

North Devon District Hospital

Barnstaple, England

Hospital

NDDH is the most remote hospital (!!!) in England serving a large, rural population that increases with tourists in the summer months.

It's a small hospital which means you'll get to know everyone from fellow FYs, SHOs to consultants!

Don't worry about not being ready, just show up every day, on time, with a positive attitude and you'll do fine!

Accommodation

Accommodation can be difficult to source as the market is quite small. If you're not able to move to the region earlier to look for a space, there is hospital accommodation but ask early as it can be very limited (very cheap ~£10/night) but it is very, very basic! Keep an eye out on WhatsApp chats for outgoing FY2s as you can often move into their places!

Most people tend to live either in central Barnstaple or in the surrounding towns/villages e.g. Braunton, Bideford, Fremington or Ilfracombe. The cost of living is very low!

Most people commute by car but some do bike or walk! Commuting by bus is possible but a bit trickier. Keep in mind that the parking lot gets very busy at around 9am.

What We Wish We'd Known

- Countryside is genuinely beautiful with many hidden spots to explore!
- Many surfing spots and schools - give it a go!
- If you like being outdoors, a National Trust membership is very handy (discounts for tickets/parking)
- Nearest large cities are Exeter (1 hour drive), Bristol (1.5 hour drive) and you can get a 2 hour train to London from Tiverton Parkway station (1 hour drive)
- Get a small car preferably! Devon country roads are very narrow...
- Useful apps for work: Haiku (phone app for EPIC - essential), Accurx (for bleeps/extensions), Eolas (guidelines), iResus, MDCalc, BNF

Local Recs

- Best beaches/coastline: Mortehoe, Valley of the Rocks, Woolacombe, Croyde, Saunton
- Cute towns: Lynton/Lynmouth, Clovelly
- Food: The Boathouse, Le Petit Monde, Pig and Olive (great pizza), Barricane Beach Café (great Sri Lankan curry), Siam Bistro (great Thai food), No. 8 (if you want something fancy) and loads of fresh seafood spots!
- Best gym: Barum Barbell
- Best pub: Instow Arms
- Jatujak Oriental for international groceries
- Best butcher: Gratton's
- Best fishmonger: Devon and Cornwall Fish Company
- Exeter IKEA for furniture