MEET THE TEAM

Dr Alison Gale
Director of Medical Education

Dr John Howells
Foundation Programme Director

Dr Ajay Dhaygude
Associate Foundation Programme Director

Dr Fatimah Soydemir
Associate Foundation Programme Director

Nicky Henderson
Foundation Programme Coordinator

Dr Alison Sykes
Associate Foundation Programme
Meet the team

**Dr A Gale**
Director of Medical Education

I am a full time consultant Obstetrician and Gynaecologist, having been in post since 2001. I have also held educational roles for much of this time; locally, regionally and nationally. As Director of Postgraduate Medical Education I am responsible for ensuring that your training is of high quality and meets the standards set by the GMC. This includes ensuring that all consultants are aware of their duties as Clinical and Educational Supervisors and have been approved for this role. We have an active Educational Performance and Quality group within the Trust to quality assure Medical Education – you will have the opportunity to feed into this and let us know of any concerns, worries or good areas within your training. I hope you enjoy your time with us, both hospitals offer excellence experience.

**Dr J Howells**
Foundation Programme Director

I am a local boy, although I trained in medicine in Scotland. I am a Full time Thoracic Radiologist, but I am also your Foundation Programme Director, so I have overall responsibility for your training in our Foundation Programme. I have held a number of posts in Medical Education, before taking on this role. I am passionate about training the next generation of doctors, ready to work in the NHS in the 21st century. With my colleagues, we are reviewing every aspect of the training we offer: I believe in being a hands-on Director. I look forward to meeting you!

**Dr A Dhaygude**
Associate Foundation Programme Director

I work as a full time Renal Physician and training lead for Renal Medicine and am also part of a very friendly Foundation Programme team at LTHTR. The Foundation team organises a structured educational programme, mapped to the curriculum for both FY1 and FY2 Doctors. We closely monitor the quality of educational sessions based on the feedback. I also meet Foundation Doctors for 1:1 reviews typically 2-3 times per year. These meetings are rather informal but cover all aspects of training, including progress of FY Doctors, career advice, pastoral care and any other issues which may affect successful completion of the Foundation Programme. Feedback is also given to their Educational Supervisors. I also visit General Practitioners on a regular basis to assure the quality of care.

**Dr F Soydemir**
Associate Foundation Programme Director

I am a full time obstetrician and have worked at RPH since 2011. I have recently joined the foundation team and my role is to guide and support foundation doctors navigate through the Horus portfolio. The Foundation years can be extremely busy at times and the portfolio provides the foundation doctors a forum with which to store and document these experiences through personal development plans, work based assessments, reflections, and other assessments that occur through their training culminating in the ARCP. The portfolio serves to highlight the strengths successes of the foundation doctors as well as identify areas of weakness through which we in the foundation team are happy to provide additional support. I also offer one to one meetings and provide pastoral and careers advice. I look forward to welcoming you to RPH and hope you enjoy your time spent us through these important 2 years are instrumental in guiding you on your onward medical careers.

**Dr A Sykes**
Associate Foundation Programme Director

As an Emergency Medicine consultant I am well used to juggling many things simultaneously, something which as Foundation doctors you will be experiencing - "how do I fit it all in and make it work?" I graduated and trained, as a Less Than Full Time Trainee, in Leeds, where I began as a consultant in Emergency Medicine in 2010. I came across to the North West a year ago, having lived here since 2001, whilst continuing to work on the 'other side'. My responsibilities as Associate Foundation Programme Director include the Teaching Programme and pastoral needs of some trainees. My interest in Medical Education began in 1995 after the publication of Tomorrow's Doctors when we organised the first international conference, as medical students, in response to this. Since then I've always been involved in the development and delivery of medical education. Being an Associate Foundation Programme Director allows me the chance to effect change and improvement not just in the teaching arena but hopefully in helping other doctors find a way to 'make it all work'.

