



IMGs in NI

WELCOME BOOKLET

WELCOME TO NORTHERN IRELAND/FÁILTE GO TUAISCEART NA HÉIREANN

Congratulations on moving to Northern Ireland for your training! We hope that you will enjoy progressing and thriving in your career here, availing of a wealth of great specialty experience on offer in a supportive and welcoming environment of peers and mentors, helping to guide you along in this exciting journey.

To those outside of NI, it has often been viewed as a tense and acrimonious place, an attitude which is thankfully dissolving akin to the attitudes which fuelled the decades of feuding. These negative connotations arose due to The Troubles conflict between the 1960-90s. Although seen as a sectarian battle between the Protestant and Catholic communities, this was far from a religious struggle. The tension stemmed from historical events in Ireland as well as societal inequity stirring the volatile cauldron of hostility amongst loyalist and republican groups. Significant change has occurred since the signing of The Good Friday Agreement in 1998, and NI is now a much more peaceful, harmonious and welcoming place. There have been great efforts across the divides to improve, and embrace a multicultural environment - evidenced by a much more ethnically diverse and growing society today.

Now that we've done some myth busting and hopefully assuaged any fears you may have had about NI's history, we can get onto the actual land of myths and natural beauty. You will quickly realise living here that NI is not a land of troubles, but one of talent and opportunity - both from a medical and social perspective.

From its famous actors, sports and music personalities, poets and scholars, to the sweeping idyllic landscapes and friendly local dialects, you will not be disappointed in pursuing your medical career here. With areas of outstanding natural beauty such as the Mourne Mountains inspiring C.S. Lewis to visualise Narnia, and the Giant's Causeway (a UNESCO World Heritage Site) - rumoured to have been formed due to a battle between Irish and Scottish giants Finn MacCool and Benandonner, it is obvious why the land receives acclaim from the tourists that visit. It is also all too clear why local poet, Louis MacNeice described it as a place 'baptised with fairy water'.

There is an Irish blessing, 'Go gcuire Dia an t-ádh ort' (guh girra jee-a ohn tah urt), meaning 'May God put luck upon you'. Whether you're moving back home after years away training, changing region, or have never worked in the NHS before, we hope that you thoroughly enjoy your experience here and flourish as a highly skilled and polished physician! ☘



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Northern Ireland

mdta

Medical & Dental Training Agency

Accent Lesson

(Shows and films to get you acquainted:)

Derry Girls

Set in Derry/Londonderry during the 1990s, this sitcom follows five friends as they navigate school and teenage life during The Troubles period in NI, poignantly capturing the range of emotions felt by the greater community with momentous occasions such as the signing of The Good Friday Agreement and Bill Clinton's visit. Fictional, with some reference to true events. Available on 4OD and Netflix UK.

The Fall

A psychological thriller featuring Jamie Dornan of Fifty Shades of Grey fame, and son to Jim Dornan (a well renowned professor of O&G). This follows a serial killer as he attempts to lure his victims whilst keeping the appearance of a normal home and family life. Gillian Anderson plays the detective attempting to solve the case.

The Deceived

If you loved Normal People featuring Paul Mescal as character Connell Waldron, tune in to this upcoming programme on Channel 5 which features a range of regional accents. Paul and a number of other well known local names star in this thriller drama featuring a student having an affair with her lecturer and the complications, devastation and mystery that ensues.

Soft Border Patrol

A comedy mockumentary set on a fictional land border between the EU and UK. Featuring well known local comedians, Shane Todd and Neil Delamere.

My Mother & Other Strangers

A period drama set during WWII, this focuses on the Coyne family and their fellow villagers as they attempt to come to terms with a US air base setting up in their area, and the romance and other things that ensue.

Good Vibrations

A film set in 1970s sectarian NI, this focuses on the life of DJ and record shop owner Terri Hooley. His shop is situated in an oft bombed area, but he carries on with his love of art and enthusiasm for punk rock, to try and offer the youth and Belfast in general a bit of hope amidst the violence.

Mickybo & Me

A film in 1970s NI featuring two young boys from opposite cultural and religious backgrounds, who despite the odds, become very close friends. Sharing a love of film and the movie "Butch Cassidy and the Sundance Kid", they hatch up a plan to emigrate.

First Time Doctors

This BBC Northern Ireland reality programme follows the working lives of a number of junior doctors starting out working in NI's Western Trust.

If you're interested in nature and landmarks, the following were/are being at least partially filmed on location in NI:

[Game of Thrones](#), [The Lost City of Z](#), [Line of Duty](#), [Artemis Fowl](#), [The Northman](#)



Ulster Slang

Now that you've adjusted to the varied twangs and regional accents, time to learn some slang which your patients and new friends may use:



A wee fish...could it be related to 'The Salmon of Knowledge'?

What's the craic?

Pronounced crack, this actually does not refer to drugs, and instead means fun/banter/news/entertainment/atmosphere. It can be described as good or deadly, and even as the craic is ninety if things are supremely good. On the flip side, minus craic can be used to convey a bad situation.

E.g. 'Any craic at the weekend?'

'Yea, the work night out was class, missed your craic though.'

Wee

One of the most common words you will hear. This generally means small, but can be added in front of most words in an endearing way.

E.g. 'I'm just going to send your bloods off and I'll be back in a wee minute sir.'

Eejit

Similar to idiot, this refers to someone who has done something foolish, but is often used in an affectionate way. For added positive emphasis, call them a buck eejit. e.g. 'I'm an eejit. I lost the CD keys.' Obviously losing these is actually a serious thing though...

Wile

Thought to have come into use in the late 1800s, this can be used in place of very, wild or terrible. It is often used in some pockets of NI more than others, such as the North Coast.

E.g. 'I hit my leg off the table and it's wile sore now.'





Terra

In a similar vein, some people will use this as a shortened version of terrible.

E.g. 'How bad is your pain?'

'Absolutely terra!'

'...we'll give that a 9/10 on the pain scale.'

Geg

Commonly used in parts of Belfast to mean a hilarious person who is great craic, whether intended or not.

E.g. 'I've a cold and my da told me I should try euthanasia.'

I think he meant echinacea. He's a geg.'

Dead on

Something that is fine, grand, will do.

E.g. 'Mr. Smith, your X-ray will be at 2pm.'

'Aye, dead on, I'll go and get my lunch now then.'

Wee'un

Pronounced like the male name Wayne, this is used in some parts of NI outside of Belfast to mean children.

E.g. 'The wee'un kept me up all night with colic.'

Baltic

Much like the Baltic Sea, this means very cold.

E.g. 'Will I meet you outside?'

'No, go on in, it's Baltic!'

Steaming

A drunken person.

E.g. Saturday night in ED - 'I fell when I was steamin' doctor, can I get some water please?'

