

# WELCOME TO YSBYTY GWYNEDD





## USEFUL CONTACTS

### **Foundation Programme Coordinator**

Looks after admin for Foundation Programme, any foundation-based queries and can arrange appointments with the foundation lead Dr Andrady

Myfanwy Roberts - [Myfanwy.Roberts4@wales.nhs.uk](mailto:Myfanwy.Roberts4@wales.nhs.uk)

### **Postgraduate Medical Education Manager**

First point of call for most issues for starting work or any random queries:

Jean Williams - [Jean.Williams3@wales.nhs.uk](mailto:Jean.Williams3@wales.nhs.uk)

### **Foundation Lead**

In charge of the Foundation Program. Escalate to him if you're having serious problems:

Dr Andrady - [ushan.andrady@wales.nhs.uk](mailto:ushan.andrady@wales.nhs.uk)

### **Accommodation Manager**

First point of call for most issues when living in hospital accommodation:

Christopher Davies - [christopher.davies5@wales.nhs.uk](mailto:christopher.davies5@wales.nhs.uk)

**Porters** – in case you get locked out of the accommodation:

Call 01248 38 4030

**Estates** – any other issues with the accommodation:

Call 012348 38 4197

**Switch** – if you're not sure how to contact someone, Switch will direct you:

Call 01248 38 4384 or 100 from a hospital phone





## BEFORE ARRIVING

Here are a few things to think about before you get here

### **Documents to expect**

Before you arrive at Ysbyty Gwynedd you will be sent a variety of emails, with a few documents to fill out. These include:

- An email asking if you want to live in the hospital accommodation. This should have already been sent out so contact the Accommodation Manager if you haven't received an email yet. If you reply yes, expect confirmation of a room within 2 weeks, and an accommodation welcome pack emailed to you sometime after.
- Payroll details
- A work contract - to be signed and returned

If you haven't received payroll details or a work contract, contact HEIW directly at [NWSSPSLE.Foundation@wales.nhs.uk](mailto:NWSSPSLE.Foundation@wales.nhs.uk)

For any general enquiries contact: [Myfanwy.Roberts4@wales.nhs.uk](mailto:Myfanwy.Roberts4@wales.nhs.uk) or [Jean.Williams3@wales.nhs.uk](mailto:Jean.Williams3@wales.nhs.uk)

