

GALENICALS GUIDE TO...

NORTH BRISTOL





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Wellbeing Lead:

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Clinical Skills Nurse Tutor

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Academy Administrators:

- Elaine Monks elaine.monks@nbt.nhs.uk Tel: 0117 41 48083 (Elective Placements and RHCN)
- Bryony Allan Bryony.Allan@nbt.nhs.uk Tel: 0117 41 48082 (Year 4 CMOP + Year 5)
- Mel Brassington melanie.brassington@nbt.nhs.uk Tel: 0117 41 48083 (Year 3 Pathway A&B)
- Gabby Dando and Kirstie Wilkes (Year 1 and 2)
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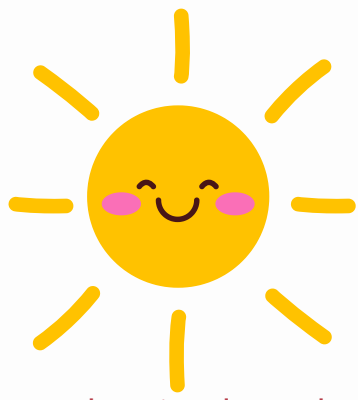
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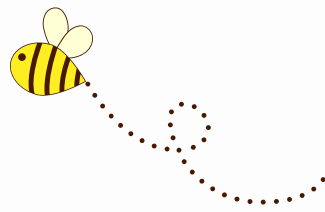
Eve McDermott
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Mahnoor Raza:
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Wellbeing



North Bristol Academy operates an open door policy: **Mon-Fri; 08:00– 16:30**. Please call in and see us with any questions you have or just for a chat.

If you would like to meet with either Academy Dean please an appointment via the Academy admin team on **0117 41 48083**.

For Wellbeing Support please contact our Academy Wellbeing Lead: Dr Cressida Bond **cressida.bond@nbt.nhs.uk**

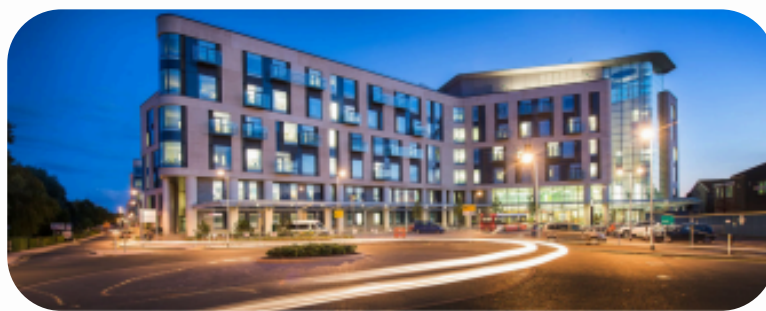
North Bristol Trust students are eligible to access the Employee Assistance Programme. This is a free confidential support service available 24 hours a day via telephone **(0800 030 5182)**; **www.healthassuredeap.com** Username: North Password: Bristol

Students can also access Physio Direct –direct access to a physio consultations and advice by telephone and further treatment if required in the Physiotherapy Department in the Brunel building: **0117 342 3400**.

Wellbeing Friday:

Last year we started a new (and well-received) initiative 'Wellbeing Friday', where our academy team provide (almost) weekly sessions with a wellbeing focus...anything from mocktail making, gratitude letters, pancakes, puzzles, games, seed potting...and the popular visits from therapy dogs! They are very good boys!

Wellbeing Friday	
Student Common Room 1-3pm every Friday	
24th Jan	games and snacks
31st Jan	1000 piece speed puzzle
7th Feb	gratitude letters
14th Feb	candle painting
21st Feb	mocktail making
28th Feb	plant pot decorating
7th March	seed potting
snacks and resources provided!	



Academy info:

Library:

The Library is situated on the **first floor of the Learning and Research Building** and provides a wide range of books and journals plus study space, a photocopier and inter-library loan service. The library is staffed Mon – Fri; 08:00 – 16:00. **Access is available with your NBT ID card outside of these hours.** The library email address is **southmead.library@nbt.nhs.uk**



Prayer and reflection:

New Prayer and Reflection Pod in the L&R Library The library now has a prayer and reflection pod for staff and students. The pod is open 24/7 on a drop-in basis. It is in the main library area, through the doors further down from Seminar Room 19.

Common Room:

This is situated on the first floor of the Learning & Research Building. Entry to the common room is by your NBT ID card. Please ensure that the room is left tidy and secure at all times. There is a kitchen with free tea and coffee (bring your own Keep Cup!), a pool table and lockers (bring a padlock)

EOLAS App:

In North Bristol, we use Eolas Medical, an app designed to provide easy access to essential medical information, documents, policies and forms. Within this, we have created 3 spaces for undergraduate students. Please scan the QR to download the app and register.

