

#### **WELCOME**

NHS Dumfries and Galloway are delighted at the prospect of welcoming another fellow to one of our most rural and remote areas down here in Southwest Scotland. We hope our Galloway offer, that will see you working across primary and secondary care, will be of interest.

Should you join us, we will work with you, NES and the leads to create a job plan where the time will be split to cover:

- 22 weeks in Galloway Community Hospital in Stranraer
- 11 weeks at your base practice
   Southern Machars
- 11 weeks dedicated to learning

#### PRACTICE BASE

Southern Machars, with a list size of 3200 is one of our smaller practices in the region and is currently board ran. The main surgery is based in Whithorn with a smaller dispensing surgery in the beautiful fishing village of Port William. Both sites only operate 3.5 days a week.

The multidisciplinary team is made up of GPs, ANPs, Paramedic Practitioners delivering unscheduled/home visiting service, Community Mental Health Nurse, a First Contact Physio Practitioner, Link Workers and an award winning pharmacotherapy service.



## SERVICE COMMITMENT

Galloway Community Hospital has a 20 bedded acute ward, a 24 bedded rehabilitation ward with 2 additional designated palliatives beds and a busy Emergency Department, seeing about 15,000 cases per year



You will experience the full front to end journey by working across our ED, the Garrick Ward (Acute Medical) and Dalrymple Ward (Rehab and Palliative) building your experience and skills of working in a rural hospital.

#### THE CONTACT

Contact <u>claire.webber@nhs.scot</u> Practice Manager

<a href="mailto:emma.wolfenden@nhs.scot">emma.wolfenden@nhs.scot</a> Clinical Lead Galloway Community Hospital



# TESTIMONIAL

FELLOWSHIP

FOR YOU

THE

WHAT'S ON
OFFER IN THE
AREA



As most of your time will be working out of GCH, you will likely be based in the small but busy town of Stranraer that hosts the ferry port of Cairnryan. If exploring cities is your thing you can be in Belfast in just over 2 hours or Carlisle and Glasgow can be reach in 1.5 hours.

other activities include

- Sky gazing, walking and world class <u>bike</u> <u>trails</u> in Scotland's first <u>UNESCO</u>

   Biosphere
- An abundance of sandy beaches, lochs and rivers for sailing, Kayaking, paddle boarding, river fishing and more
- A wealth of independent food shops, distilleries, cinema and leisure centre and community events including Scotland's National Book Town's annual book festival in Wigtown

What sets the area apart is the warmth and friendliness of the residents. I felt welcomed and embraced by the communities I worked in from the first day which is truly memorable. The encouragement and support to take charge of your journey empowers and truly allows fellows to tailor their program just as the envisioned it. Reflecting on my time here, I can confidently say that Dumfries and Galloway offer's a one-of-a-kind fellowship experience that no fellow will ever forget".

Dr Olalekan Ogungbemi Rural Fellow 23-24

### **USEFUL LINKS**

Visit our Work with Us pages to learn more about working for our health board and some useful information if you are relocating to the area

- https://www.nhsdg.co.uk/gettingstarted-relocation-info/
- https://www.visitscotland.com/placesto-go/dumfries-galloway

We may be rural but we think big