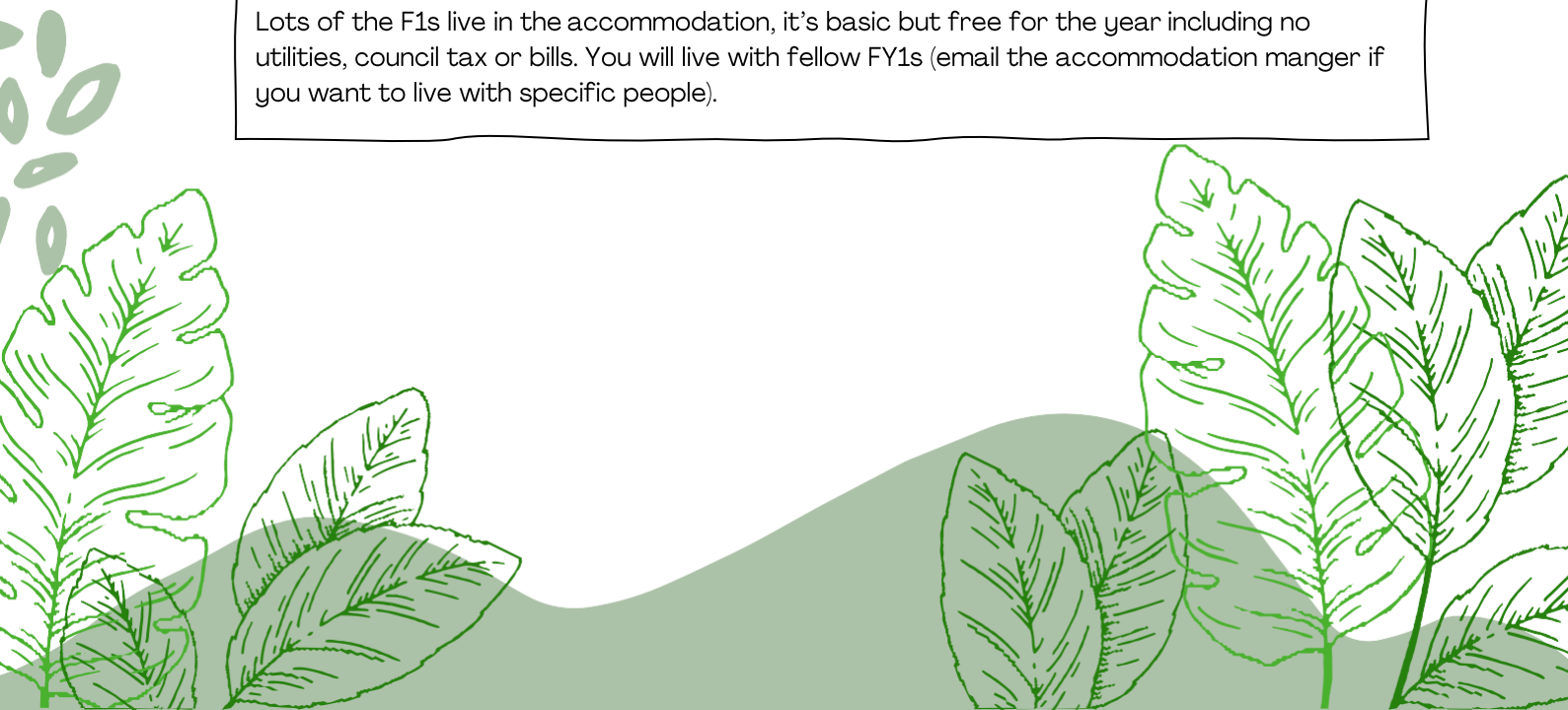
### **Contacting Peers**

Previously, the Facebook group 'Wales Foundation School 2020-2022' have made a poll on their page asking who is going to which hospital, and a chat has been made from that.

Alternatively, you are all welcome to message me on Whatsapp and I will create a group chat for your cohort (I'll then leave it once you get here). Details: Joy Mawby 07947 712409

### **Whether to live in Accommodation**

Lots of the F1s live in the accommodation, it's basic but free for the year including no utilities, council tax or bills. You will live with fellow FY1s (email the accommodation manger if you want to live with specific people).



# MAPS OF THE SITE







## AFTER ARRIVING

*Welcome to Bangor! Here are the basic things to get you started*

### **Food**

The hospital canteen provides hot food at meal at scheduled times throughout the day (lunch ends at 14:30 weekdays and 14:00 weekends).

There is a small convenience store just outside of the hospital complex for basics.

There are multiple supermarkets around Bangor city, the closest being a Tesco's which is within walking distance.

### **Parking**

There is free parking at the Accommodation complex. You will be given a parking permit when you receive your accommodation keys. If you don't live on site, there is plenty of free hospital staff parking.