- 1) Meet the Undergraduate Team (names, photos, bio) - admin, CTFs and Tutors
- 2) Undergraduate Wellbeing (resources for health and wellness)
- 3) Medical Student Induction (IT, Travel, Cycle Form, Maps, Handbook, Library Information)



Academy info:

Attendance Reporting:

Unplanned Absence:

We recognize that there may be factors outside your control which mean you cannot attend your placement. If you cannot attend your placement for any unplanned reason (e.g. illness), please get in touch with the admin team at

NorthBristolAcademy@nbt.nhs.uk on your first and every subsequent day of absence. We require the following information each time:

- Your name, student number
- year of study and rotation
- The reason for unplanned absence
- Details of any timetabled activity you will be missing
- How many days of unplanned leave you have already taken this academic year

For any timetabled activity you will be missing (e.g. teaching, clinical activity), please cc the member of staff leading this into your email. If you do not have their contact information, please ask the academy team to get in contact with that member of staff on your behalf.

You must also report your absence to the University of Bristol MBChB Absence Reporting form on sharepoint

Planned Absence

If you require absence for any known or planned reason (e.g. medical appointments, extracurricular commitments), please get in touch with the admin team at

NorthBristolAcademy@nbt.nhs.uk as soon as possible. We will require the following information:

- Your name, student number,
- year of study and rotation
- The date(s) for your planned absence
- Details of any timetabled activity you will be missing
- How many days of planned and unplanned absence you have already taken this academic year

Planned absences require approval from either the University of Bristol or the Academy Deans depending on your year of study. The Lead Administrator for your Year will contact the University of Bristol/ Academy Deans and notify you when they have received their response.

Academy info:

Raising concerns:

If at any time during your placement you are concerned about patient safety or you see something that worries you, please let us know. You can speak to anyone in the Academy Office confidentially or, if you prefer, talk to someone at the medical school.

The Academy operates an Open-Door policy: Mon-Fri; 08:30–16:30, or email **NorthBristolAcademy@nbt.nhs.uk** to make an appointment to see one of the Deans.

The University of Bristol “**Speak up Guardians**” here in the academy are:

- Dr Cressida Bond (our Well-Being Lead)
- Shiras Patel (CTF)
- Philip Collings

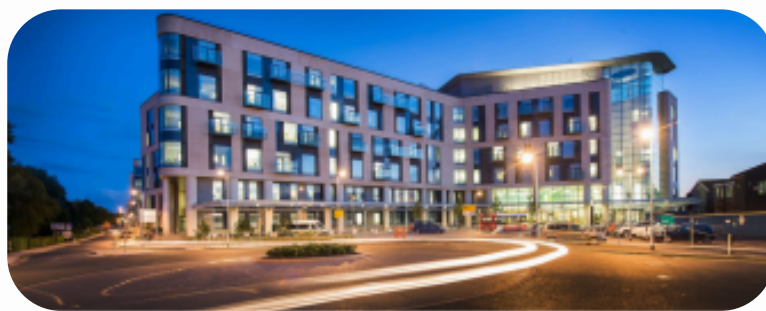
If you would prefer to raise an issue with the University of Bristol team directly, we encourage you to contact your year lead or the senior tutor team.

If you would prefer to talk to someone at the trust outside of the academy team, we would encourage you to use **The Freedom to Speak Up Guardian and Advocates**, who are very willing to be contacted by medical students. They work independently and support and respond to anyone who works at NBT to be able to raise any concerns that they have (and ensure follow-up). They also support NBT to further evolve as an open learning, continuously improving organisation.

Email: SpeakUp@nbt.nhs.uk

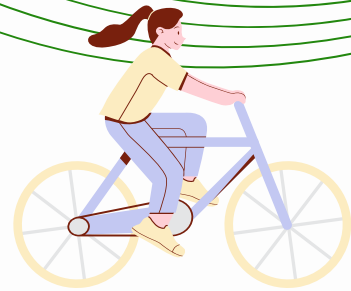
Tel: 07880 005382 (work mobile)

Room 11, Christopher Hancock Building, Southmead, NBT.



Academy info:

Getting Here:



Cycling

NBT strongly encourages cycling to work. There are secure cycle cages and a large cycle store including showers accessed via the side entrance to Brunel. Once you have your NBT ID badge ask in the Academy Office for a Cycle Form to have access to these facilities.