**Nicky Henderson**
Foundation Programme Coordinator

Nicky.Henderson@lthtr.nhs.uk
01772 524234

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Foundation Team

Although we have a large split-site set up at LTHTr and there are many trainees, the foundation team are accessible and friendly. The team comprises of a Foundation Programme co-ordinator, a Director and 3 Associate Directors. Any problems you may experience, be they administrative or otherwise, will be dealt with promptly and effectively—we will always keep you in the loop. The co-ordinator for foundation is part of a wider Placement and Student support team who are available to help you in person or over the phone every day of the week. The FPD and AFPDs have 4 sessions a week between them, and are usually available to be seen at these times. The directors of the foundation programme will get to know you personally over the 2 year period not only during the twice yearly one-to-one meetings you will have with them, but also during your dedicated teaching time or at meetings that you can initiate yourself. The directors will want to know all about how your training is going and whether there are any issues that need addressing. They are able to give you feedback on reports from your clinical and educational supervisors and guide you on any issues raised. They will be able to give careers advice and pastoral care if needed. They are interested in your achievements not only within the profession but external to it as well.

Supervision

During each placement you have a Clinical Supervisor who will work with you to offer guidance, feedback, teaching and training in order for you not only to achieve the goals set within the Foundation Programme Curriculum but also any further personal targets. An Educational Supervisor will also work with you over the 2 year programme. Their role is to appraise you and guide you through your professional development. Often for one of your placements, your Educational Supervisor will also act as your Clinical Supervisor.

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Why choose LTHRr for Foundation Training

The tracks

From August 2016 there will be 18 different foundation tracks at LTHTR accommodating 54 F1s and 54 F2s. Please take a look at these and you will see the variety of placements available for you. Each track has been specifically constructed to give you a breadth of experience and also the opportunity for more in-depth learning. There is a specific academic track available for 3 doctors each year. Research experience is offered in Critical Care, Respiratory Medicine and Medical Education. If you are interested in research but are not on this track, then we can put you in touch with the appropriate consultants who can help you. Opportunities also arise to complete formal Leadership and Management training, in association with Lancaster University, for a number of trainees although this is subject to change.
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<tr>
<th>TRACK</th>
<th>FOUNDATION YEAR ONE</th>
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<td>1</td>
<td>GASTROENTEROLOGY MEDICINE (CDH)</td>
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<td>ENDOCRINOLOGY AND DIABETES MELLITUS (RPH)</td>
<td>GENERAL/ VASCULAR SURGERY (RPH)</td>
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<td>GERIATRIC MEDICINE (RPH)</td>
<td>GENERAL PSYCHIATRY (The Harbour)</td>
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<td>9</td>
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<td>GENERAL/UPPER GI SURGERY (CDH &amp; RPH)</td>
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<td>13</td>
<td>ENDOCRINOLOGY AND DIABETES MELLITUS (CDH)</td>
<td>TRAUMA AND ORTHOPAEDIC SURGERY (CDH 1ST MTH)</td>
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<td>GENERAL/ RESPIRATORY MEDICINE (CDH)</td>
<td>TRAUMA AND ORTHOPAEDIC SURGERY (CDH 1ST MTH)</td>
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<td>PAEDIATRICS (RPH)</td>
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<td>GENERAL/MAU MEDICINE (CDH)</td>
<td>GENERAL/BREAST SURGERY (CDH)</td>
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<td>GENERAL/STROKE MEDICINE (RPH)</td>
<td>GENERAL/UPPER GI SURGERY (CDH &amp; RPH)</td>
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<td>18</td>
<td>GERIATRIC MEDICINE (CDH)</td>
<td>Forensic Psychiatry (Guild Lodge)</td>
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Dedicated Teaching Programme

The teaching programme for F1s takes place for half a day every Thursday and for the F2s, all day alternate Tuesdays. A wide range of topics is covered in a variety of set-ups—lectures, discursive groups, IT sessions and practical skills sessions using top of the range simulation models. Teaching is compulsory for all those not on leave, on-call or working nights and it is bleep-free protected time. This is also the time for you to catch up with your friends and peers! Many departments also offer their own teaching at different times in the week to which F1s and/or F2s can attend on a rota basis. Contributing speakers are consultants from throughout the Trust and local health economy with a vast experience and knowledge of not only their field but sharing their expertise in a teaching environment. Many of our speakers have attended courses on Problem Based Learning and group work forms an important part of the teaching programme.

Simulation The simulation unit offers a state of the art training facility available for use by undergraduate and postgraduate training as well as multi-disciplinary training for nursing and allied health professionals. The unit is at the cutting edge of simulation development in the UK. Computer controlled patient
Every year trainees are nominated for the titles of ‘Foundation Doctor of the Year’ and ‘Best Portfolio’. Competition for this is fierce and the rewards well worth while! Although only 4 trainees can win, we appreciate all the hard work that both F1s and F2s deliver to the Trust and to the foundation programme itself – this is reflected in the references trainees receive and their success in attaining further jobs in the future.