### **Bike storage**

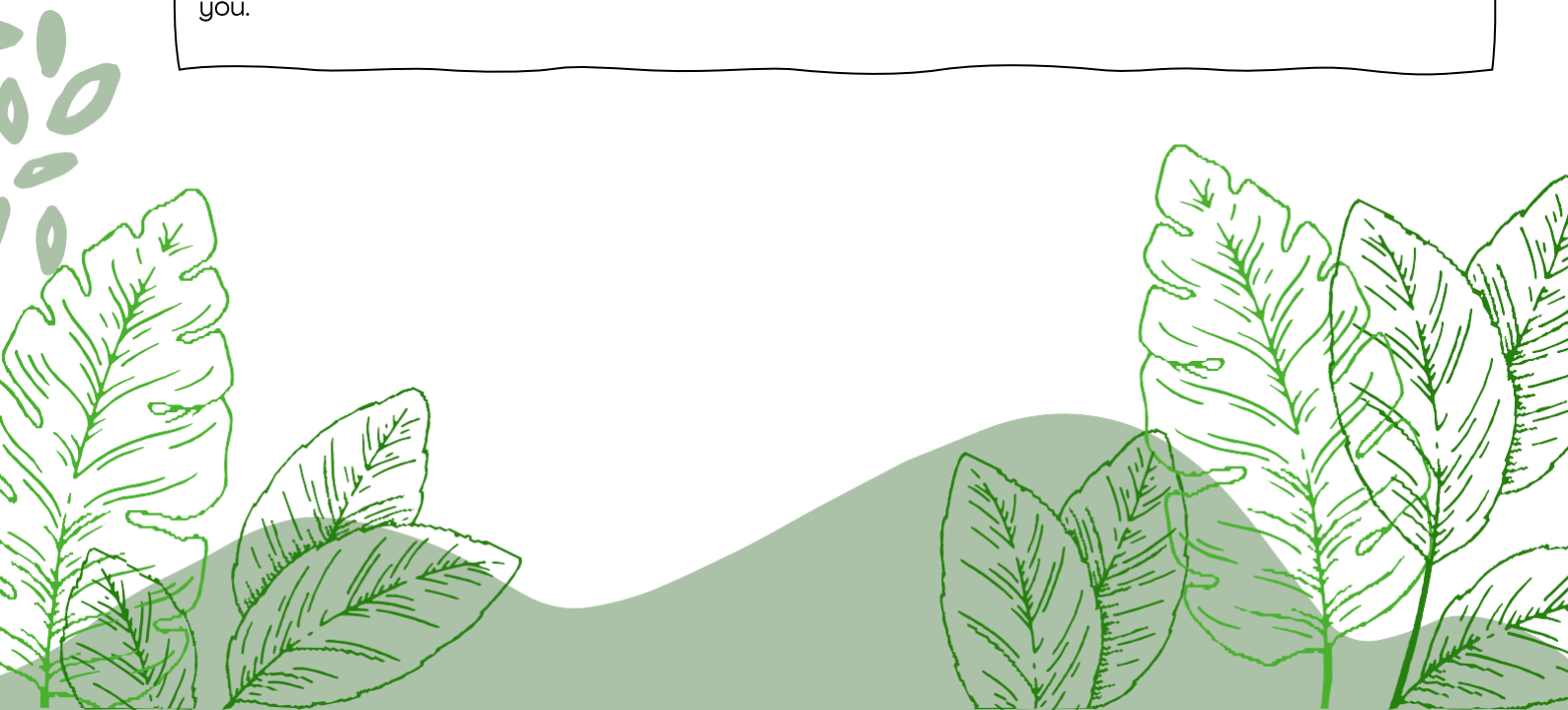
There are a few outdoor bike racks throughout the accommodation complex and around the hospital. They are covered but still quite exposed.

### **Post**

All mail goes to the central hospital mailroom (the mailroom is just before the Porters Office at the back of the hospital). Use your accommodation address plus the hospital address.

e.g. Dr ... , 1 LLys Onnen, Ysbyty Gwynedd, Penrhosgarnedd, Bangor, LL57 2PW.

You **won't** be contacted if the mailroom receives something, so either remember if you're expecting mail, or keep popping into the mailroom every now and again to see if they have received anything for you.



## AFTER ARRIVING

*Welcome to Bangor! Here are the basic things to get you started*

### **Rota/ Annual leave**

If you start on medicine your rota can be found on 'Allocate' and this is also where your request annual leave. Your login details will be emailed to you. Any queries then visit CMT office near endoscopy.

The surgical rota is not yet online and is emailed to you. Annual leave requests are paper based, pick up a form from Caren Davies – the surgical offices are through the double doors past CMT.

Allocate online website: <https://bcuhb.allocate-cloud.co.uk/EmployeeOnlineHealth/BCUHLIVE/Login>

Allocate app is called "Me from Allocate". You need to create your own account and then link it to the allocate account with your rota on.