Boke

Colloquial term for emesis.

E.g. 'I boked so much I had to go to A&E on Saturday.'



Banjaxed

Broken, ruined, destroyed.

E.g. 'I'm worried I've banjaxed my knee from overdoing it at rugby training. Do you think Ortho will see me?'

Culchie

Anyone who lives or works outside of Belfast Trust ;))

This just refers to anyone who doesn't live in a city area. Can be used endearingly or offensively depending on the context.

E.g. 'That fella is a culchie with a very broad accent. It's difficult to understand some of what he is saying.'

Now we're suckin' diesel

A sudden good turn of events

E.g. Exclaimed by an F1 after getting a cannula in someone with very poor IV access



So it is

Contrary to popular belief, we do not say this phrase as often as Jim from Coronation Street, but it can be added to the end of any sentence for double emphasis. May be said tongue in cheek.

E.g. 'It is was it is, so it is.'

Down south vs across the water

Former meaning the Republic of Ireland/across the border, the latter meaning England/Scotland/Wales. E.g. 'The patient lives down south so I can't find any notes for him on ECR.'

Dog's abuse

The majority of people here no doubt love their dogs, and would unanimously condemn a dog being abused. However this phrase encapsulates the sentiment of someone verbally being given an unnecessarily hard time.

E.g. 'He's been giving me dog's abuse all day because I wouldn't take the child to A&E.'



Wind yer neck in

Stop being annoying or stirring things up. Pipe down. Speaks for itself.

Scundered/scunnered

Varied pronunciation and meaning depending which county the person is from. Can either mean embarrassed or fed up typically.

E.g. 'I got talked into doing some karaoke at the staff social but I was scundered a hundred doing a duet with the consultant.'

'I'm scunnered this day. The bleep just hasn't stopped.'

Keep 'er lit

Keep going/making progress. Similar to saying someone's on fire.

E.g. 'Only a few days of studying left until your AKT exam. Keep 'er lit.'

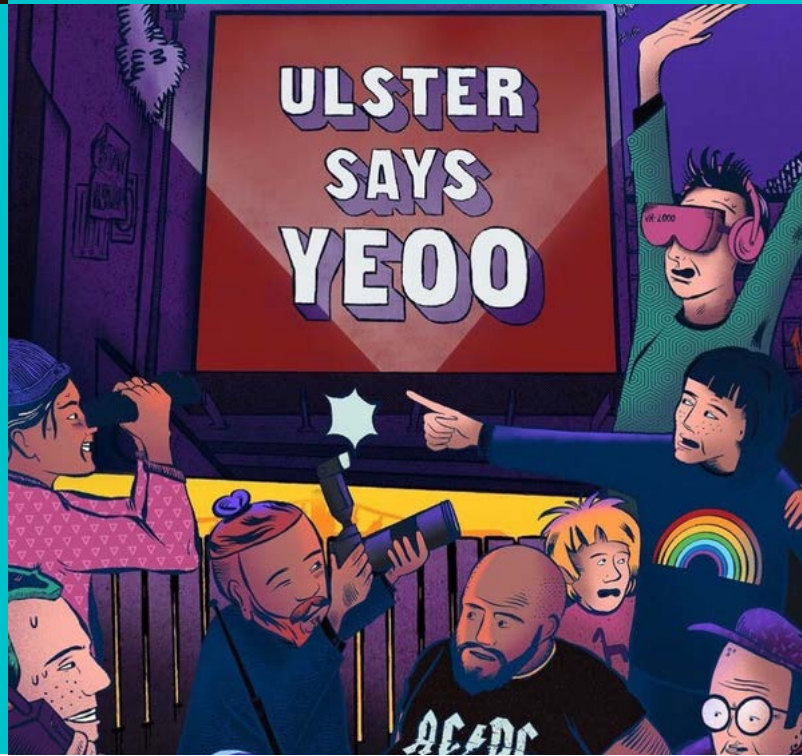


Yeo(oooo)

Generally exclaimed in approval or favour of something. Can be used joyously, or to slag a friend.

E.g. 'I'm moving to Northern Ireland for my training. Yeooooo!'

This is not an exhaustive list but should be enough to get you started. Any locals will be more than happy to explain any others to you. Beware this may come with a dose of sarcasm, but just means you're now an accepted part of the team.



NI MEDICAL ADVANCEMENTS



Professor Frank Pantridge - A QUB graduate who is often referred to as the 'Father of Emergency Medicine'. He was a NI cardiologist responsible for introducing the modern system of CPR for management of cardiac arrest, and subsequently also devised the automated external defibrillator used globally today.

Sir James Murray - A GP in the 1800s who carried out digestive research, resulting in his creation of the well known remedy, Milk of Magnesia. He was also Ireland's first Inspector of Anatomy after body snatching was outlawed and it became common practice to use cadavers for medical education.

Professor Barros D'Sa - A vascular surgeon who hailed from an Indian family and grew up in Kenya, he received great international acclaim for introducing intraluminal shunts to divert blood flow in those with complex injuries, particularly those of a traumatic aetiology during The Troubles period in NI.



Elizabeth Gould Bell - One of the first female doctors in Ireland, graduating from QUB in the late 1800s. Elizabeth lost her husband when she was 39 and defied societal convention to become a working single mother. She worked at the Women's Medical Unit in Malta, and later returned to Belfast to practise as a GP. She also assisted in the local Women's Maternity Home, Belfast Babies Home, and was medical officer at Malone Place Hospital which provided a refuge for unmarried pregnant women. She contributed work to the BMA's material, and was a keen feminist and suffragette, ultimately treating some women from this movement imprisoned in Crumlin Road Gaol, receiving a certificate of service from Emmeline Pankhurst.

Professor Wallace Dinsmore - A physician in sexual health, he was a part of the team who helped to recognise Viagra's side effect and beneficial use in those with erectile dysfunction, transforming the lives of many men. Viagra had formerly been used mainly to treat hypertension and angina, but was found to be more effective at inducing erections due to its effect on blood flow.

Could you move here and be a part of the next breakthrough?

Local Celebrities



From L-R down page: C.S. Lewis (author), Jamie Dornan (actor), Christine Bleakley (presenter), Seamus Heaney (poet), Rory McIlroy (golfer), George Best (footballer), Nadine Coyle of Girls Aloud (singer), Liam Neeson (actor), Eamonn Holmes (presenter), Gary Lightbody of Snow Patrol (musician), Van Morrison (musician), Gloria Hunniford (presenter)

NI Bank Holidays

If on rota to work any of these days, you are entitled to a day off in lieu. It is worth noting that there are also junior doctor holidays on 13th July and 27th December.