Foundation Awards

Foundation Year 1 of the year 2014-15 goes to Mahjubeen Akhtar

Portfolio of the year FY1 2014-15 goes to Ishaan Saxena
The Emergency Department at Lancashire Teaching Hospitals NHS Foundation Trust has been named one of the best places for Medical Students to learn the skills needed to be a doctor.
The Trust has three state-of-the-art Education Centres at Chorley and South Ribble Hospital and Royal Preston Hospital. The flagship training venues feature large lecture halls and houses hi-tech monitors, lighting and sound technology for presentations. They also have modern, comfortable teaching and meeting rooms plus a comprehensive library with computer work stations. The education centres are also used by the Trust’s medical students as well as doctors, nurses and support staff. Other healthcare professionals such as GPs, practice nurses and dentists also use the training facilities.
Our new Health Academy brings together education, training and development teams to provide services for our clinical and non-clinical staff and students, as well as providing services for external agencies and clients. This will help us to raise our academic profile, increase engagement with our community partners as well as generate new partnerships and will generate income.

The Health Academy’s four strategic aims are:

To be recognised as the centre of excellence for teaching and training in the North West
To be at the forefront of educational development and delivery to support the delivery of excellent patient care
Integrate us into the local community through education provision
Working in partnership with others to deliver innovative regional education through entrepreneurial joint ventures
Lancashire Teaching Hospitals NHS Foundation Trust was established on 1 April 2005, as a public benefit corporation authorised under the Health and Social Care (Community Health and Standards) Act 2003. It is registered with the Care Quality Commission without conditions, and provides the following regulated activities:

- Assessment or medical treatment for persons detained under the Mental Health Act 1983
- Diagnostic and screening procedures
- Maternity and midwifery services
- Surgical procedures
- Termination of pregnancies
- Treatment of disease, disorder or injury

The Trust serves a local population of 390,000, and provides a number of specialised services to around 1.5 million of people across Lancashire and South Cumbria. Most of the clinical services are provided at the two hospital sites: Chorley and South Ribble Hospital and Royal Preston Hospital. There is also a Neuro-Rehabilitation Unit at the site of the former Sharoe Green Hospital in Preston, and the Broadoaks Child Development Centre in Leyland.

Some of the Foundation placements are outside the acute trust and take place in Lancashire Care Trust. These include the Psychiatry, Palliative and GP placements.

General Hospital services are provided as follows:
Child Health
Ear, Nose and Throat Surgery
Orthopaedics
Maternity Services
Gynaecology
Anaesthetics
Oral and Maxillo-Facial Surgery
Ophthalmology

Support services for diagnosis and treatment such as Pathology, X-ray, Physiotherapy, occupational therapy and specialist nurses.

Rehabilitation Services

People in Lancashire and South Cumbria also access the following specialist services
Neurosurgery and neurology
Oncology (radiotherapy and chemotherapy) and complex cancer surgery
Renal
Burns and plastic surgery
Specialist mobility rehabilitation services
Trauma Centre

As a teaching hospital, the Trust plays a key role in supporting clinical education and research. There is an established medical education programme, and our hospitals contribute to the delivery of the curriculum for medical students, foundation trainees, and post graduates. The Trust also provides work-based experience to support the training of nurses, allied healthcare professionals and healthcare workers. The Trust also has a very active research programme, and both the activity level and the allocated funding from the Department of Health have continued to rise. Achievement is evidenced not only by the large number of articles and research reports for publication being accepted in peer review journals, but also by the continued success in attracting external research funding. The Trust employs over 7,000 staff, and is one of the largest NHS providers in the region.
Purpose, Aims and Values

Our purpose

- Is to be recognised as the centre for acute and specialised hospital services in Lancashire and South Cumbria, providing:
- the highest standards of compassionate, safe care that gives our patients a positive experience
- excelling in research, innovation and teaching
- developing our staff to reach their potential
- improving the health and wellbeing of our diverse communities

Our aims are:

- to expand and develop specialised and tertiary services
- to deliver local services for Preston, Chorley and South Ribble
- to enhance our workforce and our reputation through education, research and innovation

Our delivery strategies set out our plans to enable us to achieve our aims:

