

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

GLoucestershire Hospitals NHS Foundation Trust



F1, Gloucestershire Hospitals NHS Foundation Trust (Cheltenham General Hospital)

What programme are you doing?	I am doing F1 Emergency Medicine, Oncology and Urology. F2 GP, Acute Care and Psychiatry.
Why did you pick this Trust?	I picked Gloucestershire Foundation Trust because I was looking for a medium sized DGH with a good central location, close to Bristol, Birmingham and London. I also loved Cheltenham when I visited.
What's the area like?	The area is one of outstanding beauty as it says in the guide-books. The Cotswolds are at your doorstep, perfect for all sorts of outdoor activities from rock climbing and walking to mountain biking. It is also only 40 minutes away from both Bristol and Birmingham.
What's the best thing about your Trust?	It has two good sized district generals which offer a great variety of clinical opportunities and excellent teaching. Its on-call F1 rotas are sensible and try to give a good amount of time-off pre and post on-call.
And the worst?	The split site means you sometimes have to travel for teaching (30 mins max on the free bus)
What advice would you give someone about to start in your Trust?	Relax and enjoy it! Everyone is very friendly and supportive and will help you settle in.
What's the typical patient profile?	Middle aged to elderly with the standard co-morbidities.
Describe your job in one word	Character-building!

F1, Gloucestershire Hospitals NHS Foundation Trust (Cheltenham General Hospital)

What programme are you doing?	Cardiology, GI Surgery, ACUC
Why did you pick this Trust?	Because I was here as a student and really liked the atmosphere and the area.
What's the area like?	Cheltenham is a really nice town, with lots going on, good bars, restaurants and shops and with some very nice countryside around it (with some excellent cycling in the Cotswolds if you're into that). There is plenty to do and it's very easy to get the train to Bristol, Birmingham and beyond with direct trains to London also. It's also right by the M5 if you drive.
What's the best thing about your Trust?	It is small enough that you get to know most of the staff you're working with well but there's still plenty going on here, and it's still big enough that there's always more people to get to know.
And the worst?	The fact it's a dual site trust can sometimes be irritating – for example having half the teaching in Gloucester when I work in Cheltenham. And there's quite a lot of paperwork, but that's the same as any F1.
What advice would you give someone about to start in your Trust?	Just be friendly, get involved in the social aspects of being an F1/F2 here and you will really enjoy it.
What's the typical patient profile?	Middle class; goes to the races and on hunts, reads the telegraph.
Describe your job in one word	Demanding.

F1, Gloucestershire Hospitals NHS Foundation Trust (Cheltenham General Hospital)

What programme are you doing?	ITU/Anaesthetics, MAU, GI surgery, Diabetes/Endocrine
Why did you pick this Trust?	Location – only an hour from Bristol and Birmingham, nice area to live – rural but not too far from big cities.
What's the area like?	Lots of countryside nearby and close enough to big cities for a day's shopping! Although Cheltenham itself has lots of good shops, restaurants, bars and pubs.
What's the best thing about your Trust?	It's small enough to be friendly, but big enough that there's a lot going on. Everyone's really kind and supportive.
And the worst?	Usual NHS politics that occur everywhere.
What advice would you give someone about to start in your Trust?	Make friends with everyone – the ward clerks, nurses, porters, cleaners, canteen staff as well as the doctors. You will constantly need help from everyone and a big smile goes a long way.
What's the typical patient profile?	A real mixed bag, but on the whole a friendly bunch who will continuously tell you "you don't look old enough to be a doctor..."
Describe your job in one word	Crazy!