NEW YEAR'S DAY -
1ST JANUARY

A time for good will and good intentions



ST. PATRICK'S DAY -
17TH MARCH

Celebrating our patron saint and local culture. Often involving shamrocks, céilís (Irish dancing) and Guinness



GOOD FRIDAY &
EASTER MONDAY -
CHANGES
ANNUALLY, SPRING

Marking the death and resurrection of Jesus in Christianity, Lenten fasting ends and this is a time for community celebration and relaxation regardless of faith



EARLY MAY BH -
FIRST MONDAY

A spring holiday closely tied to the annual Belfast marathon (this has now moved to the Sunday just prior)



SPRING BH - LAST
MONDAY IN MAY

Another cheeky day off. Usually our best weather



BATTLE OF THE
BOYNE - 12TH
JULY

Commemorating this historical event in 1690, this is a day of marching, pipe bands, and bonfires in the Ulster Protestant community



SUMMER BH -
LAST MONDAY
IN AUGUST

An excuse for a BBQ and beach trip as you celebrate a month in your new post



CHRISTMAS -
25TH
DECEMBER

Celebrating the birth of Jesus and visit of Santa Claus with toys, this is a time for friends, family and food



BOXING/ST.
STEPHEN'S DAY -
26TH DECEMBER

Often a day of sleep, leftover turkey sandwiches, and the post-Christmas sales

Events/Festivals

This is not an exhaustive list, but some suggestions to help you enjoy your time here



MUSIC FESTIVALS

From Belsonic in June in Ormeau Park, to Vital in August in Boucher, to Stendhal in Limavady, and Sunflowerfest in Hillsborough, there are plenty of eclectic dulcet tones to tickle your cochlea



OULD LAMMAS FAIR

Ireland's oldest fair, famous for its dulse and honeycomb, taking place each year on the last Monday and Tuesday of August in Ballycastle



NI SCIENCE FESTIVAL

A wide range of talks and activities in various locations throughout NI to suit those of all ages, formerly including esteemed scientist Brian Cox



BELFAST CHILDREN'S FESTIVAL

If you have kids up to the age of 17, there are plenty of amazing activities and performances of theatre, music and dance



MELA

A celebration of intercultural diversity at the end of August, this is a vibrant explosion of dance, music, colour, food and crafts (predominantly Indian/Asian themed)



PORTAVOGIE SEAFOOD FEST

If you're a foodie, particularly with a penchant for sea food, this is your place. Also in August (on the Ards peninsula). Child friendly



CULTURE NIGHT

The largest free arts and cultural celebration for young and old, drawing huge crowds to the city centre



HALLOWE'EN IN DERRY

Named by USA Today in 2015 as 'the best Halloween destination in the world'. Enough said.



FÉILE AN PHOBAIL & EASTSIDE ARTS

Two local arts festivals on opposite sides of the city, focusing on community participation. There is such a diverse program you're sure to be entertained.

RELIGIOUS WORSHIP



As regards faith, Northern Ireland is a majority Christian country, with 82% defining themselves as such in the 2011 census. This demographic is likely to have changed somewhat by the next census in 2021, due to growing secularisation and the welcoming of many other nationalities in recent years. The sectarianism and segregation of The Troubles has decreased drastically, and whilst there is more work to do, this has led to a much more accepting and vibrant culturally diverse society here. Whatever your background, if you choose to practise a faith, we have listed venues and contact details for a number of these to help you get involved and join a community.

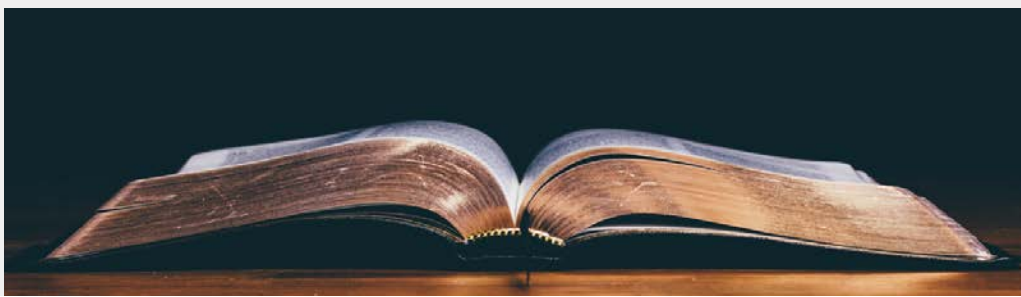
Christianity:

Catholic, Presbyterian, Anglican/Church of Ireland, Methodist, Baptist, Pentecostal, Orthodox, Quaker, Brethren, Mormon, Jehovah's Witness, Non-denominational

Encompassing many different denominations, there are numerous easy to find Christian churches in NI. The following links relative to your post code should help you find the most local ones.

www.findachurch.co.uk

www.catholicdirectory.com/united-kingdom/northern-ireland



Islam:

There are approximately 6,000 Muslims living in NI, although this figure may vary with additional students every year. Unfortunately there is no official mosque available yet, but plans have been approved for this in the future. Below are a number of Muslim places of worship and community support:



Belfast Islamic Centre, 38 Wellington Park, 02890664465

NI Muslim Family Association, Belfast, 02890375784

Dunmurry Masjid, 17 Ashley Park, BT17 9EH

Bangladesh Islamic Centre, Newtownards, 028910566

Muslim Association of Coleraine, BT52 2RE

Northwest Islamic Association, Derry
info@nwia.org.uk

Muslim Association of Craigavon, BT65 5BP

Aman Association, Fermanagh, 07825699666

Muslim Association of Newry, BT34 1EE

Dungannon Muslim Community Centre

Hinduism:

Whilst representing a small proportion of the community, Hinduism is thought to be the fastest growing religion in NI by percentage. There are a number of temples for worship, mostly situated in and around Belfast;

Laxmi-Narayan Mandir and Indian Community Centre, 86 Clifton Street, 02890249746

Radha-Krishna Temple, 9 Malone Road

Sri Sri Radha-Madhava/ISKCON, 140 Upper Dunmurry Lane

Sudarshanm Hindu Samajam, 4331 Shankill Road

Sri Sri Radha Govinda Govindadwipa Temple, Inis Rath Island, Lisnaskea, Fermanagh





Buddhism:

Another minority religion in NI, Buddhism has a few centres for its members including:

Zen Buddhist Centre, 6 Mount Charles, Belfast, 02890589442

Potala Buddhist Centre, 40 Donegall Pass, 02890238090

Jampa Ling, 39 Malone Road

Black Mountain Zen Centre, Belfast Cathedral Quarter, 64 Donegall Street

Potala Kadampa Buddhist Centre, 11 Pump Street, Derry, 07597773096

Bahá'í Faith:

Baha'í Council for Northern Ireland, 399 Lisburn Road, 02890667402

Sikhism:

Sikh Community Association, Guru Nanak Gurdwara, 162 Duncairn Gardens, Belfast
02890752353

Judaism:

-Belfast Jewish Centre, 49 Somerton Road, 02890777974





NHS

Some of you may be moving to the UK for the first time, and may have never worked within the NHS before. The National Health System is a publicly-funded healthcare system, which was established in 1948. The founding principles include providing a service which is comprehensive, universal and free at the point of delivery.

