



# F1 Welcome Event 2026



# Foundation Programme Team

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

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



Dr Zachariah



Dr Dragan



Dr Ziauddin



Dr Bandyopadhyay

# East Surrey Hospital

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

Telephone – 01737 768511

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

[www.sashmedicaleducation.co.uk](http://www.sashmedicaleducation.co.uk)

## 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 PGEC for those that want a quiet space to work on their Portfolios. It has six desktop computers available for all doctors in training and is available between 8am – 5pm on weekdays.

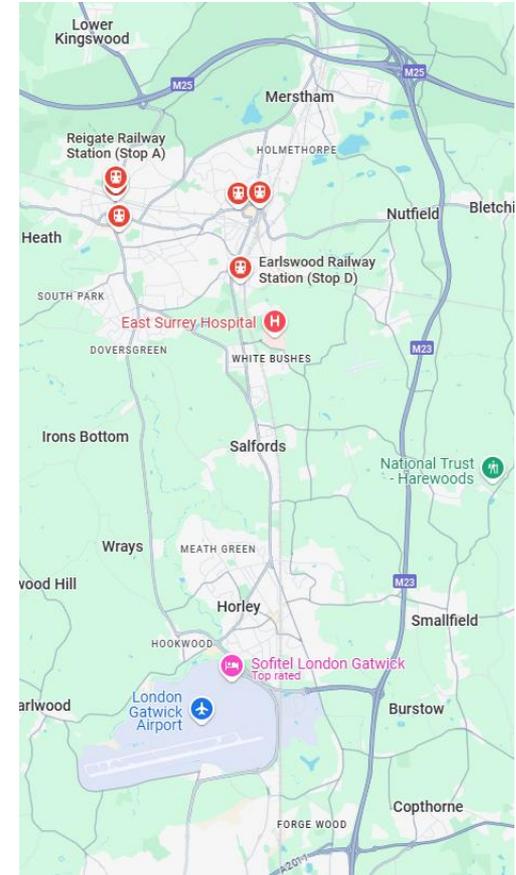


# Transport Links

- The hospital is situated within a ten-minute walk of Earlswood station and a ten-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 ample dedicated 24-hour staff car parking, which is available for a small charge.
- This can be paid on the day using the *Trust Parking* app or multi-buy tickets are available to which work out at a flat rate of £1.05 a day.



# On site food and retail options

- The Three Arches restaurant located on the first floor of the hospital offers a variety of hot meals, sandwiches, snacks, a salad bar and a range of hot and cold beverages.
- There are two shops on site, a WHSmith which sells M&S food and Costa Coffee and a Friends of East Surrey Hospital Coffee shop.
- Boots pharmacy for everyday essentials.
- Large fruit and veg market stall Tuesday – Thursdays
- We also have a fabulous retro coffee van, where you can also find delicious home-made toasties and homemade cakes.



# 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 nineteen 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 9am-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 **£727.11 PCM** including utilities and Council Tax.

Single rooms with en-suite – from **£780 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

- 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

- In 2026 the F1 induction will run from Monday 27<sup>th</sup> July to Tuesday 4<sup>th</sup> August inclusive.
- All F1 trainees are invited to attend the mandatory induction programme which includes familiarisation with the electronic patient record system as well as electronic prescribing.
- There are three full days of shadowing built into the F1 induction programme.
- You will also receive a department induction at the start of every placement.
- All Foundation doctors are assigned a dedicated Educational Supervisor as well as a placement Clinical Supervisors.

# Teaching programme

- Twice weekly mandatory core F1 teaching sessions, aligned to the Foundation Curriculum.
- Practical teaching opportunities, for example ultrasound and suturing teaching.
- Regular department teaching, including Journal clubs.
- Weekly Grand Round as well as monthly Schwartz Rounds take place in the PGEC.
- 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.
- There are lots of opportunities to be involved in the Medical student teaching programme.



# Foundation placements

- F1 placements include General Surgery, Urology, AMU, ICM, Psych with Surrey & Borders, Cardiology, GIM, Gastro, Geriatrics, Diabetes & Endocrinology, Respiratory.
- F2 placements include Emergency Department, GP, Community Palliative Care, Psych with Surrey & Borders, O&G, Paediatrics, GIM with education, Breast surgery, Plastic surgery at QVH.
- 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

- Our Doctors' Mess committee organise regular social events throughout the year. These range from pub trips, quizzes and bowling nights to cricket and football. There is also an annual summer ball. Everyone is welcome and it is a great way to unwind and meet people across the hospital.
- The Doctors' Mess is a space to relax and recharge. You'll find sofas, a TV, and a kitchen stocked with a fridge, coffee machine, kettle, toaster and microwave. There is also a desk area with computers for self-development work, plus toilets, showers, changing facilities and lockers. Membership includes access to weekly-replenished snacks and coffee. All mess members are free to propose improvements and work with the committee to make sure the space keeps getting better.



## Wellbeing 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 in F1 teaching on a regular basis.
- CIC (Confidential Care Employee Assistance Programme), is the Trust's employee assistance programme offers free and confidential support including counselling, legal advice and financial support.

# 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