



### The Hospital / On Calls

#### District General Hospital

Two sites:

- Tunbridge Wells Hospital
- Maidstone General Hospital

On calls are a mix of ward cover and clerking. These can feel intimidating at first, but seniors are aware you are new. You are not expected to do anything you don't feel confident in.

Always ask for help, and escalate unwell patients early!

BONUS – there are no medical night shifts in FY1!

### Accommodation

#### Hospital Accommodation:

flats of 5, 6 or 7 – all ensuite with shared kitchen / lounge ~ £750 / month

**Private Renting:** renting in Tunbridge Wells can be expensive, Southborough / High Brooms tend to be a bit cheaper. Free bus from Tunbridge Wells to hospital for NHS workers.



### Recommendations

#### Food & Drink

**Bars:** Lemon bar, Charlotte's, Claremont

**Pubs:** St John's Yard, The Guinea, White Bear

**Food:** Cantuccio's, Zorba, Kai's Kitchen

#### Art & Culture

40 mins from London!

**Theatre:** Assembly Hall / Trinity Theatre

**Music:** The Forum / Jazz on the Pantiles



### Advice

**Introduce yourself early** and make an effort to be part of the team. It makes a big difference – especially in a hospital where everyone knows each other.

**Prioritise your wellbeing**, take regular breaks, stay hydrated, don't skip lunch. If you're feeling burnt out, there is always someone to talk to.

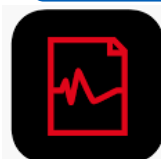
**Keep an open mind about your speciality**, even if it isn't your first choice!

**Stay on top of Horus portfolio**, little and often, don't leave until last minute!

**Take opportunities when they come** e.g. LFG rep / teaching / QIPs

**Most importantly... HAVE FUN!!!**

### Useful Apps



iResus



BNF



Accurx



Foundation Doctor Handbook



MDCalc



Eolas



#### Outdoors

**Climbing:** outside (Eridge Rocks), inside (Chimera)

**Beaches:** Hastings / Brighton / Camber Sands

**Parks / Walks:** Dunorlan Park, Calverly, Ashdown Forest

#### Socialising

MESS SOCIALS!

Including summer and winter ball.

Local Netball team and climbing socials set up.

Domino's Pizza during Sunday on call shifts!