



**RURAL  
FELLOWSHIP 2026**

**Fellowship available for:**

**Brora & Helmsdale  
Medical Practice**



# Unique Experience

This innovative one-year fellowship will link both with GP practices and established teams for a multi-disciplinary educational experience in a rural setting.

Rural Fellows are allocated one base practice, plus two or three practices, where they will provide the majority of their service commitment. The practice will be agreed at the beginning of the rural fellow year, with a view to providing the opportunity to experience all aspects of rural General Practice.

## The Practices

Brora & Helmsdale Medical Practice is a rural and remote, dual-site practice serving a registered population of approximately 2,500 patients of all ages across a large geographical area of East Sutherland.

East Sutherland is a beautiful rural county in the north of Scotland and is recognised as having one of the lowest population densities in Western Europe. Our patients are primarily based within the main settlements of Brora and Helmsdale; however, we also care for a significant number of patients living in remote crofting communities and farms throughout Strath Brora and Strath Kildonan. This provides a varied and rewarding clinical experience, encompassing both community-based and truly remote rural medicine.





# Clinical Systems & Appointments

The practices are fully paper-light, using Vision clinical systems and Docman for document management.

We operate 15-minute routine GP appointments, allowing clinicians additional time with each patient and supporting high-quality, person-centred care.

# Community Hospital & Out of Hours

The practice provides 1 in 5 cover to the local community hospital, Lawson Memorial Hospital, Golspie.

Out of Hours (OOH) services are based at Lawson Memorial Hospital. While the practice has no contractual obligation to provide OOH cover, opportunities can be arranged by mutual agreement for those wishing to gain additional experience.





# Clinical Governance & Revalidation

The practice holds monthly clinical meetings, which include:

- Case presentations
- Significant Event Analyses (SEAs)
- Audits
- Revalidation-related discussion
- Any additional learning or governance matters

These meetings provide a supportive forum for reflective learning and shared clinical discussion.

# Teaching & Training

Brora & Helmsdale Medical Practice is actively involved in undergraduate medical teaching from:

- Aberdeen University
- Dundee University

The practice offers a supportive learning environment and encourages involvement in education and professional development.





## 13 Weeks Education

Educational opportunities are flexible and too many to list. The fellow's educational plan will be organised in conjunction with the service elements of the posts and with support from with the Rural Fellowship Co-ordinator.

Fellows will have the opportunity to negotiate additional experience in secondary care, remote practices and to undertake specific course activity as available. Fellows will also be able to attend the regular meetings of the Scottish Rural Fellows.

## Special Interests & Clinical Skills

The GPs within the practice have a range of special interests and are enthusiastic about involving colleagues and trainees in these areas, including:

- Women's Health
  - Implant and coil fitting and removal
- Minor Surgery & Joint Injections
- Emergency Medicine
  - BASICS course instructor
  - Fully trained BASICS responders
- Dermatology
  - An experienced GP with a Dermatology Diploma from Cardiff University (2010), with a strong interest in sharing their specialist knowledge