Public Transport

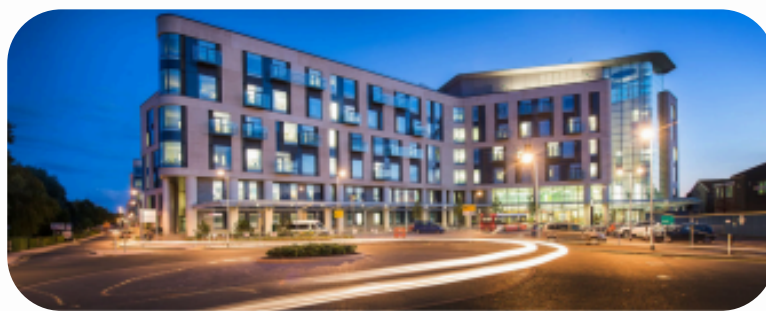
For information on travelling by Bus to Southmead Hospital Bristol visit:
<https://link.nbt.nhs.uk/Interact/Pages/Content/Document.aspx?id=6897&SearchId=16274851>

Buses serving Southmead or nearby:

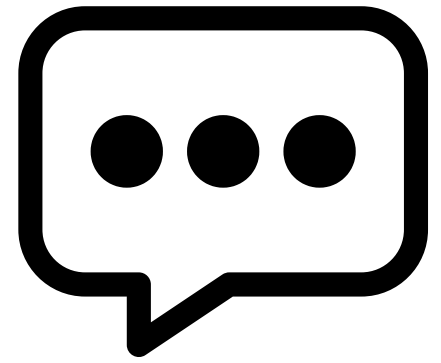
- 2 Park Street/Triangle/Whiteladies Road/Henleaze/Southmead Road;
- 17 Kingswood;
- 18 Emersons Green.
- 24 Ashton Vale;
- 76 Hengrove/Bedminster/Centre/Gloucester Road;
- 2 Yate
- Stagecoach – **505** (from Redland / Coldharbour Road – very direct), or **13** (runs through town, past the BRI, up St Mike's – then towardGlos. Rd)

Car Parking

There are currently no facilities for medical student parking on site.
If you must travel by car for health reasons, please contact the office.
NorthBristolAcademy@nbt.nhs.uk



What students are saying...



Socializing + Top Tips

- Try to do social things out of the Academy with your CBL group from the start!
- The staff restaurant and coffee shop is located at Gate 23, Level 5. which has plenty of good and cheap options!
- Check out the roof terrace on a sunny day!
- Wellbeing Fridays were great!

Got any other suggestions?
Let us know!

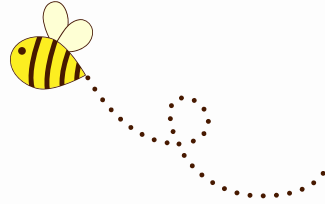
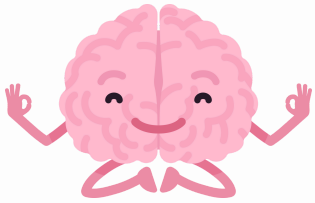


Staying active

- AE dance do great classes and are very welcoming to beginners. We'd recommend commercial Latin with Iris. They do classes at Bristol Grammar school
- BUMs on the run start from Wills at 6:30 every Thursday offering runs of varying distances and paces for all abilities!
- Check out some of the many sport societies at the uni- it's never too late to try something new!
- Horfield leisure centre is round the corner! You can get student membership which gets you access to everyone active gyms.
- Definitely cycle in if doable! Makes a huge difference to your day. The bike parking is right next to some changing rooms, which is right next to a lift/stairs which takes you directly onto the wards. Saves a bunch of time, and a nice commute in. Bike parking is very safe and all locked up for staff access only.
- Southmead - easy downhill run into the city or head across to Leigh woods or Ashton court, the towpath to pill is also a lovely route



There is always someone there for you!



Galenicals welfare: med-galenicalswelfare@bristol.ac.uk

Senior tutors: med-seniortutor@bristol.ac.uk

Little Blue Book

Galenicals peer support form:

<https://forms.office.com/e/zmgqNut5Lt>



NHS Urgent Mental Health Helpline: [Check your mental health symptoms -](#)

[NHS 111](#)

Samaritans - call 116 123 or visit <https://www.samaritans.org/>

Mind Bristol - helpline: 0117 203 4419 or visit <https://bristolmind.org.uk/>

Bigmoose Charity: <https://bigmoosecharity.co/can-we-help/>

BEAT eating disorder support: [0808 801 0677](https://www.beateatingdisorders.org.uk/)

<https://www.beateatingdisorders.org.uk/>

The Sanctuary Bristol:

The Bridge (NHS Sexual Assault Referral Centre): 0117 342 6999

Next Link (Domestic Abuse Specialist Support Organisation): 0800 4700 280

Text 'SHOUT' to 85258

