

WELCOME TO YSBYTY GWYNEDD



Foundation Year 1 induction pack
August 2023

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

Postgraduate Medical Education Manager

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

Libby DeMarco - libby.demarco@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

Accommodation Manager

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

Tommy Jones-Williams - tommy.jones-williams@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 384384 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:

- o 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.
- o Payroll details
- o 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

For any general enquiries contact: Myfanwy.Roberts4@wales.nhs.uk or libby.demarco@wales.nhs.uk

Contacting Peers

Previously, the Facebook group 'Wales Foundation School 202X-202X' have made a poll on their page asking who is going to which hospital, and a chat has been made from that.

Don't know whether to live in accommodation?

Lots of the FIs 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. It can be really fun and is an easy way to save money for the year! There are also couples flats (private flats) or family flats available if you prefer.

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 (One Stop) just outside of the hospital complex for basics.

There are multiple supermarkets around Bangor, the closest to the hospital are a big Tesco's and an Aldi which are 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, next to the Bereavement Office, at the back of the hospital). Use your accommodation address plus the hospital address.

e.g. Dr X, Flat 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

Rota/Annual leave

If you start on medicine your rota can be found on 'Allocate' and this is also where you 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: Dani.Jones@wales.nhs.uk or Jackie.Davies4@wales.nhs.uk

Surgery: Caren.Davies2@wales.nhs.uk

Paediatrics: Annwen.Hope@wales.nhs.uk

ED: 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.

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:

- o BNF
- o Microguide- download the Betsi Cadwaladr local antibiotic guidelines
- o Induction- Select Ysbyty Gwynedd for a directory of telephone numbers and bleeps
- o MD calc
- o iResus

JOIN THE MESS WHATSAPP GROUP



Pay your mess fees:

£5 a month or £60 for the year

YG Doctors Mess

20-35-47 93122042

SPECIFIC WARD INFORMATION

Speciality	Handover location	Hours	Login
Medicine on-call	Board room near undergrad	0800-2030	Gen152839
Surgical on-call	Post-grad classrooms	0800-2100	Gen152827
Haem/onc	Alaw ward	0900-1700	Gen152823
COTE	Glaslyn ward	0900-1700	Gen152823
Stroke	Prysor ward	0900-1700	Gen152823
Respiratory	Moelwyn ward	0900-1700	Gen152832
Cardiology	Glyder ward	0900-1700	Gen152827
Endocrine	Hebog ward	0900-1700	Gen106288
Renal	Hebog ward	0900-1700	Gen106288
Gastroenterology	Tryfan ward	0900-1700	Gen152803
General surgery	Surgeons room (second floor by Conwy ward)	0800-1700	Gen152827
Urology	Urology office (ground floor near echo)	0800-1700	Gen152827
Orthogeriatrics	Ogwen ward	0800-1700	Gen152827

LIFE OFF THE WARDS

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

- Llyn Padarn (Llanberis): A beautiful lake 15 minutes away at the foot of Snowdon, great for a swim, paddleboard, or BBQ
- Ice cream: Red boat ice cream in Beaumaris/Menai Bridge, or Georgios in Llanberis, both do incredible ice cream
- Mount Snowdon (Yr Wyddfa): the tallest mountain in Wales, there are several paths to walk, or you can take the train if you're feeling lazy!
- Moel Elio: an easy ish mountain walk, with stunning views across Snowdon and Anglesey
- Porth Tre Castell 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 and along an easy traffic free route.
- Snowdon Hash House Harriers: Social trail running group, with all levels welcome, can find on Facebook.
- Broad Beach (down from Rhosneigr on Anglesey): good spot for surfing
- Treborth Botanic Gardens: short walk from the hospital by the Menai Bridge.
- Yoga: Soulshine Yoga (outdoor yoga usually 18:00 in Treborth Gardens) or Yoga Mary Freeman (usually 18:30 at Cable Bay). Can search for either on Facebook

So there we go... good luck, ask for help when you need it, and most importantly have fun!



