

# Welcome to Bangor!

We are a medium sized District General Hospital in North West Wales, situated between the mountains of Snowdonia and the beaches of Anglesey and the Llyn Peninsula. There is no better place in Wales to maintain a healthy work life balance!



The majority of our F1 rotations are a mixture of medical and surgical specialties, which will give you an excellent grounding in the basics before you move on to your F2 posts. We are also lucky enough to host one of the "LIFT" rotations, where trainees spend each Friday throughout the year in one of our local GP practices, with the remaining 4 days in the hospital. This has proved extremely popular. We have worked hard to ensure that all our posts provide fantastic experience in a well-supported environment with engaged educational supervisors. If you want to find out more about the posts and supervisors, please take a look on our website or phone our Postgraduate Centre and we can put you in touch with one of our current Foundation doctors.

Bangor is an amazingly friendly hospital. You will meet many like-minded people and there is a fantastic sense of team-working and camaraderie amongst our F1s. Most F1s live on site or locally and you will never be short of people to do things with in the evenings and at weekends. Our F1s enjoy their year so much that the vast majority chose to stay with us for their F2 year as well.

Please do have a look at the website <https://postgradbangor.wixsite.com/postgradwest/foundation> and read the testimonials from our current and recent F1s.

I look forward to meeting some of you as the F1s of 2021!

Best wishes,

Dr Alison Ingham

## New for 2020 F1 Buddy Scheme



**Welcome** Wishing you a very warm welcome to the YG family!

YG is a super-friendly place to work. To help you settle in, we are piloting a new 'F1 Buddy Scheme' for all F1s starting from 2020.

**What We Do & Who We Are**

The F1 Buddy Scheme is a peer-led pastoral care scheme. As a new F1, we will pair you up with an 'F1 Buddy' (previous YG F1 or F2) during induction. They will stay as your F1 Buddy over the whole year. The role of an F1 Buddy is:

- To provide support, help, guidance and a friendly face looking out for you on the wards ☺
- Someone to have a cuppa with
- To help you with anything else you might need!



We have an annual FY1 Teambuilding day during your induction, past events have included sailing, Stand Up Paddleboards and Coasteering.

**Tara Wakeling – FY2** – I thoroughly enjoyed my F1 year at Ysbyty Gwynedd and didn't hesitate to stay on for FY2. The hospital is very friendly and you quickly get to know the other F1s especially if you live on site which many of us choose to do. I had a fantastic first rotation in Gastroenterology and had the opportunity to perform more complex procedures like ascetic drains with the help of a very supportive on call team. The on calls are well supported and as an F1 with the bonus of no night shifts! There is so much to explore outside of work. You have Snowdonia National Park on your doorstep and endless sandy beaches. I wouldn't have chosen to do FY1 anywhere else".