WORKING IN THE NHS

The general ethos is to work as a team in order to deliver the best care to each individual patient.

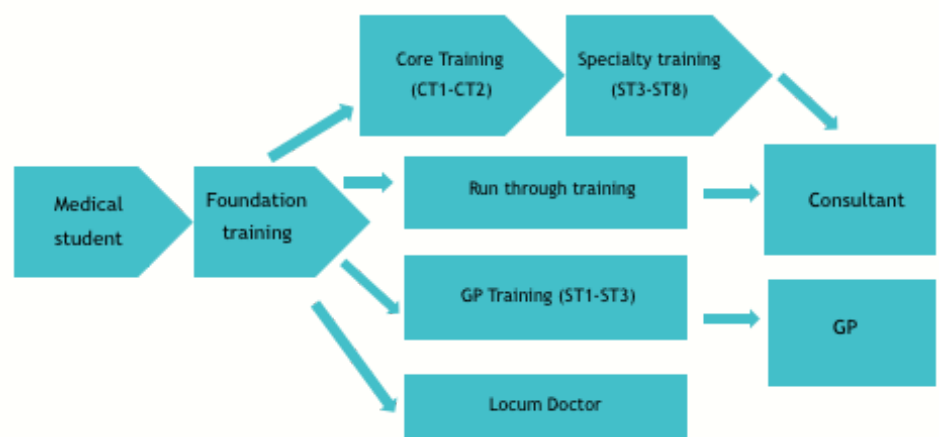
Within the hospital setting you will generally work as part of a multidisciplinary team (MDT).

This is typically made up from:

- Doctors of varying grades
- Nurses
- Pharmacists
- Social workers
- Dieticians
- Physiotherapists
- Occupational therapists
- Specialist nurses – e.g diabetic nurses, respiratory nurses, cardiac nurses etc.

There is always someone to ask for help!!

The following diagram is to help illustrate the various training pathways for doctors, and therefore highlight the senior support available to you.



Working in the NHS



PAY

Please find useful links for information on pay and banding supplements below:

- <https://www.healthni.gov.uk/sites/default/files/publications/health/HSC-TC8-1-2020.pdf>
- <https://www.bma.org.uk/pay-andcontracts/pay/junior-doctors-pay-scales/pay-scales-for-junior-doctors-in-northern-ireland>



ROTA

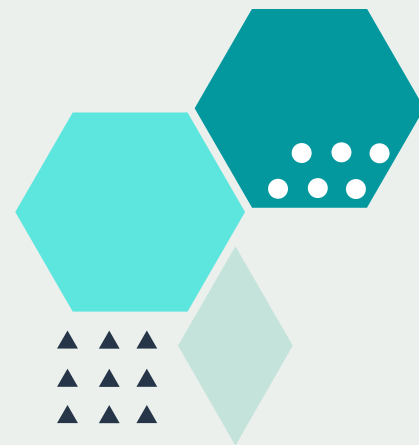
Rotas and on-call shift patterns vary greatly between specialties and hospitals. Therefore, it is not possible to give you a standard rota template, as this may not reflect every job, and may give you a false impression.

Generally, you will have day shifts (9am-5pm), long days (9am-9pm), and night shifts (9pm-9am). The amount of anti-social hours you work should be reflected by your banding.

Ideally, rotas should be sent out 6 weeks prior to starting. If this is not the case, try contacting the rota co-ordinator to make them aware you have not yet received your rota.

If you have signed up to the buddy scheme, your buddy may have worked in that job previously, and may have an email address they could share with you.

Trusts & Hospitals



HEALTH & SOCIAL CARE TRUSTS

There are six Health and Social Care (HSC) Trusts in Northern Ireland.

Five trusts provide health and social care services across Northern Ireland:

Belfast HSC Trust

South Eastern HSC Trust

Western HSC Trust

Southern HSC Trust

Northern HSC Trust.

The sixth Trust is the Northern Ireland Ambulance Service, which operates to provide care to the community.

For further information on each trust location click [here](#).

HSC Trust Areas



BELFAST HSCT

Belfast Trust includes the following local hospitals:

Royal Victoria Hospital

Belfast City Hospital

Mater Hospital

Musgrave Park Hospital

Children's Hospital

Royal Maternity Hospital

Forster Green Hospital

Knockbracken Healthcare Park.



BELFAST HSCT



ROYAL VICTORIA HOSPITAL

The Royal Victoria Hospital is the largest hospital in Northern Ireland, and provides a large number of regional specialist services to people across NI.

It treats more than 80,000 people as inpatients and 350,000 people as outpatients every year. The Royal Victoria Hospital is a regional trauma centre, and also has a Children's hospital, Maternity hospital, and Dental hospital on site. A list of specialties can be found [here](#).

Car parking:

You can apply for staff parking for a small monthly fee that is deducted from your wage (approx. £7/month). This can be done through the trust induction portal, details of which will be emailed to you before commencing your post.

Facilities:

There is a quiet room in the foyer, which is open to both staff and visitors. There is a hospital canteen, shop and ATM's. There is also a café called "Coffee doc", which is a popular spot for a coffee break post ward round!



CHILDREN'S HOSPITAL

The Children's Hospital on the Royal Hospitals site is the only hospital in Northern Ireland dedicated specifically to the care of children. It provides most of the paediatric regional specialties for children throughout Northern Ireland.

Further information on the children's hospital can be found [here](#).



BELFAST CITY HOSPITAL

Belfast City Hospital is located close to Belfast City Centre, and a short distance from the Royal Victoria Hospital. It is modern university teaching hospital with 900 beds, and provides local acute services and regional specialist services to people from across Northern Ireland. These specialist services include renal medicine, transplants, and the Cancer Centre. There is no A&E department. Therefore, most admissions are transfers from other hospitals. A list of specialties can be found [here](#).

Car Parking:

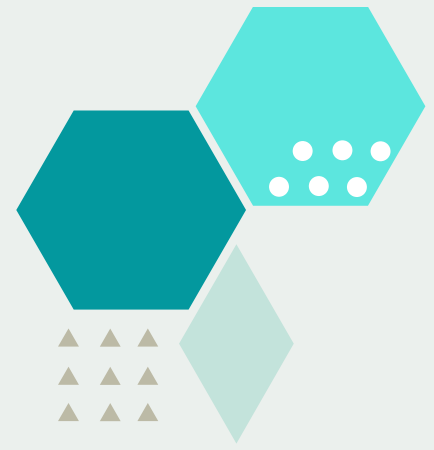
There is on site car parking which you can apply for through the Trust induction portal. A small fee of approx. £7 per month will be deducted from your wage. There is on street parking near-by, however this is a busy area, and spaces are not guaranteed.