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

GLOUCESTERSHIRE HOSPITALS NHS FOUNDATION TRUST



F1, Gloucestershire Hospitals NHS Foundation Trust (Gloucestershire Royal Hospital)

What programme are you doing?	Palliative Care, AAU, Stroke Unit, Cardiology, UGI surgery
Why did you pick this Trust?	Near to where my boyfriend was working and offered the jobs I wanted to do.
What's the area like?	Very nice – friendly people, staff in hospital very friendly. Lots of very nice countryside around and lots of things to do, from shopping to cheese rolling!
What's the best thing about your Trust?	Everyone very approachable and helpful, very forward thinking trust who seem keen to implement 'best practice' changes and also welcome feedback from the Junior Doctors, and implement changes following our feedback.
And the worst?	Nurses all seem very overworked, but nothing bad to say about the trust as a whole.
What advice would you give someone about to start in your Trust?	Be nice to the nurses, they'll be nice to you. Take plenty of breaks. Try to have fun with what you are doing. Don't panic.
What's the typical patient profile?	Wide variety - plenty of young patients and (obviously) lots of elderly, from various social circumstances.
Describe your job in one word	Satisfying

**SEVERN FOUNDATION SCHOOL
TRAINEE TESTIMONIAL**

GLOUCESTERSHIRE HOSPITALS NHS FOUNDATION TRUST

F1, Gloucestershire Hospitals NHS Foundation Trust (Gloucestershire Royal Hospital) and 2gether Trust for Psychiatry Placement

What programme are you doing?	F1: Psychiatry; Colorectal Surgery; Respiratory Medicine; AAU F2: Trauma & Orthopaedics; A&E; General Surgery
Why did you pick this Trust?	No particular reason to be honest. I just wanted to move to somewhere new and heard that this area of the country was meant to be really nice. They were right! The diverse mixture of Psychiatry, Medicine, Surgery and Trauma in this two year placement also appealed to me.
What's the area like?	Gloucester has its good and bad areas, but Cheltenham is really close by and picturesque. It has quite a good night life, laid back atmosphere during the day and the surrounding area (the Cotswolds) is beautiful. Most of the junior doctors live in Cheltenham. It seems the place to be.
What's the best thing about your Trust?	The psychiatry teaching is fantastic and there is a relaxed atmosphere. The staff are all very kind, supportive and the consultants actually learn your name. The 2gether Trust as a whole is very organised, flexible and understanding of your needs. There is also a very sociable doctor's mess in the Hospitals Trust which organises monthly pay-day parties in addition to other socials.
And the worst?	None to be honest!
What advice would you give someone about to start in your Trust?	Come with an open mind and be fearless! Don't be afraid to get stuck in.
What's the typical patient profile?	Working age with a variety of mental health problems.
Describe your job in one word	Unpredictable.

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

GREAT WESTERN HOSPITALS NHS FOUNDATION TRUST



F1, Great Western Hospitals NHS Foundation Trust (Swindon)

What programme are you doing?	Urology, Paediatrics, AAU (F1) General Surgery, GP, Cardiology (F2)
Why did you pick this Trust?	Convenience of the location for my partner and I, new and nice hospital.
What's the area like?	Swindon town has its pros and cons, countryside surrounding it is beautiful. Good transport links to London, Oxford, Bath and Bristol.
What's the best thing about your Trust?	Nice clean hospital, friendly working environment.
And the worst?	If you live in the accommodation it is a few miles into town.
What advice would you give someone about to start in your Trust?	Make an effort to get to know the staff you are working with, they will be there to support you. Especially the other F1's as you are a way out from town and thus a little effort has to be made to socialise.
What's the typical patient profile?	A wide range but it's a DGH so don't often get to see the weird and wonderful diseases.
Describe your job in one word	Enjoyable

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

NORTH BRISTOL NHS TRUST



F1, North Bristol NHS Trust (Frenchay Hospital)

