



# F1 Welcome Event 2025



# Foundation Programme Team

PGME Centre	
Director of Education	Dr Sarah Rafferty
FY1 Programme Director	Dr Sunil Zachariah
FY2 Programme Directors	Dr Sam Bandyopadhyay & Dr Vik Ziauddin
Strategic Medical Education Manager	Heather Haynes
Deputy Medical Education Manager	Louise Iliasi
Foundation Medical Education Officer	Pip Sedgwick

The FY1 Programme Director is Dr Sunil Zachariah and for FY2 we have two Programme Directors, Dr Vik Ziauddin & Dr Sam Bandyopadhyay. Based in the Post Graduate Centre at East Surrey Hospital the team, including a Foundation Medical Education Officer are available for support and to help in any way they can.



Dr Sunil Zachariah



Dr Sam Bandyopadhyay



Dr Vik Ziauddin

# East Surrey Hospital

Address – Canada Avenue, Redhill, Surrey, RH1 5RH

Telephone – 01737 768511

[www.surreyandsussex.nhs.uk](http://www.surreyandsussex.nhs.uk)

[www.sasheducationcampus.net](http://www.sasheducationcampus.net)

## Postgraduate Centre

- Offers a spacious atrium which includes an outdoor courtyard with seating where trainees are encouraged to meet with colleagues. There is a large lecture theatre and six training rooms, along with excellent medical and dental simulation suites.
- We also have a study room in the for those that want a quiet space to work on their Portfolios. It has six desk top computers available for all doctors in training and is available between 8am – 5pm on weekdays.

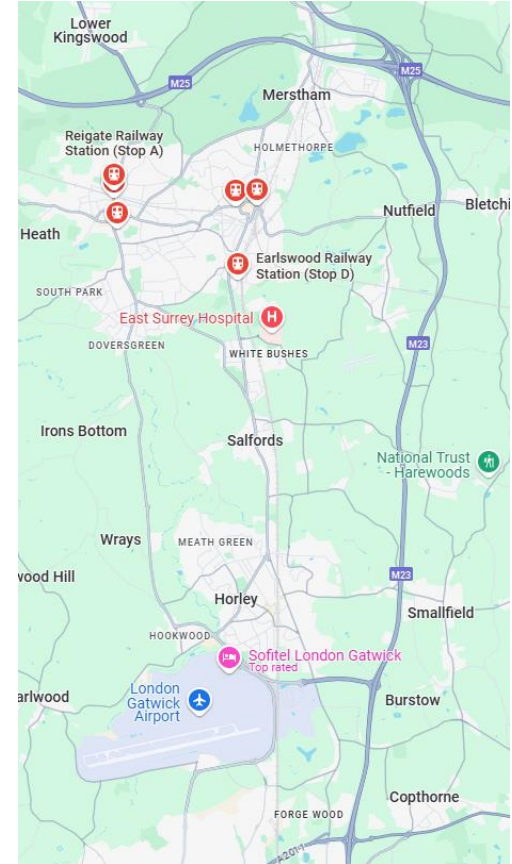


# Transport Links

- The hospital is situated within a 10 minute walk of Earlswood station and a 15 minute bus journey from Redhill station.
- Both stations offer fast and frequent journeys into London as well as to Gatwick Airport and Brighton. Redhill direct to London Victoria takes 40 minutes.
- There are close links to the M25 and M23.

## Car Parking

- There is a small 24hr charge, depending on your band, for car parking.
- This can be paid on the day using the *Trust Parking* app or multi-buy tickets are available to purchase which work out at a flat rate of £1 a day.



# Local Area

- East Surrey Hospital is situated 2 miles south of Redhill Town Centre and 2 ½ miles southeast of Reigate, equidistant between London and Brighton.
- The towns of Redhill and Reigate have excellent shopping, entertainments and sports facilities.
- Reigate has a wide range of independent shops and well known high street brands, along with a superb choice of pubs and restaurants. It also has beautiful Priory Park
- Local areas of interest include the North Downs for walking and biking, theatres and cinemas in Redhill, Reigate and Crawley.





# Library

The main library is at East Surrey Hospital with a smaller branch library at Crawley.

