

GALENICALS GUIDE TO...

BATH

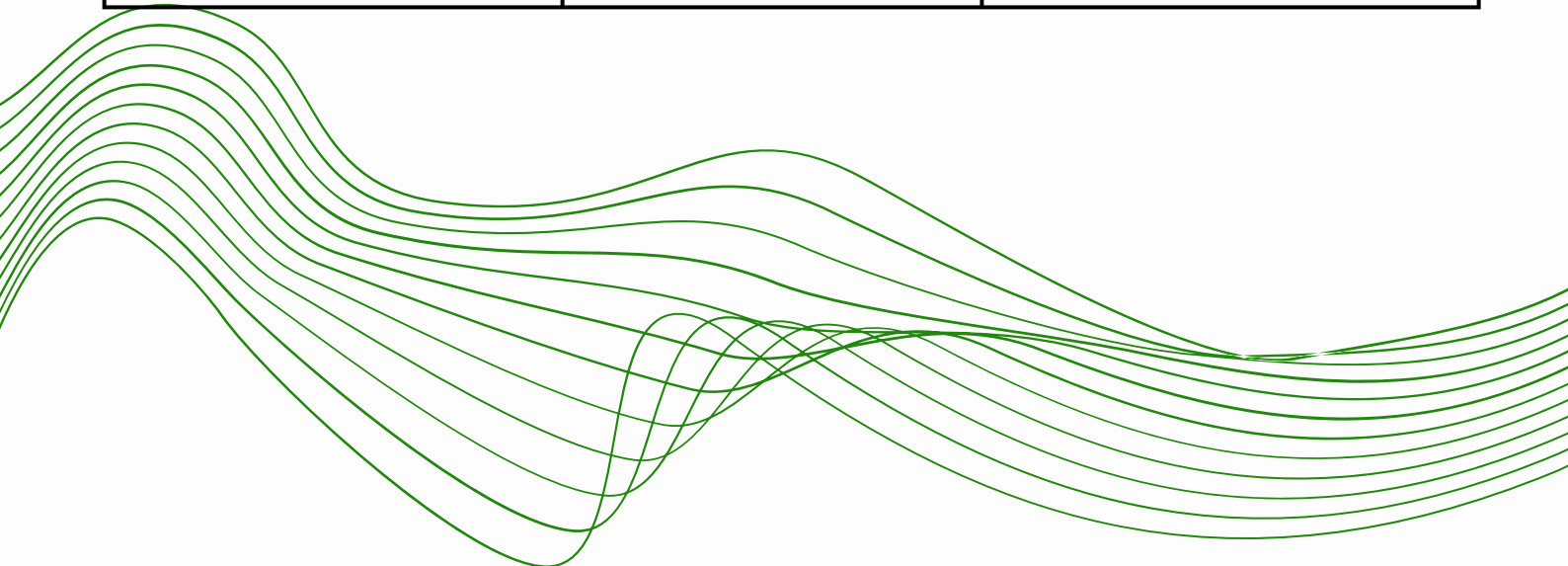


Key contacts

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Year 2 ECC	Dr Lukuman Gbadamoshi	lukuman.gbadamoshi@nhs.net
Year 3 Pathway A Lead & GI Tutor Cardiology Tutor Urology Tutor Neuro & Stroke Tutor Respiratory Tutor Urology Breast Endocrine/Renal Pathway B Lead & Tutor Rheumatology Tutor ENT Tutor MSK Tutor Anaesthetics Ophthalmology Dermatology Radiology	Mr James Wood Dr Raveen Kandan Mr ED Jefferies Dr Andy Stone Dr James Harper Dr Andrew Brown Miss Chrissie Laban Dr Chloe Broughton Dr Elizabeth Gilby Dr Tom Williams Dr Sophie Hollis Dr Alex Riddell Dr Chris Marsh Mr Duncan Leadbetter Dr Naila Dinani Dr Sian Davies	Jameswood5@nhs.net r.kandan@nhs.net edwardjefferies@nhs.net andrewstone@nhs.net james.harper2@nhs.net andrewbrown36@nhs.net Chrissie.laban@nhs.net chloebroughton@nhs.net elizabeth.gilby@nhs.net thomas.williams5@nhs.net sophie.hollis@nhs.net alex.riddell@nhs.net christopher.marsh1@nhs.net duncanleadbetter@nhs.net n.dinani@nhs.net sian.davies58@nhs.net
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Year 5	Keerthi Morgan-Shelbourne	keerthi.morgan-shelbourne@nhs.net
SIM	Orla McConville	orla.mcconville1@nhs.net