# Wider Practice Team

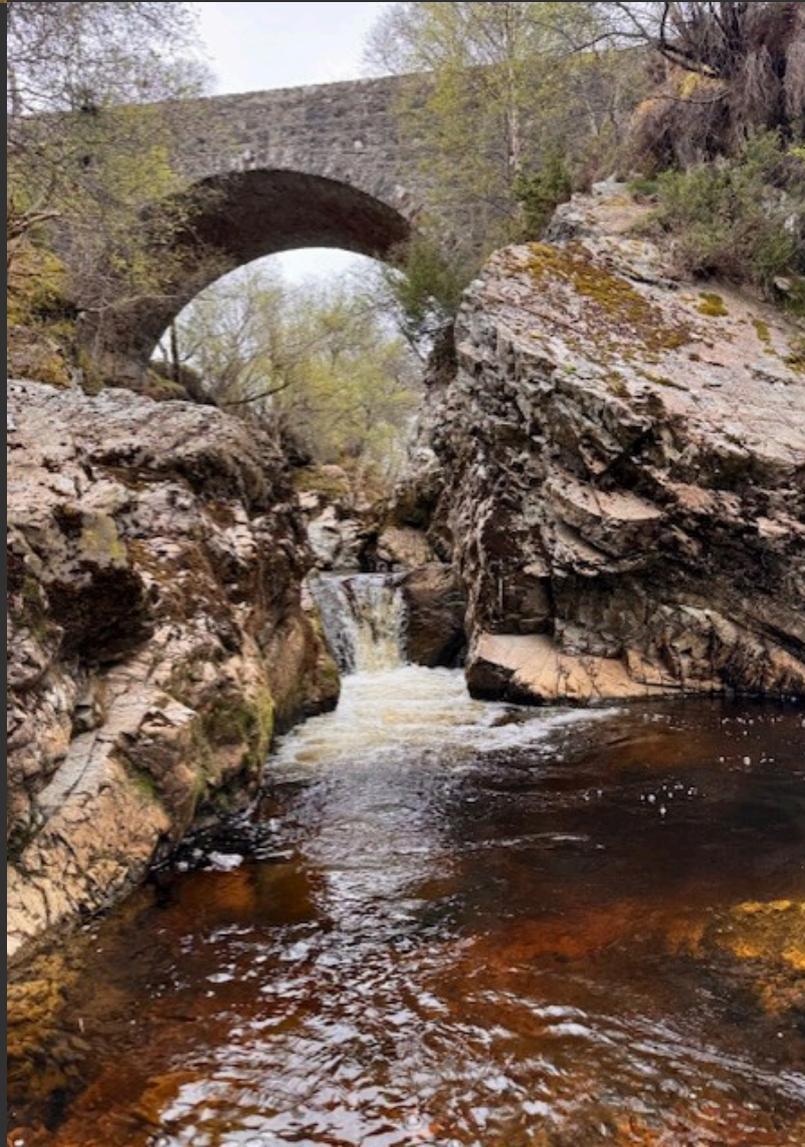
The clinical team is supported by:

- Practice Nurse
- Full-Time Advanced Health Care Support Worker

The wider multidisciplinary team works closely together to deliver high-quality care to our rural population.

## Service Commitment

We'll work with the fellows to balance both service needs and their own aspirations. The service commitment practices can be in more than one area. If the fellow is required to travel to an area away from their normal base practice, accommodation will be arranged, and travel expenses reimbursed.



# Speak to us

The fellowships will be developed and managed in collaboration with the Primary Care Manager. We'll be flexible and work to meet your needs and aspirations.

Contact us to arrange an informal chat:

Aileen Cuthbert  
Primary Care Manager  
Email: [aileen.cuthbert@nhs.scot](mailto:aileen.cuthbert@nhs.scot)

Angela MacDonald  
Practice Manager  
Brora & Helmsdale Medical Practice  
Email: [Angela.Macdonald3@nhs.scot](mailto:Angela.Macdonald3@nhs.scot)  
Tel: 01408 621320



# A BIT OF DETAIL



## **Duties**

Duties will include the full range of general practice duties during the Rural Fellows time in any General Practice, including working in the local Community Hospital if appropriate. They will be expected to play a full part in all aspects of the practice and work alongside the members of the extended primary care team.

## **OOHs Element**

While based in practices that have opted-out of OOHs there will be no requirement to do any OOHs sessions, however the rural fellows may wish to work in the local OOHs service in addition to their rural fellow role. This would be paid in addition to their rural fellow salary. Attendance at the BASICs course would be expected before covering OOHs in rural areas. Fellows are expected as part of their educational programme to gain experience in Out of Hours and Emergency Care.

## **Supervision in Practice**

A principle will be identified as a mentor/supervisor in the practices where the service commitment has been agreed, and will be available to the Fellow when working in other rural practices.

## **Education in Practice**

Fellows will be expected to join in with the educational activities available within the practices that they are working.

## **Local Educational Opportunities**

A variety of regional educational activities are available including courses such as Advanced Life Support and attachment potential in various part of Highland. The Rural Fellow will also be able to attend local PLT events, along with various local meeting meetings/webinars