



Dr Alison Milroy

Alison, a GP at Bearsted Medical Practice, a modern rural Kent practice, moved to the area over 25 years ago after training in the South West of the UK.

It's no accident that Kent is known as "the Garden of England" with peaceful farmland landscapes and areas of outstanding natural beauty including open weald land, ancient forest and the arresting hillsides of the North and South Downs. Nestled amongst this natural beauty are thriving towns, historic cities and rural village communities, making up one of the UK's wealthiest economic regions outside the Capital.

There are few other places in the UK where cosmopolitan, bustling London is so close - typically under an hour by train - yet can feel as far away as you want from Kent's tranquil countryside. Kent also enjoys super-fast links to Europe by train and ferry, making short breaks or day-trips to the continent an appealing leisure option.

Kent has a huge choice when it comes to its own leisure activities, with world-class retail centres in Ashford and Bluewater, diverse sporting amenities and historic towns and places to visit. From ultra-modern art galleries like the Turner Museum in Margate, to historic exhibitions like Dickens World in Rochester and the living heritage of cities and towns like Canterbury, Dover, Whitstable, Tunbridge Wells, Tenterden and Chiddingstone - you will never run out of ways to experience Kent's fascinating story. And if you prefer your leisure time to be less strenuous or more romantic, Kent offers pubs, bars and restaurants serving delicious local food and drink, and also has some of Europe's most popular beaches.

I don't regret for one moment choosing to live and work in Kent. I like the balance it offers between peaceful country life and the busy cosmopolitan towns and cities of this important region. Working in a practice which serves a rural community as well as more populated towns means I see a wide range of patients from different backgrounds, cultures and age-ranges, no two days are ever the same.

Outside work, my family enjoy the wide range of sports and leisure activities that are possible when you live in an area with plenty of space and countryside. It's a great place to combine a family and a GP career, offering a choice of state and independent schooling options, including the highly sought-after Grammar Schools which still exist in Kent.

It's a great place to work as a GP, and that's not just my opinion. Of the GP Registrar Trainees whom I have been fortunate to supervise during their time in our Practice, the overwhelming majority have chosen to establish their subsequent GP careers right here in Kent.

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