	F1	F1	F1	F2	F2	F2	
	2024-2025			2025-2026			
Track 1	General (Internal) Medicine	General Psychiatry	General Surgery	Academic - Research	Emergency Medicine	General Practice	
Additional Post Description	With Respiratory Medicine		Colorectal Surgery				
Post Location	RLI	LCFT - The Orchard	RLI	RLI	RLI	TBC	
Track 2	General (Internal) Medicine	Urology	Acute Internal Medicine	General Surgery	Emergency Medicine	General Practice	
Additional Post Description	With Endocrine - Clinic:Thyroid or Diabetic Foot clinic (ANP Led) Tuesday Morning or Tuesday Afternoon			Colorectal Surgery	Acute & Emergency Medicine with MaxFax day release		
Post Location	RLI	RLI	RLI	RLI	RLI	TBC	
Track 3	General (Internal) Medicine	Geriatric Medicine	General Surgery	General Psychiatry	General Surgery	Obstetrics & Gynaecology	
Additional Post Description	With Acute Stroke	Clinic - Cardiology (Consultant Led) Tuesday Afternoon			Colorectal Surgery		
Post Location	RLI	RLI	RLI	Lancashire Care - The Orchard	RLI	TBC	
Track 4	Urology	Geriatric Medicine	General Surgery	General (Internal) Medicine	Trauma and Orthopaedic Surgery	Emergency Medicine	
Additional Post Description		With Acute Frailty	Colorectal Surgery	Clinic - Rheumatology (Consultant Led) Wednesday Afternoon			
Post Location	RLI	RLI	RLI	RLI	RLI	TBC	
Track 5	Acute Internal Medicine	General Surgery	General (Internal) Medicine	General Practice	Emergency Medicine	Trauma & Orthopaedic Surgery	
Additional Post Description			With Gastroenterology				
Post Location	RLI	RLI	RLI	TBC	RLI	RLI	

	F1	F1	F1	F2	F2	F2	
	2024-2025			2025-2026			
Track 6	Geriatric Medicine	General Surgery	General Surgery	Obstetrics and Gynaecology	Intensive Care Medicine	General Practice	
Additional Post Description		Additional sub-specialty: Rheumatology Clinic	Colorectal Surgery.				
Post Location	RLI	RLI	RLI	RLI	RLI	TBC	
Track 7	Urology	Geriatric Medicine	Colorectal Surgery	General Practice	Oncology	Obstetrics & Gynaecology	
Additional Post Description		With Rehab Stroke	Colorectal Surgery with Rheumatology Clinic		Oncology, Haematology inc Palliative Care.		
Post Location	RLI	RLI	RLI	TBC	RLI	RLI	
Track 8	General Psychiatry	Trauma and Orthopaedic Surgery	Respiratory Medicine	General (Internal) Medicine	Emergency Medicine	General Practice	
Additional Post Description				Community placement on Wed AM			
Post Location	LCFT - Dane Garth	FGH	FGH	FGH	FGH	TBC	
Track 9	General Surgery	Geriatric Medicine	Cardiology	General Psychiatry	Obstetrics and Gynaecology	General Practice	
Additional Post Description			Community placement Croslands Hospital on Tues AM				
Post Location	FGH	FGH	FGH	LCFT - Dane Garth	FGH	TBC	
Track 10	Respiratory Medicine	Urology	Gastroenterology	Old Age Psychiatry	Intensive Care Medicine	General Practice	
Additional Post Description			Community placement Mon AM Respiratory Clinic Ulv. OR Tues PM Gastro Clinic Ulverston				
Post Location	FGH	FGH	FGH	LCFT - Dane Garth	FGH	TBC	

	F1	F1	F1	F2	F2	F2	
	2024-2025			2025-2026			
Track 11	Geriatric Medicine	General Surgery	Endocrinology and Diabetes Mellitus	Respiratory Medicine	Otolaryngology	General Practice	
Additional Post Description			Community placement Clinic Wed AM at Ulverston OR Dalton				
Post Location	FGH	FGH	FGH	FGH	FGH	TBC	
Track 12	Trauma and Orthopaedic Surgery	Rheumatology	General Surgery	Emergency Medicine	Cardiology	General Practice	
Additional Post Description							
Post Location	FGH	FGH	FGH	FGH	FGH	TBC	
Track 13	Old Age Psychiatry	Gastroenterology	General Surgery	Obstetrics and Gynaecology	Paediatrics	General Practice	
Additional Post Description					with community paeds		
Post Location	LCFT - Dane Garth	FGH	FGH	FGH	FGH	TBC	
Track 14 (Enhance)	Respiratory Medicine	General Surgery	General Internal Medicine	Paediatrics	Trauma and Orthopaedic Surgery	General Practice	
Additional Post Description	1 Day a week in community Resp Clinic	Day a week with acute and chronic pain management Teams	Diabetes & Endo. 1 Day a week with occupational health/diabetes clinics.	With Community Paeds clinics. Complex multimorbidity, system working.	With orthogeriatric ward rounds. Complex multimorbidity, system working.	Population health.	
Post Location	RLI	RLI	RLI	RLI	RLI		
Track 15 (Enhance)	General Surgery	Gastroenterology	General Surgery	Emergency Medicine	Paediatrics	Public Health	
Additional Post Description	Urology - 1 Day a Week on the One Stop Clinic	1 Day a week working with the Drug and Alcohol Team	1 day a week in Cancer, Stoma or IBD Clinics & Presenting Complex Multimorbidities	1 day a week working with the SDEC Team	1 day with the Diabetes Team	1 day a week with Population Health Lead	
Post Location	FGH	FGH	FGH	FGH	FGH	Cumberland Council	

	F1	F1	F1	F2	F2	F2
	2024-2025			2025-2026		
Track 16 (Enhance)	Acute Internal Medicine	Geriatric Medicine	General Surgery	Trauma and Orthopaedic Surgery	Endocrinology and Diabetes Mellitus	General Practice
Additional Post Description	1 Day Acute Frailty team and Frailty Clinic	1 Day per week TIA and Stroke Clinics	1 day a week in Cancer, Stoma or IBD Clinics & Presenting Complex Multimorbidities	Day per week - New Patient Fracture clinic, Elective Lower and Upper limb clinic	1 Day per week Thyroid Clinic	Day per week Environmental Sustainability module
Post Location	FGH	FGH	FGH	FGH	FGH	TBC
Track 17 (Enhance)	Acute Internal Medicine with Stroke Rehab	ENT	General Internal Medicine with Gastroenterology	Obstetrics and Gynaecology	General Surgery	Paediatrics
Additional Post Description	1 day a week with Physios/ OT/ discharge team or Medicine clinics	1 day with speech therapy/ ENT clinic	1 day a week with local drug and alcohol service	1 day a week with domestic abuse team. Drug and alcohol. Mental health issues in pregnancy. Safeguarding midwife/ perineal health clinic/ mental health midwife/ bereavement midwife/ teen midwife/ sexual health clinic	#NOF Rehabilitation Project	Community/CAMHS
Post Location	RLI	RLI	RLI	RLI	WGH	RLI