What programme are you doing?	F1: Cardiology, Care of the Elderly, Urology, Colorectal Surgery F2: Respiratory Medicine, Orthopaedics, Upper GI Surgery
Why did you pick this Trust?	I had lots of experience of this trust from my undergraduate days. Despite being classed as a DGH it also acts as the regional tertiary/quaternary referral centre for lots of specialities (including urology in which I had a job). I felt it would offer me the best balance of experience in both the essential core cases and procedures needed to be a Foundation Doctor, as well as plenty of the somewhat more unusual you only see in specialist centres. Also the trust is located close enough to the centre of Bristol so I could continue to live centrally. This trust also offered a number of jobs that were both years in Bristol, something I was particularly keen on.
What's the area like?	Frenchay is in a really nice village location. The hospital is a little dated in places, but this just adds to the character and quirkiness of certain jobs and tasks.
What's the best thing about your Trust?	Friendly staff, good location near Bristol, good case mix, reasonable teaching programme.
And the worst?	As a split site Trust it's not always as easy as it should be to co-ordinate things between sites. This ranges from patient transfers, service provision of different specialities on each site, and the teaching programme / provision at each hospital. Also as the trust is a slight commute away from the centre, the occurrence of impromptu social events between colleagues is less frequent than in certain trusts.
What advice would you give someone about to start in your Trust?	Relax; don't get too stressed when something that would appear a simple cross site matter turns into a 3 hour saga. Take the opportunity to keep practising the basics, yet don't miss out on the unexpected exciting case that gets referred in. Make the most of the on-calls. Frenchay are renowned for being busy (compared to Southmead), but that's just part of the learning experience.
What's the typical patient profile?	Middle-aged and elderly locals from the North Bristol area, plus the regular flow of trauma and burns patients arriving via helicopter from Cornwall and around.
Describe your job in one word	Medicinal

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

NORTH BRISTOL NHS TRUST



F1, North Bristol NHS Trust (Southmead Hospital)

What programme are you doing?	F1 – Care of the Elderly/Stroke Rehab, General Surgery, Trauma & Orthopaedics F2 – Cardiology, GP, Acute Medicine
Why did you pick this Trust?	I wanted a very general F1, to try both surgical and medical specialities as I'm not completely certain which speciality I want to go into. However think that I am leaning towards medicine, which is why I wanted a more medically orientated F2 year and specifically an acute medicine rotation
What's the area like?	Southmead is in Bristol therefore it has all the amenities of living in such a vibrant and exciting city. There is always a lot to do socially and culturally away from work. Commuting to work is very easy as there is a great transport system and opportunities to cycle or drive to work. It is also very easy to find good accommodation that is a close distance to work
What's the best thing about your Trust?	The best thing about Southmead is the community atmosphere; I have felt like a valuable member of every team that I have worked on.
And the worst?	There can at times be a lack of organisation, especially with timetables and on-call rotas.
What advice would you give someone about to start in your Trust?	Be prepared to work hard and learn a lot. Value the size of the hospital as compared to other trusts of a similar catchment area, Southmead is actually quite small so the on-call workload can be slightly less intense.
What's the typical patient profile?	There is a mix of patient types, however the majority are elderly who have lived in and around Bristol most of their lives.
Describe your job in one word	Fulfilling

**SEVERN FOUNDATION SCHOOL
TRAINEE TESTIMONIAL**

NORTH BRISTOL NHS TRUST

F2, North Bristol NHS Trust (Southmead Hospital)

What programme are you doing?	ENT, GP, Renal Medicine (F2) Palliative Care, Care of the Elderly, Vascular Surgery (F1 also North Bristol – Southmead)
Why did you pick this Trust?	Location – Bristol (see below). Reputation – for good training and learning opportunities and for being a nice place to work. Regional and specialist centre. Teaching Trust.
What's the area like?	All the amenities and activities you would expect from a large and vibrant city. Easily accessible from most areas of the city. Majority of junior doctors live in the West of the city and commute to work by car / bicycle. Close to the countryside and the rest of the South West. Poor public transport within the city but excellent transport links – M4/M5 motorways, 2 railway stations, international airport when you need to escape!
What's the best thing about your Trust?	The benefits of specialist departments without the ego and hierarchy you might traditionally associate with a teaching trust. Learning opportunities. Support from clinical and administrative staff. Active mess and social calendar.
And the worst?	Split site, Southmead lacks an A&E department and specialties are split between Frenchay and Southmead. This can provide both logistical and educational challenges! Food, bad even for a hospital.
What advice would you give someone about to start in your Trust?	Don't be afraid to ask for help or advice
What's the typical patient profile?	There isn't one!
Describe your job in one word	Challenging