Facilities:

There is a canteen, shop and ATMs on site. There is also a café in the cancer centre. A small doctor's room is available for on-call shifts. There are on-call bedrooms which need booked in advance of your shift. A prayer room is available for staff and public.

Note this hospital was used as the Nightingale hospital during the Covid-19 pandemic

Belfast HSCT



MATER HOSPITAL

The Mater Hospital is another central hospital that provides services to North Belfast and the surrounding areas.

It provides a wide range of services, including an Emergency department, acute inpatient, and maternity services.

A list of specialties can be found [here](#).

Car parking:

There is on site car parking for £1/day. You can also apply for staff parking through the Trust induction process, and a small monthly fee will be deducted from your wage.

Facilities:

There is a canteen which is open to both staff and the public. There is also a café, shop and ATM's on the ground floor. There is a chapel and prayer room available.

Please find links below for more information on the Belfast Trust, and for more information on each hospital.

- <http://online.hscni.net/hospitals/belfast-trust/>
- <https://belfasttrust.hscni.net/>.

HOSPITAL ACCOMMODATION

Belfast Trust does not provide Hospital accommodation for staff. The trust directs trainees to websites such as Property pal and Property News as they provide listings for most letting agents operating in Belfast.

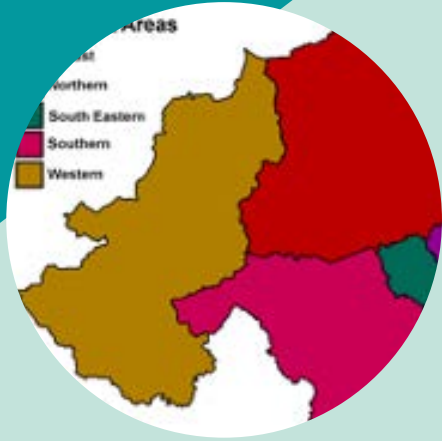




NORTHERN HSC

ABOUT

The Northern Trust delivers health and social care services to approximately 470,000 people; the largest resident population in Northern Ireland. It also provides services to Rathlin, which is an island off the coast of NI.



ANTRIM AREA HOSPITAL

Antrim Area Hospital is one of the busiest hospitals for unscheduled care services in Northern Ireland. The hospital's emergency department, which opened in 2013, caters for approximately 90,000 patients per year. In addition, the Hospital has a Direct Assessment Unit, where GPs can speak directly with medical staff to receive specialist advice and, if appropriate, to arrange a referral to the unit where treatment can begin immediately. This means people can avoid unnecessary waits in the Emergency Department.

The hospital has 366 beds available for acute care. In addition, it offers obstetrics, neonatal services, paediatrics, palliative care and renal dialysis.

A list of specialties can be found [here](#).

Car parking:

There is on site car parking which is free for staff with badge access.

Facilities:

There is a canteen which is open to both staff and public. There is also a café, shop and ATM. There is a doctor room for on-call shifts with computers and reclining chairs. There are also some on-call bedrooms available for some specialties.



NORTHERN HSC



CAUSEWAY HOSPITAL

The Causeway Hospital is located on the Newbridge road on the outskirts of Coleraine. It is one of two Northern Trust acute hospitals.

An Out of Hours GP service is located beside the Emergency Department, and a new state of the art gynaecological unit, The Meadows, opened at Causeway Hospital in 2018.

A list of specialties can be found [here](#).

Car parking:

Free car parking is available for staff.

Facilities:

Causeway Hospital has a restaurant and coffee shop facilities open to both patients and visitors. There are also a number of vending machines situated at Café Causeway and the Emergency Department waiting area. There is a prayer room available for staff and visitors.

Please see links for further info on the northern trust and its hospitals:

- <http://online.hscni.net/hospitals/northern-trust-hospitals/>
- <http://www.northerntrust.hscni.net/>



HOSPITAL ACCOMMODATION

Please find below link for Page Tiger which will be sent out to all Trainees at the Northern Trust induction. The Accommodation section is on page 21.

<https://view.pagetiger.com/welcome-august2020/1>

South Eastern HSCT



ULSTER HOSPITAL

The Ulster Hospital is the major acute hospital for the South Eastern Trust and delivers a wide range of acute services for the population. This includes an Emergency Department, outpatient, inpatient and day case medical and surgical services, cancer care, coronary care, obstetrics and paediatric services

The regional Plastic and Maxillo-Facial services are mainly delivered from the Ulster site. The Ulster has 90,000 Emergency Department attendances and over 4,000 births each year.

Car parking:

On site car parking is available for staff which can be applied for at Trust induction, and a monthly fee is deducted from your wage.

Facilities:

The Oasis Restaurant is situated on the 1st floor of the hospital and is open to all staff, patients and visitors. The Scrabo Snack Bar is located in the Care of the Elderly building. The Snack Bar is located in the Theatre Corridor and can only be accessed by staff. There is also a shop located at the main hospital entrance. There is a quiet/prayer room on site.

DOWNE HOSPITAL

The hospital has 49 inpatient beds for a range of medical conditions. The Downe provides the Trust wide Bowel Screening Service and Sexual Health Service, as well as a range of outpatient, diagnostics and day case services. GP practices are located on the first floor, along with community and dental services.

Facilities:

There is a canteen, shop and ATM on site.

Car Parking:

Car parking is free for staff. My message:



LAGAN VALLEY HOSPITAL

Lagan Valley Hospital is located in Lisburn. It's Emergency Department operates from 8am- 8pm (Monday to Friday), and is closed at weekends. It provides inpatient medical services as well as outpatient, and day case services for the local population. It provides maternity services, and has a Midwifery Led Maternity Unit.

Car Parking:

Car parking is free for staff.

Facilities:

The Lagan Valley Restaurant is open to staff and visitors. There is also a shop and ATM on the ground floor.



Please see links below for further information on the South Eastern trust and it's hospitals:

- <http://online.hscni.net/hospitals/south-eastern-trust-hospitals/>
- <http://www.setrust.hscni.net/>

Southern HSCT



CRAIGAVON AREA HOSPITAL

Craigavon Area Hospital is a large teaching hospital located in Portadown, County Armagh. It serves an estimated 241,000 people. It provides a wide range of acute inpatient services and outpatients services.

There is also a mental health inpatient unit on site called Blue stone.

Car parking:

Car Parking is free for staff and visitors.

