

# **GALENICALS GUIDE TO...**

## **NORTH SOMERSET (WESTON)**





# Academy Contacts:



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# 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

**[hannah.young2@uhbw.nhs.uk](mailto:hannah.young2@uhbw.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

**[hannah.young2@uhbw.nhs.uk](mailto:hannah.young2@uhbw.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:



## Accommodation

- o Knyfton Close
- o Houses of 6, with a shared bathroom/shower room, single bedrooms with basin and shared living space.
- o Washing machine and tumble dryer
- o Parking available with permit
- o Please note, there is not a TV in your house, and you will need to provide your own bedding.

## Academy information

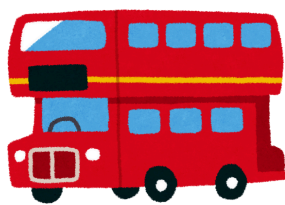
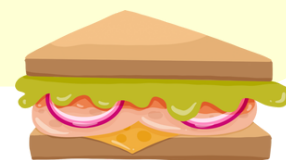
- o ID - Students will be given an ID badge on arrival to have access around the hospital – badges must be worn at all times. A deposit is required for this.
- o Library access - 6am – 10pm every day. (This may be reviewed throughout the year).

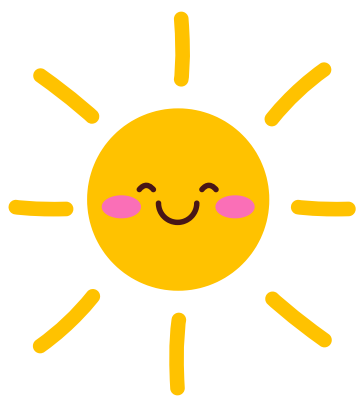
## Public transport

- o Weston-Super-Mare train station (Weston-Super-Mare station, Station Approach, Weston-Super-Mare, Somerset, BS23 1XY)
- o First Bus – Bus stops outside Weston General Hospital and in Uphill village.
- o Taxi service - Apple Central taxis – 01934 666666

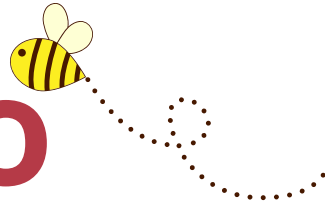
## On-site Food and Drink

- o Costa (Main hospital entrance)
- o Rafter's (WGH Ground floor)
- o Vending machine in Piers Café (second floor in Academy)
- o Wellbeing Centre (opposite the Academy)





# Local area & Things to do



## **Shops:**

- o Tesco - Station Rd, Weston-Super-Mare BS23 1XG
  - o Tesco express – Broadway, Weston-Super-Mare BS24 9HA
  - o Lidl - Winterstoke Road, Weston-Super-Mare BS24 9AA
  - o Asda – Phillips Road, Weston Super Mare, BS23 3UZ
- Uphill corner shop for all your post placement sweet treat needs!

## **Things to do in WSM**

- o Parks and Outdoor spaces: Uphill Nature Reserve, Clarence Park, Weston Beach and Sea front and Sand bay beach (10 min drive)
- o Cinemas – Cineworld or The Plaza
- o Revo's Glo Golf - glow in the dark crazy golf.
- o Allstars Sports Bowl – Bowling, Arcades, Karaoke, Escape room, Darts, Pool
- o Weston Museum
- o Pier to Pier way – 30-mile cycle path from Weston to Clevedon.

## **Local Pubs and Restaurants**

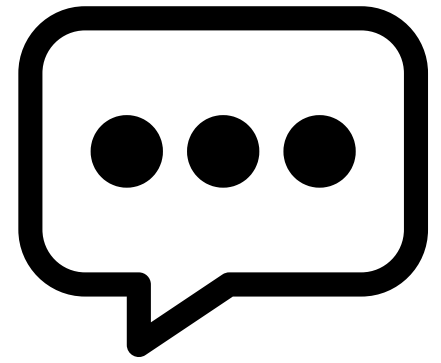
- o The Dolphin or The Ship Inn – Uphill Village – pub quiz held weekly.
- o Revo – sea front
- o Loco Mexicano – sea front
- o Brunello Lounge – sea front
- o Bistro Pierre – sea front
- o McDonalds, KFC, Burger King - near Asda

## **Events throughout the year**

- o Enduro Race - October
- o Bonfire Night displays on The Grand Pier -November
- o Weston Carnival – November
- o Sandcastle competition - April-October
- o "What's on" - North Somerset Council share local events and community activities to get involved with.



What students are saying...



# Socializing + Top Tips



- Pub quiz at the ship inn!
- Academy did one well-being meal towards the end of the term
- Loads to do here! Obviously beans night is a must, as is the pub quiz at the Ship Inn.
- Ship inn pub quiz, went to bean club, watched films together, went for dinner with CTFs at Christmas
- There are two pubs nearby to the Weston accom with pub quizzes at both that we frequented. Would definitely recommend

Got any other suggestions?  
Let us know!



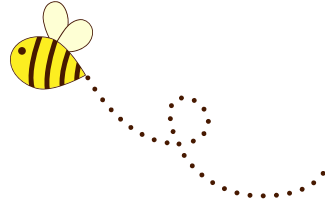
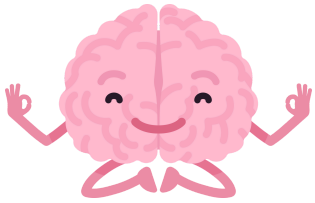
# Staying active



- Pure gym 45 mins walk away or 10 min drive
- Marine lake (and the new sauna!!)
- It is nice to walk to Uphill Beacon and see the cows/ sheep! or you can go to Brean Down or just walk along the sea front
- Running route towards the beach is very good and flat - just run right out of the accommodation and follow the road to the beach. The puregym is a few minutes drive as well
- if you are after an in door pool Hutton Moore leisure center offers gym + swim student memberships with les mills classes!
- 5 mile run race every month on beach



# There is always someone there for you!



**Galenicals welfare:** [med-galenicalswelfare@bristol.ac.uk](mailto:med-galenicalswelfare@bristol.ac.uk)

**Senior tutors:** [med-seniortutor@bristol.ac.uk](mailto: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](tel:08088010677)

<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**