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

ROYAL UNITED HOSPITAL BATH NHS TRUST



F1, Royal United Hospital Bath NHS Trust

What programme are you doing?	Breast and endocrine surgery, acute medicine and surgery, geriatrics
Why did you pick this Trust?	Change from university area, proximity to Bristol and the countryside.
What's the area like?	Superb.
What's the best thing about your Trust?	Large DGH with high turnover of patients. Still with a community and friendly feel. Good opportunity for F1 acute medicine knowledge.
And the worst?	Not a huge amount of cultural diversity.
What advice would you give someone about to start in your Trust?	Become organised, plan holidays ahead, and use your seniors.
What's the typical patient profile?	White, middle class, old.
Describe your job in one word	Secretarial

F2, Royal United Hospital Bath NHS Trust

What programme are you doing?	GUM/Microbiology, General Practice, Medical Assessment Unit
Why did you pick this Trust?	Location and reputation.
What's the area like?	Stunning city with fantastic open spaces and countryside.
What's the best thing about your Trust?	Small enough to get to know most staff reasonably well.
And the worst?	Hospital accommodation very poor.
What advice would you give someone about to start in your Trust?	Rent or buy in/near town to take full advantage of Bath.
What's the typical patient profile?	Substance abusers through to retired Sea Lords (Very broad).
Describe your job in one word	Varied

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

TAUNTON & SOMERSET NHS FOUNDATION TRUST



F2, Taunton & Somerset NHS Foundation Trust

What programme are you doing?	Care of the Elderly, Upper GI surgery, ITU (F1) GP, MAU, T+O (F2)
Why did you pick this Trust?	Sounded very friendly at the open days, good variety in rotations.
What's the area like?	Taunton is a large town, the biggest one in Somerset. Close to Bristol and Exeter as well as being right in the middle of some beautiful countryside and lots of amazing coastline.
What's the best thing about your Trust?	Everyone is extremely friendly and happy to help. Big enough DGH to take referrals from the surrounding hospitals which means you see a variety of pathology, but not too big so you are not overwhelmed.
And the worst?	Sometimes you think your bleep is never going to stop going off, especially at night. Also the building work means the layout of the hospital is always changing, making navigating your way around tricky.
What advice would you give someone about to start in your Trust?	Never be afraid to ask for help - your seniors will be expecting it! Everyone will be happy to help you - especially the staff in the postgrad centre who are angels. Go to the mess, its great!
What's the typical patient profile?	Elderly, often people retire to Taunton and the surrounding areas. Plenty of farmers as well!
Describe your job in one word	Exciting

F2, Taunton & Somerset NHS Foundation Trust

What programme are you doing?	T&O / Stroke medicine / Urology
Why did you pick this Trust?	My friends told me that Taunton is lovely. They must know...
What's the area like?	Small but still a town. Quiet so you can have good sleep. You should have a car or at least a bike!
What's the best thing about your Trust?	Friendly staff. When you look stressed, they offer you a cup of tea. Seniors and the Academy are very supportive. I also quite like the art exhibition on the corridors.
And the worst?	That you actually have to work. ☺
What advice would you give someone about to start in your Trust?	Prepare to be busy but try to enjoy the learning process. If you don't know something just ask. People help.
What's the typical patient profile?	Polite and grateful elderly with a lot of co-morbidities in addition to the actual problem.
Describe your job in one word	Busy

F1, Taunton & Somerset NHS Foundation Trust

What programme are you doing?	Neurology/Rheumatology, Care of the Elderly, Upper GI Surgery
Why did you pick this Trust?	Have family in the area
What's the area like?	Rural surroundings
What's the best thing about your Trust?	Postgrad Centre
And the worst?	Accommodation
What advice would you give someone about to start in your Trust?	Try and enjoy it.
What's the typical patient profile?	Elderly with multiple illnesses.
Describe your job in one word	Busy

F1, Taunton & Somerset NHS Foundation Trust

What programme are you doing?	Vascular, Neuro Rehab, Cardiology/Respiratory
Why did you pick this Trust?	In medical school, very friendly
What's the area like?	Friendly, lots to do.
What's the best thing about your Trust?	Very good Mess.
And the worst?	Can be overworked due to staff shortages. Paying for parking.
What advice would you give someone about to start in your Trust?	
What's the typical patient profile?	Old / many co-morbidities.
Describe your job in one word	Fun