Facilities:

There is a canteen, shop and ATM on site. Vending machines are available in various departments throughout the hospital. There is also a prayer room available to staff and visitors.

OTHER HOSPITALS IN SOUTHERN TRUST

- Lurgan Hospital
- St Luke's hospital
- South Tyrone Hospital

Please see links below for further information on the Southern Trust and it's hospitals.

- <http://online.hscni.net/hospitals/southerntrusthospitals/>
- <https://southerntrust.hscni.net/our-hospitals/>
- <https://southerntrust.hscni.net/>



DAISY HILL HOSPITAL

Daisy Hill Hospital is an acute teaching hospital located in Newry. It provides a wide range of acute inpatient services including respiratory, gastroenterology, endocrine. There is also a range of surgical specialties including general surgery, breast, urology and gynaecology.

Car parking:

Car Parking is free for staff.

Facilities:

There is a canteen for staff and visitors. The shop is located in the main foyer area. Vending machines are available in the foyer and the Dining Room. An ATM is also available in the main hospital foyer. There is a Chapel and prayer/quiet room.

HOSPITAL ACCOMMODATION

Please see below email address for Accommodation sites. Trainees should contact the accommodation team directly to enquire:

Craigavon Area Hospital:

Eva McDowell

- EvaClaire.McDowell@southerntrust.hscni.net
- 028 37560083

Daisy Hill Hospital:

Lorna Matthews

- Lorna.Matthews@southerntrust.hscni.net
- 028 375 62908

Bernadette Hughes

- Bernadette.Hughes@southerntrust.hscni.net

Western HSC



ALTNAGELVIN HOSPITAL

Altnagelvin Area Hospital is the 2nd largest hospital in Northern Ireland, and located in Londonderry.

It is an acute hospital which offers a range of services, including a 24-hour Accident and Emergency Department and is one of Northern Ireland's five designated cancer units. It has 472 inpatient beds and 36 day case beds.

The hospital is currently undergoing a major redevelopment programme and information regarding location of services, specialty wards will be subject to change over the lifetime of the project.

See a full list of services available [here](#).

Facilities:

There are 3 coffee shops located in various areas throughout the hospital. There is also a canteen which is open to both staff and visitors. ATM's are available on site. There is a prayer/quiet room for private prayer or reflection. There are on-call rooms for doctors.

Car Parking:

Car parking is free for hospital staff.

OTHER WESTERN TRUST HOSPITALS

- Omagh Hospital and Primary Care Complex
- Grangewood Hospital
- Lakeview Hospital
- Waterside Hospital (Gransha)

Please see links below for more information on the Western Trust and its hospitals:

- <http://online.hscni.net/hospitals/western-trusthospitals/>
- <https://westerntrust.hscni.net/>



SOUTH WEST ACUTE HOSPITAL

The SWAH is a local teaching hospital, located in Enniskillen. It has up to 210 inpatient beds and 22 day case beds. A full list of services available [Here](#).

There is also an education centre, lecture theatre, key worker accommodation, an energy centre and a creche.

Facilities:

There is a canteen available to staff and visitors. There is a coffee shop and convenience shop on the ground floor. An ATM is also located on the ground floor. Prayer/quiet room available for private prayer/reflection. There are on-call rooms for trainees.

Car Parking:

Free parking available for staff.

HOSPITAL ACCOMMODATION

Please contact the following email address to arrange hospital accommodation.

StaffAccommodation.TeamALT@westerntrust.hscni.net

MEDICAL HR CONTACTS

BELFAST

- Maureen.sharpe@belfasttrust.hscni.net
- Sinead.ward@belfasttrust.hscni.net

NORTHERN

- grainne.tosh@northerntrust.hscni.net
- MedicalHR@northerntrust.hscni.net

SOUTH EASTERN

- Paul.millar@setrust.hscni.net
- leigh.simmons@setrust.hscni.net

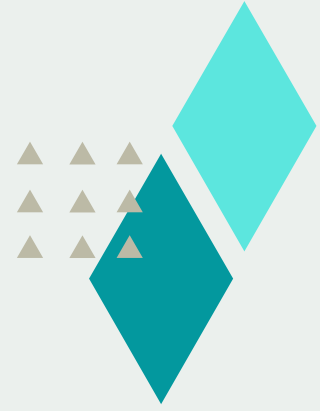
SOUTHERN

- Zoe.Parks@southerntrust.hscni.net
- Niambh.OHanlon@southerntrust.hscni.net

WESTERN

- michael.mckeegan@westerntrust.hscni.net
- gemma.dobbs@westerntrust.hscni.net

Accommodation



Contact details to arrange hospital accommodation for each Trust has been covered in the "Trust & Hospitals" section. However, you may prefer to rent or buy a property in Northern Ireland. In GP training you usually remain within the same Trust for 3 years, which makes choosing a location to live easier.

This section aims to act as a rough guide on buying and renting property in NI.

Renting

When looking to rent or buy a property there is a number of online sites or mobile apps which can help make your search a little easier. Commonly used sites include; Property Pal, Zoopla, SpareRoom and Gumtree. There are also a number of estate agents/letting agencies that can help you choose suitable accommodation. You may be charged certain fees, However these will be declared before agreeing to their services.

You can also choose to rent privately, i.e. directly from a landlord, however you should ensure they are registered.

To check if your landlord or their property is registered, go to:

- <https://www.nidirect.gov.uk/services/landlord-search>
- <https://www.nidirect.gov.uk/services/search-property>

Furthermore, if you rent your home from a private landlord and it's a house in multiple occupation (HMO), (i.e. you will be sharing the house with other tenants) the landlord must license the property as HMO with the local council.

Below are contact details of local councils to check if your home is licensed as HMO:

- <https://www.nidirect.gov.uk/contacts/local-councils-in-northern-ireland>

We would advise that you should view the accommodation prior to signing an agreement or contract. Also, it is important to check if the landlord has any rules, which may impact your decision e.g. pets, children or smoking. You should be aware of the landlord's responsibilities and tenancy agreement prior to signing. This may detail whether bills included in the monthly rental cost, whether the tenancy can be ended early and how this can be done, who is responsible for minor repairs of the property (other than those that the landlord has a legal responsibility for), and whether the property can have lodgers.



Buying

You may be considering buying a property. Estate agents and websites such as Property Pal and Zoopla are useful to help you find a suitable home.

Before beginning your search, we would advise that you work out your budget and what you can afford. It is important to be aware of added costs such as, solicitor fees, search and surveyor fees and stamp duty. However, stamp duty fees have been suspended until March 2021. You should also ask about the monthly/yearly rates for the property. Rates are a property tax paid by households and businesses. A consultation with an estate agent can be helpful in outlining these costs. Below are some useful links which take you, step by step through the process of buying a house and the costs involved.