- Quality Strategy – ‘Safe, Reliable and Compassionate’
- Organisational Development and Workforce Strategy
- IT Strategy
- Operational Effectiveness Strategy
- Clinical service strategies

Our Values

- Our values were developed in consultation with staff in 2010
- Our values define the actions, behaviours and attitudes we expect from every member of staff
- Living by our values will ensure that colleagues, patients, families and others are always treated in the right way

- Provide information as a way of reducing a persons fear of the unknown
- Provide relevant information to patients (or colleagues) or finds someone who can
- If things go wrong, provide feedback to explain what has happened
- Is welcoming and friendly at all times

Being Caring and compassionate

- Use every opportunity to show care and compassion e.g. interactions with
- patients, colleagues, through how tasks are completed
- Have an ‘I’m here to help’ frame of mind
- Be able to understand what it must be like in another persons shoes
- Be honest
- Give people the time and opportunity to express how they feel Actively finds out how people are feeling rather than waiting to be told, or for a crisis situation to arise
- Pick up on unspoken cues that signal people are unhappy or not satisfied
- Take action to help make things better

Recognising individuality

- Treat patients, family members and colleagues as people, not as a number or commodity
- Listen to patients and colleagues to understand their views
- Seek to understand individual needs in order to provide most appropriate care or service
- Personalise each interaction, tailoring messages to the needs of the audience, checking what we have said has been understood, providing more simple explanations if need be
- Be self aware, understanding the impact our behaviour has on those around us
- Display emotions that are appropriate to the situation
- Deal effectively with the emotions displayed by others, by trying to understand why they are feeling that way and identifying what can be done to assist
- Give feedback in a sensitive yet constructive manner
- Accept differences in people’s styles, opinions, backgrounds and beliefs; leaving them feeling respected and valued
- Be respectful of all
Purpose, Aims and Values Continued...

Seeking to involve

- Ask others for their opinion
- Take a shared approach, by building relationships and breaking down boundaries between professions and teams by sharing information, ideas and problems in recognition that we are all working towards the same goal
- Use the most appropriate way to communicate with others e.g. email is not always the best method
- Be open to new ideas, and willing to explore new approaches that may be different to their own
- Give thanks and value all contributions regardless of who makes it
- Use the contributions of others feeding back outcomes
- Be consistent and supportive of colleagues
- Offer to get involved rather than waiting to be asked
- Get involved by actively participating in planning and decision-making relating to our work
- Explain why; giving a background to decisions made so people can understand the reasons for the decision and what it means for them

Building team spirit

- Be prepared to help colleagues and step outside of ‘normal’ job role to smooth out problem areas or shortages
- Recognise how our work contribution has a knock on effect on the work of those in the team and other teams
- Communicate openly with team members ensuring colleagues have the information they need to do a good job e.g. handovers
- Take an enthusiastic approach to meeting the goals of the wider team
- Get to know members of the team
- Be able to rely upon others in time of need, seeking help when busy
- Make use of each others strengths, using others skills and knowledge to develop colleagues in order to provide the best possible service
- Work as a team to the same standards providing a seamless service regardless of the situation, time of day and who is involved
- Be courteous and polite to others
- Trust others to do their part of the job
- Challenge colleagues in an appropriate manner if standards are not being met or values not being ‘lived’
- Use tact and tolerance when dealing with others

Taking personal responsibility

- Take ownership and be willing to stand up and be counted
- Welcome constructive feedback then takes steps to make changes in line with the feedback received
- Reflect on our own behaviour/performance identifying what could be improved
- Take a problem solving approach to challenges, issues or difficulties
- Propose solutions to resolve problems or processes that are not working
- Take issues on as they arise, rather than pretending we haven’t noticed them in the hope that someone else will sort it out
- See it as our responsibility to challenge unacceptable or inappropriate behaviour or practices
- Actively keeps own knowledge and skills up to date
  - Recognise that each of us is responsible for our own deeds, actions and language used
  - Apologise for mistakes made and seeks to put things right
  - Be concerned when things are ‘not right’
The town is ideally located on the north bank of the river Ribble and surrounded by breathtaking countryside such as the Ribble valley and rolling Lancashire hills to the east with the Beacon Fell Country park and Forest of Bowland.
Famous people and facts about Preston:

Famous people from Preston:

- Kenny Baker—R2D2 in Star Wars
- Bill Beaumont—Rugby player
- Sir Tom Finney(1922-2014)—Footballer
- Andrew Flintoff—Cricketer
- Mark Lawrenson—footballer
- Nick Park—Creator of Wallace and Gromit and Chicken Run
- Sir Richard Arkwright was an inventor and a leading entrepreneur during the early Industrial Revolution.