F1, Taunton & Somerset NHS Foundation Trust

What programme are you doing?	Haematology/Oncology, Care of the Elderly, Vascular Surgery
Why did you pick this Trust?	Friendly hospital
What's the area like?	Picturesque countryside
What's the best thing about your Trust?	Friendly
And the worst?	Paying for parking
What advice would you give someone about to start in your Trust?	Come here!
What's the typical patient profile?	Old and rural
Describe your job in one word	Great

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

UNIVERSITY HOSPITALS BRISTOL NHS FOUNDATION TRUST



F2, University Hospitals Bristol NHS Foundation Trust

What programme are you doing?	Haematology/General Practice/Obs & Gynae
Why did you pick this Trust?	<p>Wanted to go somewhere new after medical school and the South West seemed like a nice area.</p> <p>Severn had reputation for being a well organised deanery with good teaching.</p> <p>Bristol is a great place to live with lots going on.</p>
What's the area like?	Great! Bristol is a vibrant city to live in with some beautiful countryside close by. Close to Wales and the coast with London only 2 hours away by train.
What's the best thing about your Trust?	<p>Well organised.</p> <p>Supportive seniors and pro-active foundation programme directors/supervisors.</p> <p>Lots of opportunities to get involved in medical student teaching/projects.</p>
And the worst?	<p>Not the prettiest of hospitals!</p> <p>Parking is terrible if you live too far to walk/cycle.</p>
What advice would you give someone about to start in your Trust?	<p>Don't be afraid to ask if you need help, everyone is very supportive.</p> <p>Make the most of opportunities to get involved in teaching and projects.</p>
What's the typical patient profile?	<p>Very cosmopolitan, mix of all ages.</p> <p>Huge variety of conditions as a big tertiary hospital</p>
Describe your job in one word	Stimulating

F2, University Hospitals Bristol NHS Foundation Trust

What programme are you doing?	Academic F2 - Liaison Psychiatry, Academic Psychiatry, Sexual Health
Why did you pick this Trust?	Enjoyed placements here as a medical student. Great location in the centre of Bristol.
What's the area like?	Large mix in patient populations present to the hospital. Most people living in central Bristol are able to walk to work (parking is terrible) and the hospital is a few minutes' walk from Cabot Circus – good for after work shopping!
What's the best thing about your Trust?	Excellent educational supervisors who are selectively chosen and very approachable foundation directors. Good pastoral care and careers advice. Active mess, with netball, hockey, football teams and squash ladder. Monthly payday party and annual doctors' ball.
And the worst?	No windows!
What advice would you give someone about to start in your Trust?	Make sure you locate the mess as it's a great way to meet other doctors, especially if you have just moved to Bristol.
What's the typical patient profile?	Very variable. Central Bristol has a large population of people with drug and alcohol problems.
Describe your job in one word	Enjoyable

F2, University Hospitals Bristol NHS Foundation Trust

What programme are you doing?	F1 – ITU, Urology, Hepatology F2 – Community Psychiatry, Max Fax, Paediatrics
Why did you pick this Trust?	Based near my house.
What's the area like?	Really pretty bits of town, lots to do and easy to get out to the countryside even if you're tied to public transport.
What's the best thing about your Trust?	Variety of highly specialised fields to get involved in, lots going on with opportunities for keen people to get involved in high level audits, research and to change procedures/policies.
And the worst?	High stress in some areas due to workload pressures. The usual on-going issues – 'late' contracts, rotas late so rota-ed on during annual leave/study leave, last minute requirements to work a long day to cover sickness etc.
What advice would you give someone about to start in your Trust?	Be proactive from the start and you'll get great opportunities for your CV from this trust. It really does give you what you need to flourish.
What's the typical patient profile?	Huge variety as we're a tertiary centre.
Describe your job in one word	Stimulating