Step by Step guide to buying a home:

- <https://www.nidirect.gov.uk/articles/buying-a-home-step-by-step-guide>

Stamp duty calculator:

- <https://www.nidirect.gov.uk/services/stamp-duty-land-tax-calculator>

Home Insurance

When buying or renting a home, it is important to have home insurance in place in case there is any damage or destruction to the property or your possessions. There are 2 types; buildings insurance and contents insurance.

Buildings insurance covers damage to the structure of the property e.g. in case of a fire, storm, flood, or burst pipes etc. Accidental damage, or wear and tear are not Typically covered. Your insurance should generally cover the cost of completely rebuilding your home.

N.B. when renting you do not need to worry about building's insurance as this is the landlord's responsibility.

Contents insurance covers the cost of replacing your belongings in your home, if they are lost, damaged or stolen. You can also add personal items such as a laptop, or jewellery however this may increase your premium.

GoCompare, MoneySupermarket, Confused.com and Compare the Market are useful sites to compare insurance quotes.

TV License

If you intend on watching TV, or downloading programmes to watch on iPlayer, you will need to apply for a TV license.

A standard TV license costs £157.50 for the year. Please see link below to apply.

- <https://www.tvlicensing.co.uk/>

BANKING

WORKING IN NI

NATIONAL INSURANCE REGISTRATION HELPLINE AND LOCAL PROCESSING CENTRES

Phone: 0300 200 3500

Opening hours:

Monday to Friday: 8 am to 8 pm

Saturday: 8 am to 4 pm

Closed Sundays and bank holidays.

<https://www.nidirect.gov.uk/articles/contacting-08-and-03-numbers>

There are three local processing centres and lines are open from 9.00am to 5.00pm Monday to Friday:

Belfast area

Shaftesbury Square office: 028 9013 8286 or 028 9013 8287

Northern area

Lisnagelvin: 028 7185 5407 or 028 7185 5406

Southern area

Shaftesbury Square office: 028 9013 8279 or 028 9013 828 5

NATIONAL INSURANCE NUMBER

To work in the UK you will require a National Insurance Number (NI No). It is an account number unique and personal to you. If you do not have a National Insurance Number you will need to request one as soon as possible. National Insurance contributions are a tax on earnings paid by employees and employers. For more information see:

- <https://www.gov.uk/national-insurance>

Your National Insurance payments go towards state benefits and services, including the NHS, State Pension, unemployment benefits sickness and disability allowances. It will be deducted from your monthly wage, along with Income Tax. The application process can only be started once you arrive in Northern Ireland. You will need to telephone your nearest National Insurance Number Processing Centre to make an appointment (see above).



SETTING UP A BANK ACCOUNT

The main banks in NI include; Ulster Bank, Bank of Ireland, Danske Bank and First Trust, among others.

Here is a list of local branches in each area:

<https://www.uk-banks.net/northern-ireland>

To set up a bank account it is advisable to contact your chosen bank and make an appointment. It is also important to check in advance what documentation is required.

Typically you would bring:

- o Photographic ID
- o Evidence of your UK address, (e.g. your tenancy agreement). If you do not have this, upon request, HR can issue you with a letter for your chosen bank to confirm your employment status etc.
- o Proof of employment (e.g. your letter of appointment).

A current account is the most commonly used form of bank account in NI. It is typically used to pay bills by Direct Debit or standing order. It also receives automated payments such as your wages.

Registering with professional bodies

RC GP

General Medical Council

Regulating doctors
Ensuring good medical practice

GMC

This is a public body that maintains the official register of medical practitioners within the UK. It sets standards of professional and ethical conduct that all doctors are required to follow. These standards are set out in **Good Medical Practice**. It also acts to license and regularly revalidate the practice of doctors in the UK.

Register [here](#).

ROYAL COLLEGE OF GP

The RCGP is the professional body for general practitioners in the UK. It represents and supports GP's on licensing, education, training and clinical standards.

RCGP also provides an e-portfolio platform for you to record your reflections and competencies in order to progress through training.

There is an annual fee which can be paid yearly or monthly by direct debit. For more information and to register click [here](#).



Professional bodies



BMA

The British Medical Association is the trade union and professional body for doctors in the UK.

It represents, supports and negotiates on behalf of doctors in the UK. They give advice on pay and contracts. In addition, if you feel your rota does not comply with your banding supplements you can request the BMA to monitor your rota. For example, if you regularly do not get time to take breaks, or you leave work late consistently, this can be looked into further with the support of the BMA.

It can also be useful for maternity/paternity leave advice and pay. There is a handy maternity leave and [**pay calculator**](#) to help you plan your finances.

INDEMNITY

In order to practice in the UK it is necessary to register with a medical defence organisation in order to protect yourself and cover clinical negligence liabilities.

Medical defence organisations:

- MDU
- MPS
- MDDUS

This will cost an annual fee. For example, MPS is £48 for the year while working as a GPST1 in the hospital settings. However, when you move to a GP post in ST2 & ST3 you are required to update your indemnity provider, who will charge a fee. NIMDTA will reimburse this fee, following submission of an expenses claim form.



Medical Protection


Health & well-being

It is important to look after your own health and well-being. Therefore, please register with a GP, and dentist.

The GP you choose should be in the area that you are living. Please click [here](#) to find a GP practice near you.

A list of dental surgeries can be found [here](#).





EDUCATION & CHILD CARE

SCHOOLS

If you have children and require further information on finding a school to suit your child please click the following link:

- <https://www.nidirect.gov.uk/articles/finding-school-suit-your-child>

On how to apply to a school in Northern Ireland, the link below provides guidance on applying to pre-school, primary school and post-primary school.

Please note in order to apply for a post-primary school, your child may have to sit a transfer test (AQE/GL) as part of admission criteria for their preferred school. In order to apply for a catholic school, your child may have to sit the GL (entrance assessment). However, other grammar schools may require the AQE. It is therefore important to check the admission criteria for your preferred school.

- <https://www.nidirect.gov.uk/articles/applying-school-place>

CHILD CARE

For younger children you may require other childcare arrangements.

You can find registered and approved childcare providers in your area on the Family Support NI [website](#).

The following link will also act as guidance on choosing childcare suitable for you:

- <https://www.nidirect.gov.uk/articles/choosing-childcare>

TRANSPORT

Translink bus company offers Ulsterbus and Metro services for country and city travel respectively. If you are going to be using this regularly, it can be more cost effective to buy a day ticket or SmartLink card (which you can order online and top up with journeys in some local garages). Other cards and deals available are noted on Translink's website.

Park and Ride services are also an option where you can park your car and take the bus from the car park to your destination for a low price, avoiding expensive car parks and also bypassing a lot of motorway traffic with bus lane access. Further to this, there has been recent development of a Glider bus service which connects to wider bus and rail networks more efficiently.

