

Rural Fellowship – Brora & Helmsdale Medical Practice

Brora & Helmsdale Medical Practice is a welcoming, forward-thinking rural and remote GP practice serving a population of around **2,500 people** across a wide geographical area of **East Sutherland**. This part of the Scottish Highlands is renowned for its natural beauty and is one of the **least densely populated regions in Western Europe**, offering a truly authentic rural medicine experience.

Our Communities

Most of our patients live in the coastal villages of **Brora and Helmsdale**, but we also care for individuals and families spread across the expansive rural landscapes of **Strath Brora and Strath Kildonan**, including several crofting communities and isolated farms. This brings great variety and continuity to clinical work.

Our Practice

We operate across **two sites—Brora (main site) and Helmsdale**—with Brora hosting the larger patient group and most routine services.

Key features of the practice include:

- **Fully paper-light systems**, using Vision and Docman
- **15-minute routine appointments**, allowing time for holistic care
- **Regular undergraduate teaching** for Aberdeen and Dundee medical students
- **Supportive, team-oriented culture** with monthly clinical meetings for CPD, case discussions, SEA presentations, audit work or anything else needed for revalidation
- **Optional OOH involvement**, based at Lawson Memorial Hospital in Golspie (10 minute drive)
- **1 week in 5 rotational cover** for the local Community Hospital (Lawson Memorial) in Golspie

You'll be supported by a friendly and experienced team including our GPs, **Practice Nurse Richard Gilmour**, and **Advanced Health Care Support Worker Liz Bruce**.

Clinical Interests & Learning Opportunities

Our GPs have a range of specialist interests and are keen to involve Fellows in developing additional skills:

- **Women's Health** – coil and implant fitting/removal
- **Minor Surgery & Joint Injections**
- **Emergency Medicine** – we are a BASICS practice and respond during working hours
 - Mary is a BASICS course instructor
 - Tony and Janet are trained BASICS responders
- **Dermatology** – Tony holds a Cardiff Diploma (2010) and is happy to support further training

This wide clinical exposure makes the Fellowship ideal for building confidence, autonomy, and adaptability in remote and rural general practice.

The Area: Work Where Others Holiday

Brora and Helmsdale lie on the dramatic northeast coastline, known for its sandy beaches, wildlife, and peaceful Highland scenery. Whether you love wild swimming, coastal walks, cycling, golf, sea angling, or simply enjoying fresh air and open space, the area offers an exceptional quality of life.

You'll find:

- Beautiful, quiet beaches perfect for walking or water sports
- The famous **Brora Golf Club**, a classic James Braid links course
- Dolphins, seals, otters, and occasional orca sightings
- Local arts, culture, and heritage museums
- Access to the **North Coast 500** route
- Dark skies ideal for stargazing and aurora spotting

Despite the rural setting, you're **far from remote**:

- **Inverness** is around *1 hour 20 minutes* away by car or rail
- **Inverness Airport** is roughly *1 hour 30 minutes*, with wider UK and international connections
- Regular trains connect Brora and Helmsdale with the Highland capital and beyond

This makes Brora an ideal base if you enjoy rural living but still want easy access to urban amenities, travel links, and professional networks.

Contact

If you would like further information about the post, please contact:

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