- The Library services provides access to a wide range of print and online databases resources, including: e-books, e-journals, Dynamed, Anatomy TV and Clinical Key.
- The library also offers OnExamination and Passmedicine exam resources.
- At East Surrey Hospital Library there are 19 PCs with internet access and colour printers.
- The librarians will provide training, support or carry out literature searches in support of your studies, journal club presentations or patient care.
- Staffed opening hours of the Library are 9-5pm Monday – Friday
- 24 hour access is available with a free fob for library members



# Accommodation

A limited number of on-site affordable rooms and self contained units are available to rent for substantive SASH employees.

On-site accommodation is managed by **A2Dominion**.

- **Description and monthly cost of long-term accommodation (at time of writing)**

Single room with shared bathroom – from **£726.14 PCM** including utilities and Council Tax.

Single rooms with en-suite – from **£807.65 PCM** including utilities and Council Tax.

Single rooms are for one person and have access to a shared kitchen and lounge area

There is no family accommodation on-site at East Surrey Hospital.



# Accommodation

- **Short term accommodation**

Single accommodation rooms with shared facilities **may** be available for short-term lets.

The charge is currently: £33 per night for stays 7 nights and under and  
£29 per night for more than 8 consecutive nights

*Payment to be made at time of booking by debit/credit card.*

- For more information please contact the Accommodation Office:

[redhill.office@a2dominion.co.uk](mailto:redhill.office@a2dominion.co.uk)

Tel: 0208 825 2210

Office hours: Monday to Friday 9am to 2pm.

\*All prices are subject to change and are correct at time of presenting.



# Induction & teaching

- All F1 trainees are invited to attend the mandatory induction programme which incorporates shadowing as per DoH and GMC guidelines. This year there is three days of shadowing built into the F1 induction programme.
- In 2025 the F1 induction will run from 28<sup>th</sup> July to 5<sup>th</sup> August inclusive.
- All Foundation doctors are assigned a dedicated Educational Supervisor as well as placement Clinical Supervisors.
- Twice weekly core F1 teaching programme, plus other ad hoc opportunities, for example practical Ultrasound teaching.
- All Foundation trainees attend a full day of simulation training, and there are lots of other opportunities to be involved in simulation training.
- There is a six weekly junior doctors forum which is chaired by the Chief Executive. This is an informal meeting where junior doctors can discuss anything they wish directly with the CEO and a panel consisting of the Executive Team and Senior Management.
- There are lots of opportunities to be involved in the teaching programme for Medical Students.

# Foundation placements

- F1 placements include General Surgery, AMU, ICM, Psych with Surrey & Borders, Cardiology, GIM, Gastro, Geris.
- F2 placements include Emergency Department, GP, Community Palliative Care, Psych with Surrey & Borders, O&G, Paeds, GIM with education, Breast surgery.
- F1s do not work nights in surgery, but medicine placements include being part of the medicine on-call rota which will include nights.

# Doctors' Mess & Social Events

- The Doctors' Mess is a relaxing area to go and enjoy a break, do some work away from the wards or socialise with colleagues and friends.
- Mess membership (£10 per month) buys you entrance to the Mess space, as well as snacks from the weekly Tesco shop, unlimited use of the coffee machine and lots of fun social events, including the annual summer ball. Throughout the year we host nights such as pub drinks, bowling, pub quiz and Christmas dinner, as well as the odd sporting event such as the consultant versus junior doctors cricket matches!
- The Mess is a fund from which we hope to benefit doctors throughout the year.



## Wellbeing support

- CIC (Confidential Care Employee Assistance Programme), is the Trust's employee assistance programme offers free and confidential support including counselling, couples counselling, legal advice and financial support.
- The Foundation Mentor programme, run by F2s. If you would like to take part you will be assigned a mentor who will meet with you on an informal basis to provide support and guidance. The F2 wellbeing reps also present on a regular basis at F1 teaching.

# Any Questions?



Surrey and Sussex Healthcare  
NHS Trust

Please contact our Foundation Medical Education Officer, **Pip Sedgwick**, who will be very happy to answer any questions or provide additional information.

Email: [Foundation.sash@nhs.net](mailto:Foundation.sash@nhs.net)

Tel: 01737 231 722