What students say:



Socialising

- The academy organized socials at the cricket club (both welcome and leaving).
- Take a wander into town and explore the many excellent coffee shops and pubs.
- Boom Battle Bar or lane7 are great for a fun evening out.
- Pubs- spoons (King of Wessex and The Old Post Office), The Raven



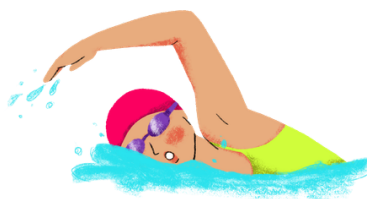
Essentials:

- **Tesco:** 13, 20 High St, Upper Weston, Bath BA1 4BX
- **Sainsburys:** Green Park Station, Green Park Rd, Bath BA1 2DR
- **Lidl:** Lower Bristol Rd, Twerton, Bath BA2 1ES
- **Oldfield park train station:** BA2 3JB
- **Bath spa train station:** BA1 1SS
- **Bath bus station:** BA1 1TP



Staying active

- Victoria park and the Bristol-Bath Railway track are both great running/walking spots - "Bath has loads of nice places to run, and it feels very safe to run alone in the evenings as it's very well lit and right by the hospital."
- You are able to swim at the pool in the Oasis building between May-October (its heated)
- Squash courts can be hired in the hospital
- There are 2 pure gyms nearby!
- RUH Exercise Classes There are free exercise classes for staff which students are welcome to join.
- Bath Skyline parkrun: Saturday 9am
- Bath sports centre offer gym, swim, classes, badminton, bowling and trampolining.
- Last year there was netball, football Mondays 5-7pm run by students at local primary school courts.



Got any other suggestions?
Let us know!



A-Z of Academy info

Access Card/Swipe Card: These will be collected from us at the start of your placement. If your card is lost or you fail to return it at the end of placement you will incur a £25 admin fee.

Access to Education Centre out of hours: Your swipe access badge will give you access to the Education Centre 24 hours a day. After 6pm the Education Centre is alarmed, the only areas not alarmed are the ground floor corridor, Library, Common Room and toilets and you are welcome to use these.

Absence –On the first day of absence you must complete a Student Absence Reporting Form online; this can be found on SharePoint. Please also contact Bath Academy and your CTF so that we're aware of your absence. ruh-tr.bath-academy@nhs.net

Accommodation: A bottom sheet and 1 pillow are provided but you need to **bring your own duvet and duvet cover.**

To report any issues with accommodation please email the Academy team **ruh-tr.bath-academy@nhs.net** and quote the name of the accommodation block, room number and the number on the blue disk outside of the bedroom/bathroom/kitchen e.g. Gloucester House, 1B1, 09 0 003..

Security: Please call **01225 824890 (ext. 4809 on an RUH phone)** if you require security. For out of hours accommodation issues , call the switchboard on 0 and ask for the Oncall Estates Officer.

If you have an emergency outside of office hours, please call the switchboard on 0 and asked to be put through to security. We do not take a deposit for your key but if you lose it, there will be a charge of over £40 to replace it. For security purposes, please make sure you lock the entrance door to your flat when you leave.



A-Z of Academy info



Bikes: There is a secure bike shed situated next to the Education Centre. Your swipe card will allow access to this. Please do not take your bike into the accommodation under any circumstances.

Buses: Take the No: 3/4 from the main entrance for the town come approximately every 15 minutes – either Odd Down or Bath Bus Station on the front.

