberland, there are plenty of opportunities for registrars to become involved in a wide variety of projects and activities. This can include health needs and impact assessments, service reviews, procurement, performance management, commissioning of services, contract monitoring and evidence reviews.

There are plentiful opportunities for registrars to take a lead on key areas of work, and the team is an excellent option for more senior trainees, who may wish to act at the level of consultant.

The practicalities

Cumberland operates a flexible working policy which means that no one in the team has a permanent desk, but instead can use 'hot desks' which are located within council offices across the county. There are plenty of desk spaces available, and registrars can choose to work at the most convenient location for them.

Public Health Registrars will be considered to be in the 'Work Anywhere' category, which allows a significant amount of homeworking, although there will be times when in-person attendance will be required and/or expedient to the work being carried out.

Registrars are provided with a laptop, a work mobile and secure remote access, which allows working from home. Travel by road can be challenging in some parts of the county, due to rurality and the centrally located mountainous region of the National Park. The west coast mainline trains run up to Carlisle providing easy travel through the county and access to major cities such as Lancaster, Preston, Liverpool and Manchester. Branch lines also provide rail links to the West of the region and centre of the national park. The main Council will be located at Carlisle and near Workington.

Further information

For an informal chat to explore Cumberland as an option, please do not hesitate to contact carol.stewart@cumbria.gov.uk

Cumbria Intelligence Observatory: <http://www.cumbriaobservatory.org.uk/>

Cumberland Council website: [Welcome to the Shadow Authority for Cumberland Council | Shadow Authority for Cumberland Council](#)

Cumberland Council Plan : [Cumberland Council Plan | Shadow Authority for Cumberland Council](#)