If you have any problems with your rota, email the following people:

**Medicine:** [Arwel.jones7@wales.nhs.uk](mailto:Arwel.jones7@wales.nhs.uk) or [Jackie.davies4@wales.nhs.uk](mailto:Jackie.davies4@wales.nhs.uk)

**Surgery:** [Caren.Davies2@wales.nhs.uk](mailto:Caren.Davies2@wales.nhs.uk)

**Paediatrics:** [Annwen.hope@wales.nhs.uk](mailto:Annwen.hope@wales.nhs.uk)

**ED:** [Tina.Roberts4@wales.nhs.co.uk](mailto:Tina.Roberts4@wales.nhs.co.uk)

### **Doctors' Mess**

The Doctor's mess is a place to relax, eat lunch and socialise. It's £5 a month to join, giving you access to tea/ coffee/ snacks bought by the mess committee. The committee also organises a couple of social events every year, keep an eye out for advertising in the mess and on the mess WhatsApp group.

### **Junior Doctors' Forum (JDF)**

The JDF is a monthly meeting, attended by senior management, where you can raise any issues related to working or living at Ysbyty Gwynedd. Or just come and listen in and eat the free lunch (first come first serve!). It takes place the first Wednesday of every month at 13:00 in the lecture theatre.

## JOIN THE MESS WHATSAPP GROUP



### **Pay your mess fees:**

£5 a month or £60 for the year

YG Doctors Mess

20-35-47 93122042



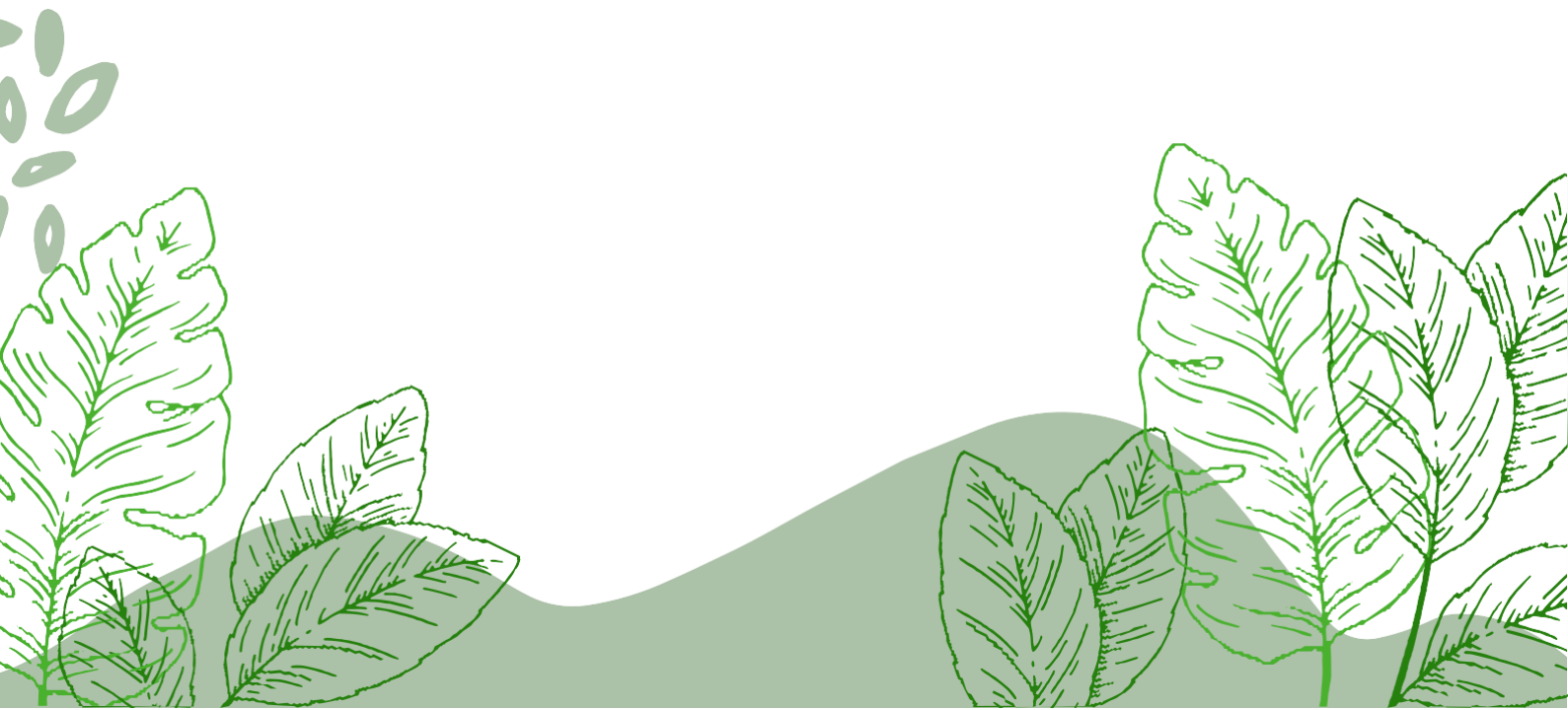
## ON THE JOB

Don't worry about the job itself just yet!

There will be induction talks and a shadowing period when you start so you can learn how things work. You'll be eased into your role on the ward and no one expects you to know everything. Accept this as the next stage in your learning and ask lots of questions - Ysbyty Gwynedd is generally a really supportive place to start your Foundation Training and there will always be people around to help you out.

So don't stress, you'll be grand 😊

### Useful Apps:

- BNF
  - Microguide- download the Betsi Cadwaldr local antibiotic guidelines
  - Induction- Select Ysbyty Gwynedd for a directory of telephone numbers and bleeps
  - MD calc
  - Iresus
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# SPECIFIC WARD INFORMATION

Rotation	Location	Start time	Leave your stuff	List