Car Parking: Students can apply for an 'out of hours' parking permit but are strictly not allowed to park on-site during working day.

Common Room: Coffee and tea are provided for you for free, just help yourselves. Please bring your own cup as we do not provide them. It would be much appreciated if you would keep the room tidy and clear up before you leave. There is also a pool and table tennis table. The code to the common room is C1627.



Doctor: Please call Newbridge Surgery 01225 425807, they are situated on Newbridge Hill a 5-minute walk from the hospital. You will need to register with them before they offer an appointment, but this won't be a problem, they're used to seeing our medical students.

Dentist: If you need an urgent dental appointment, ring 111 and ask for a local NHS Dentist.



A-Z of Academy info



Health and wellbeing:

Physio: We offer a self-referral physio service here at the RUH. For more information, please contact Becky, Annette or Kerry.

Counselling: We offer a free and confidential counselling service via EAP our Employee Assistance Programme. You can contact them yourselves without having to let us or Bristol know. Their number is 01225 825960/824484

Sports:

The **swimming pool** is situated in the Oasis, opposite the Education Centre which you are entitled to use free of charge. It is open May – October and there is an on-line booking system. <https://bookwhen.com/ruhswimming> the discount code for students will be sent to you by the academy. We also have **squash and tennis courts** on site which you can book using the same link above.

Launderette: There are 2 launderettes. One in Buxton House near Gloucester House, door code: C162XZ and Bernard Ireland House go to Entrance C, use the code C5671Z walk through the door ahead of you and the launderette is on your right-hand side.

We have had two new washing machines installed this summer, the costs are:

Wash: £3.50

Dry: £2.00



Library: Situated within the Education Centre on the ground floor. The library is open 24 hours. There are banks of computers at the back of the room which are yours to use, just log in with your Bristol details. They are linked to a printer which is free to print.



A-Z of Academy info



Post and Parcels: If you need to receive mail please use the following address: c/o **Undergraduate Department, Education Centre (E7), Royal United Hospitals Bath NHS Trust, Combe Park, Bath, BA1 3NG**. It is important to put the full address as parcels can go astray if not properly addressed. We will send you an email to let you know your parcel/letter has arrived. If you order something from Amazon, please choose the click and collect option and ask it to be delivered to the RUH. The Amazon lockers are located in the corridor by the Friends restaurant.

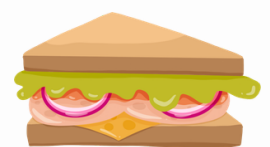
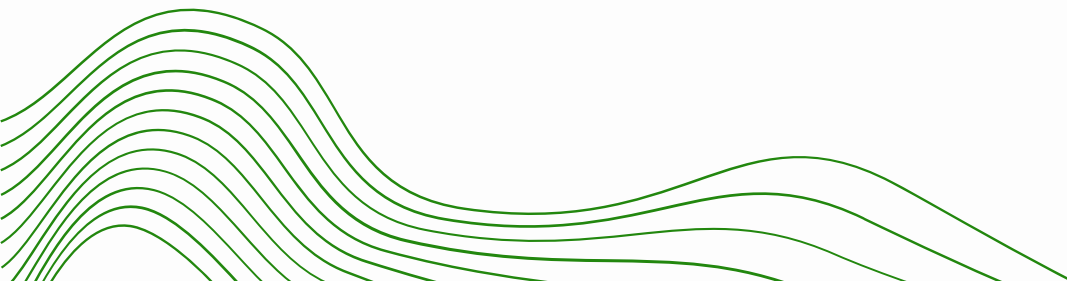


Personal Safety: If you are staying on site and need to be escorted back to the accommodation late at night, please bleep 7655 and request that a Security Guard walks back with you, there might be a wait if they are already out on-site.

Hospital food and drink: The Lansdown Restaurant is situated in the main corridor of RUH South where there is a good selection of sandwiches and meals. There is a discount if you are wearing your badge. There is a restaurant/snack bar in the Atrium. The Friends new coffee shop is on the ground floor zone B and the Oasis opposite the Education Centre sells great coffee.

