

# BRONGLAIS.

The New Survival Guide

Written by and for F1 Doctors.

YOU  
GOT  
THIS!

## APPROACH TO ON CALLS

One F1 to cover the wards (+ an additional support colleague, only if you ask in advance!)

One F2 and one middle grade for clerking new admissions

One consultant on call

Take a deep breath and call the reg

You are never alone!



## ACCOMMODATION

- Flats of 4 (usually single bed) rooms
- Basic bedding, linen & towels provided
- Rooms have wardrobe, desk & chair, lamps. Sea views if lucky!
- Each kitchen has basic crockery & pans, limited storage space
- Circuit coin laundry - no change given!
- One extra large kitchen and free washing machine in the Doctor's mess

**Aber's best kept secret:** The Aberpoeth sea front sauna. The ultimate post-work relaxation activity. Monthly memberships are the most cost effective option.



## ADVICE WE WISH WE'D HAD:

- Aber can feel isolated. Having a car is very useful. Now might be the time to learn to drive!
- Lots of events on if you keep an eye out. The Uni Arts Centre often streams National Theatre Live. The Aberystwyth and Machynlleth comedy festivals are pretty famous. Plenty of concerts and fun fairs etc.
- The Trust intranet has lots of useful guidelines e.g for electrolyte management if you look carefully
- Life in Aber is what you make of it. Bring your waterproofs, your camping gear, your surfboard and good vibes.

## USEFUL APPS:



iResus - Free download  
Up to date ALS guidelines as you need them.



BNF - Free download  
Works offline too!



Foundation Dr Handbook - £1.99 one off payment. Summary of assessing symptoms and managing conditions. Best friend when on call.



Buku - Free download  
Interpreting blood tests & concise summaries of conditions



Eolas - Free download  
All the trust antibiotic guidelines, durations and penicillin alternatives



MD Calc - Free download  
Handy guide to clinical scoring systems and calculations

## OUR LOCAL RECOMMENDATIONS

**Best Hikes:** Spoilt for choice!

**With a car:** Pumlumon summit loop from Nant-y-Moch. Highest peak in mid Wales & exceptional views from Sonwdon to Pen Y Fan on clear days.

**Without a car:** The coast path to Borth for Sunday lunch at the Victoria, then catch the train back.

**Best Pints:** Outside the Glen Gower on the prom when sunny, otherwise bottle & barrel for a great selection of local brews on tap

**Best food out:** Fresh made-to-order baguettes from Ultracomida Deli at lunch, Medina for dinner.

**Best Welsh ice cream:** Prom Diner for biggest portions but beware it melts fast. The Pink Cow has the biggest range of options, especially vegan.

**DO NOT EAT ON THE PROM - SEAGULLS WILL MERCILESSLY ATTACK YOU!**

**Best fish & chips:** The Express (they take card!)

**Best Sunset spot:** top of Constitution Hill (pictured below) or outside the National Library

**Best swim spot:** South beach, campfires allowed. You can surf in the harbour trap too!

**Best driving instructor:** Trinity school of Motoring (Geraint & Matt)