<b>Medical on-call</b>	Meet in the Executive Board room near undergrad	8am	Locker and shower room on ground floor link corridor	Gen152839. Make your own from EAS
<b>Surgical on-call</b>	Meet in surgeons' room	8am	In the surgeons' room	Gen152827
<b>Oncology/ haem/ palliative</b>	Alaw Ward	9am	In the doctors' office	Gen152823. Alaw lists
<b>Endocrine</b>	Hebog Ward	9am	In the cloakroom on Hebog	Gen106288. Endocrine list
<b>COTE</b>	Glaslyn Ward	9am	Leave in the cupboard on the ward	Gen152823. SALLYJONESLIST
<b>Stroke</b>	Prysor Ward	9am	Leave in the cupboard on the ward	Gen152823. PRYSOR CURRENT
<b>Respiratory</b>	Moelwyn Ward	9am	In the cloakroom on the ward	Gen152832 A-MOELWYN WARD LIST
<b>Cardiology</b>	Glyder Ward	9am	In the cupboard on the ward	Gen152827 Dr Azzu/ Dr Payne
<b>Renal</b>	Hebog Ward	9am	In the cloakroom on Hebog	Gen106288 renal team A
<b>Gastro</b>	Tryfan Ward	9am	In the Tryfan staff room	Gen152803 [consultant's name]
<b>General Surgery</b>	Meet in surgeons' room	8am	In the surgeons' room	Gen152827 [consultant's name]
<b>Urology</b>	Meet in Urology office by urology OPD ground floor	8am	In the office	Gen152827 urology
<b>Orthogeriatrics</b>	Ogwen Ward	8:15am	In the cloakroom on the ward	Gen152827 Orthogeriatrics



## LIFE OFF THE WARDS

North Wales is an amazing place to live. Here are a few ideas for inspiration:

- Lyn Padarn- A beautiful lake 15 minutes away, great for a swim, paddleboard, or BBQ
  - Red boat ice cream- Beaumaris + small stall in Menai, or Georgios- Llanberis. Both do incredible ice cream
  - Moel Elio- stunning views across Snowdon and Anglesey
  - Porth Tre Castell (cable bay) and Newborough beach- both beautiful spots on Anglesey
  - Lon Las Ogwen cycle path- route 82. Pick up the path from Bangor and it takes you right to Llyn Ogwen along an easy traffic free route
  - Snowdon Hash House Harriers- Trail running group. Social and all levels welcome. Find on Facebook
  - Broad beach (down from Rhosneigr on Anglesey) – good spot for surfing
  - Treborth botanic gardens – short walk from the hospital
  - Soulshine Yoga- outdoor yoga usually 18:00 in Treborth Gardens or yoga Mary Freeman, usually 18:30 at Cable bay. Search for either on Facebook
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