Spiritual Care Centre: this replaces the former Chapel. The Centre offers 24-hour access for people of all faiths or none, providing room for reflection, prayer or simply to gather their thoughts.

Members of the chaplaincy team are always available as a listening ear when required. We have a quiet room for confidential and sensitive conversations. Ablution and prayer spaces are available for Muslim staff or Patients and their Families. You are encouraged to make use of our courtyard sculpture garden with seating for a restful and peaceful environment.

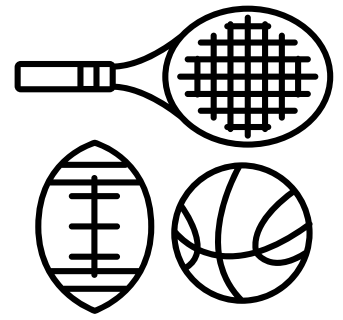


Things to do in Bath:



Activities

- Thermae Bath Spa Home
- Bowling: At Lane7 or Bowling in Bath Sports & Leisure Centre
- Bath Rugby (Some games offer student discounts!)
- Bath City Football Student ticket £8
- Adventure Golf Located at the same venue at Excel Tennis - £7
- Football Golf - £12 | Royal Victoria Park
- Fred Mawer's Walking Tours: Fred runs informative walking tours focusing on general Bath history, Bath medical history and Bridgerton themes.



Museums

Access to most Museums is Free to Discovery Card Holders. If you want to apply for a Discovery Card you will need a 'Proof of Accommodation' letter (Available at the Admin Office) and ID

- Holburne Museum
- Roman Baths Roman Baths | 2,000 years of history are waiting for you to discover and explore.
- Jane Austin Centre
- Victoria Art Gallery Victoria Art Gallery
- No 1 Royal Crescent No.1 Royal Crescent (no1royalcrescent.org.uk)
- American Museum – 25% discount with Discovery Card

Cinemas

- Odeon Bath, Kingsmead Square - ODEON Bath Cinema
- The Little Theatre, St Michaels Place
- Everyman Cinema – Bath



Festivals in Bath

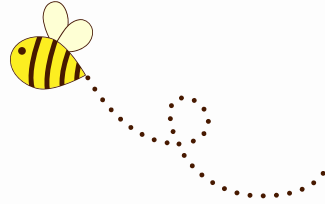
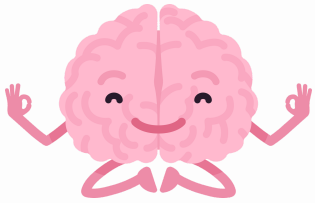
- Bath Christmas Market – 26th November – 13th December 2026
- Bath Festival – May 2026: Bath Festival is a charity that brings some of the finest international musicians, speakers and writers to entertain audiences in venues and spaces throughout Bath Bath Festivals -
- Jane Austin Festival – 11th – 20th September 2026

Restaurants, coffee shops, pubs and clubs

- Society cafe- free WiFi and good coffee and cake, only a few laptop friendly tables
- Solina pasta- delicious Italian, have to join waiting list online or walk in for a table
- Spoons- The King of Wessex, The Old Post Office
- The Raven- good local pub with local pints
- Labrynths- club in city centre
- The Little Pink Door- mobile coffee truck outside the front of the hospital



There is always someone there for you!



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

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

Little Blue book- [https://uob-](https://uob-my.sharepoint.com/:b:/g/personal/we23916_bristol_ac_uk/IQ-BcuL1oNlwbSpPOtSvxAaSMAUWsJwutJgn1fAY2UQjFrn4?e=SZ89IK)

[my.sharepoint.com/:b:/g/personal/we23916_bristol_ac_uk/IQ-](https://uob-my.sharepoint.com/:b:/g/personal/we23916_bristol_ac_uk/IQ-BcuL1oNlwbSpPOtSvxAaSMAUWsJwutJgn1fAY2UQjFrn4?e=SZ89IK)

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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