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

WESTON AREA HEALTH NHS TRUST



F1, Weston Area Health NHS Trust

What programme are you doing?	Surgery, Cardiology, EAU, Care of the Elderly
Why did you pick this Trust?	I wanted to stay in Severn because it's the area in which I trained and I love Bristol. Working in Weston allows me to commute from Bristol and I wanted to start working in a small DGH to build up my skills and confidence.
What's the area like?	Weston has a large elderly population so the majority of patients are older.
What's the best thing about your Trust?	Weston is a small and incredibly friendly hospital. You end up getting to know everyone which is really lovely.
And the worst?	Sometimes there is a lack of senior support on the wards, meaning that we don't always get the supervision and teaching that I had hoped for.
What advice would you give someone about to start in your Trust?	<p>If you are commuting from Bristol, make sure you buy a card for the Clifton suspension bridge as it saves you a lot of money!</p> <p>Being organised is probably the most important thing; this will get easier as you learn how the hospital works.</p> <p>Never be afraid to ask for help, people are always happy to help out.</p> <p>Always make time for a break and don't forget to eat, you will work much better.</p> <p>Start on your e-portfolio early.</p> <p>When on call, I always carry the Oxford Handbook of Clinical Medicine and I make sure that I bring chocolate or something similar. I couldn't get by without them!</p>
What's the typical patient profile?	Either an older person with worsening CCF or an elderly person with confusion, often caused by an infection.
Describe your job in one word	Brilliant

F2, Weston Area Health NHS Trust

What programme are you doing?	Gynae / ED / General Surgery
Why did you pick this Trust?	For the rotation
What's the area like?	Nearby beach, not far from Bristol.
What's the best thing about your Trust?	Friendly, small and personal.
And the worst?	Lots of vacancies in the SHO rotas, no middle grade support except in ED.
What advice would you give someone about to start in your Trust?	Be aware that as an F2 it can be a lot of responsibility with no registrars around in gynae and general surgery. Note that the gynae job has no obstetrics. With no doctors living in, the social life is not as good as it has been as everyone commutes back to Bristol.
What's the typical patient profile?	Anything from young holiday makers and families to elderly locals.
Describe your job in one word	Variable!

SEVERN FOUNDATION SCHOOL TRAINEE TESTIMONIAL

YEOVIL DISTRICT HOSPITAL NHS FOUNDATION TRUST



F2, Yeovil District Hospital NHS Foundation Trust

What programme are you doing?	F1: urology, A&E, acute medicine F2: orthopaedics, obs & gynae, GP
Why did you pick this Trust?	I chose Severn Deanery and wanted to be as near Bristol as possible as my sister lives there.
What's the area like?	Beautiful. I was really surprised by Yeovil and how much there is to do. You do need a car to get around and the lovely villages and taste great Somerset food in the most beautiful pubs. Great if you like the outdoors.
What's the best thing about your Trust?	Very friendly. Everyone knows each other and you don't feel like a number in a large institute. For example my consultants on 2 occasions have given me presents after leaving their rotation.
And the worst?	There aren't all the specialties that larger hospitals have to referrals can sometimes be frustrating.
What advice would you give someone about to start in your Trust?	Just ask. Everyone is lovely and willing to help.
What's the typical patient profile?	Varied (especially in the ED). With Sherborne school right next door there is lots of posh horse riding accidents to farm animal incidents to your elderly lady with a broken hip.
Describe your job in one word	Enjoyable

F2, Yeovil District Hospital NHS Foundation Trust

What programme are you doing?	Trauma & Ortho, O&G, General Practice
Why did you pick this Trust?	I didn't. I ranked this job as approx. my 200 th choice in order of preference.
What's the area like?	Wonderful, I have been really happy here and would like to stay within the Severn Deanery to continue my training.
What's the best thing about your Trust?	It is a small friendly hospital and generally everyone is very supportive.
And the worst?	There are a few departments where do you not necessarily get all the learning experience required as it is a small hospital.
What advice would you give someone about to start in your Trust?	Enjoy it and make the most of the opportunities that come up.
What's the typical patient profile?	In O&G you get a variety of patients from different social backgrounds, but ethnic background is generally white British.
Describe your job in one word	Onwards