Famous people from Chorley:

- Joseph Gilgun—Actor from Emmerdale
- Paul McKenna—Footballer
- Ken Morley—Coronation Street actor
- Kevin Simm—singer from Liberty X

Interesting Preston Facts:

- The name Preston derives from Priest Town due to Monks settling on the riverside hill of the Town Centre.
- Preston was the first town in the UK lit by gas (1815)
- Preston Bus station is the largest in Europe
- The Queen granted Preston City status 2002 as part of her Golden Jubilee Celebrations.
- Oliver Cromwell fought the Duke of Hamilton in the first battle of Preston in 1648.
- First woman to vote in England came from Preston. Her name was Lily Maxwell and her name was added to the electoral roll by accident. (1867)
- The first KFC in the UK was opened in Preston in 1965
- The parents of Butch Cassidy the legendary American outlaw came from Preston.
- Easter Egg rolling is a fine tradition in Avenham Park, Preston for Hundreds of years.

Interesting Chorley Facts:

- The founder of the Tate Gallery—Sir Henry Tate was from Chorley
- Chorley cakes are the town’s most famous export!
THINGS TO DO IN AND AROUND PRESTON

Museum of Lancashire  Housed in the former Quarter Sessions House, one of Preston's oldest buildings, the Museum of Lancashire is your gateway to more than 2000 years of Lancashire's history.

Harris Museum and Art Gallery  is a treasure trove of fantastic art and fascinating objects. Come and explore our remarkable collections of fine art, costume and textiles, ceramics and glass and history, all housed in a stunning Grade I listed building in the heart of Preston ... and it's completely free to visit!

Preston Guild Wheel  is a 21 mile “Greenway” that encircles the city of Preston, linking the city to the countryside. It is both a walking and cycling route.

Brockholes Nature Reserve  is a new kind of nature reserve; an unreserved reserve, located just off Junction 31 of the M6 near Preston.

Beacon Fell country Park  is a fell in the civil parish of Goosnargh in Lancashire. It has been a country Park since 1970. It is situated on the edge of the Forest of Bowland Area of outstanding Natural Beauty.
Preston Guildhall & charter Theatre

Preston Guild Hall Entertainment Complex is dominated by 2 fantastic venues that host on average around 300 events per year with over 100,000 visitors. The Grand Hall Arena was designed as a prestigious concert venue seating over 2,000 guests although it's multi purpose layout and flexibility means that it can be used for a range of activities and productions including large dinner events, sporting events, conferencing, dance events and much, much more.

The Charter Theatre is a smaller venue with a much more traditional theatre ambiance seating 780 guests. Unlike the Grand Hall, the Charter Theatre is a fully equipped theatre with flying equipment and pros walls with traditional theatre style seating.

Preston North End Football Ground located in the Deepdale area of Preston

Commercial Vehicles Museum displays antiquarian buses, Early fire Engines and other commercial vehicles, situated in Leyland.

Paul Heathcote x2 Michelin Stars based in Longridge and Preston City Centre.
THINGS TO DO IN AND AROUND PRESTON CONTINUED

Ribble Steam Railway is situated in the heart of Preston’s old Industrial Docklands

Ribchester Roman Museum The museum is only 15 minutes drive away from junction 31 of the M6. Use PR3 3XS for satnav

Avenahm and Miller Parks With a backcloth provided by the River Ribble, Avenham Park ranks amongst the finest examples of traditional Victorian parkland in the North West. Designed and created by Edward Milner during the 1860s. Avenham Park, together with Miller Park, is probably one of the best surviving examples of his work today.

This park is created from a natural amphitheatre and has a famous Japanese Rock Garden with a wide variety of unusual ornamental plants, together with beautiful water features. Avenham Colonnade, the splendid riverside Ribble Walk, The Belvedere and majestic Derby Walk are amongst a few of the features to be found.

A number of outdoor events are hosted here throughout the year, ranging from major music festivals and traditional Easter Egg Rolling to fun days, sponsored walks and orienteering.