They offer buses to Belfast's George Best and International/Aldergrove airports, as well as Dublin. All health and social care workers have been able to avail of free travel with Translink during the ongoing pandemic, until further notice.

Full details of bus timetables, routes, fares, deals etc can be found here:

<https://www.translink.co.uk>

Also operated by Translink, there are a number of train routes available. These include Bangor, Larne, Coleraine, Derry, Portadown and Newry.

The Enterprise Service links Belfast and Dublin by rail and is jointly operated between Translink NI Railways and Iarnród Éireann.

Further details can be found at the link above, or alternatively:

<https://www.nidirect.gov.uk/articles/rail-services>



BUS



TRAIN



CAR

If you do not already have a car there are a number of dealerships easily located throughout Northern Ireland.

If you would like to purchase a second hand vehicle, visit www.usedcarsni.com.

You will need to ensure that your car has a valid MOT certificate, road tax, log book, insurance, and that you hold a DVLANI approved driving license.

The links below should be useful in assisting you:

<https://www.nidirect.gov.uk/articles/advice-foreign-driving-licences-northern-ireland>

<https://www.nidirect.gov.uk/articles/buying-new-or-used-car>

<https://www.belfasttelegraph.co.uk/life/motoring/article36177956.ece>

Should you choose to use a taxi to get to work or in your leisure time, be sure to only use taxis that are officially licensed/registered. The following is helpful in informing you more about these services:

<https://www.nidirect.gov.uk/articles/taxis-and-their-services>



BICYCLE

Northern Ireland has improved in its development of cycle lanes, however given the infrastructure this is still a work in progress, so you will need to check for the areas you will be living/working in and always practise good road safety.

If you would like to purchase a bike, the Cycle to Work Scheme allows you to obtain a bike tax-free.

<http://www.cycleni.com/useful-info/cycle-to-work-scheme/>



LOCAL SUPERMARKET CHAINS AND CONVENIENCE STORES FOR GROCERIES:

Tesco

Asda

Dunnes Stores

Sainsbury's

Marks and Spencer

Lidl

SuperValu

Co-op

Centra

Spar

Vivo

Nisa

REGIONAL SHOPPING CENTRES

- Shopping Centres for your clothing and other needs:
- CastleCourt, Belfast city centre
- Victoria Square, Belfast city centre
- Abbey Centre, North Belfast
- Connswater, East Belfast
- Forestside, South Belfast
- The Park Centre, South-West Belfast
- Kennedy Centre, West Belfast
- Boucher Road Complex, Belfast
- Hollywood Exchange
- Ards Centre, Newtownards
- Bloomfield, Bangor
- Bow Street Mall, Lisburn
- Sprucefield, Lisburn
- Dobbies Garden Centre, Lisburn
- Rushmere, Craigavon/Portadown
- The Mall, Armagh
- Buttercrane, Newry
- The Quays, Newry
- Fairhill, Ballymena
- The Junction Outlet, Antrim
- Meadowlane, Magherafelt
- Diamond Centre, Coleraine
- The Boulevard Outlet, Banbridge
- Oaks Centre, Dungannon
- The Linen Green, Dungannon
- Showgrounds Retail Park, Omagh
- Foyleside, Derry
- Crescent Link, Derry
- Richmond Centre, Derry
- Erneside, Enniskillen
- The Buttermarket, Enniskillen



NHS Discounts:



Domino's
Nando's
Camile Thai
Slim's Healthy Kitchen
McDonald's
Dorothy Perkins
O2
Apple
Carpetworld
Optimax
Thompson Travel
Colin Graham Residential
Clanrye Lighting and Electrical Supplies
Clubworld Travel
Holiday Inn
Belfast Tattoo
Queen's Sport
Local leisure centres/gym memberships



There are no doubt many other businesses offering some form of subsidy, so if you're budgeting carefully, be sure to bring your NHS ID and don't be afraid to ask. The above are accurate as of July 2020, but may be subject to change.

Socialising

Moving to a new place or one you haven't worked in before can be daunting for even the most confident of individuals. Therefore we recommend some of the activities below as fun things to enjoy in your down time off shift. Some of them may be a good idea to suggest as a group work outing to get to know your new colleagues.

- **Water sports** - Let's Go Hydro - inflatable water park (Carrduff), Share Centre (Fermanagh), Craigavon Watersports Centre (Armagh), Lisburn Leisureplex - slides, surfing with a variety of companies on the North Coast
- **Exercise/bouncing** - We Are Vertigo (Newtownbreda, South Belfast) was formerly a trampoline venue, now morphed into an inflatable park, also hosting some adult only times so you don't accidentally injure any youngsters. There are also a number of leisure centres and local sports pitches where you can book to play 5-a-side football.
- **Go karting** - Formula Karting (Newry), Gosford Karting (Armagh), Nutt's Corner Circuit (Crumlin), Raceview Karting (Ballymena), GoPro Kart Racing (Coleraine), Campsie Karting Centre (Ballymena)
- **Food and drinks** - Cathedral Quarter, Belfast has numerous very popular bars and night clubs. There are also numerous oft frequented eateries in this area of town, as well as Lisburn Road, Ballyhackamore, Antrim Road, Ormeau Road etc. Outside of Belfast, it's best to get the expert opinion of the locals!
- **Laughs** - On a Tuesday night in Belfast, Empire Comedy Club hosts some local and guest talent sure to have you splitting your sides. If not, there is plenty to do near Botanic anyhow.
- **Relaxation** - Galgorm Resort & Spa in Ballymena (close to Antrim Hospital), as well as numerous other hotels such as Culloden, The Merchant, Corick House offer the perfect remedy to a stressful week
- **Education/new hobbies** - If you're based in Belfast, Crescent Arts Centre offers a wide range of activities from group Russian classes, to wood carving, and salsa lessons (full class list subject to change)
- **Outdoors** - Todds Leap Activity Centre (Dungannon) includes archery/climbing wall/off road driving, Jungle NI (Magherafelt) includes high ropes/paint balling/laser tag etc.
- **Variety** - If you're based in the Ulster Hospital, Dundonald Ice Bowl has ice skating, ten pin bowling, a kids' indoor play park, and nearby crazy golf facilities.
- **Technology** - If you are concerned that you have too much time at weekends and don't know anyone yet, or would just like to meet others with similar niche interests and hobbies, there is an app called MeetUp which you can readily avail of. If you're female, there is a page for local events on Facebook known as GirlCrew.



LOCAL ATTRACTIONS/ROAD TRIPS



**Black Mountain
& Divis Trails**



**Cave Hill &
Belfast Castle**



**The Giant's
Causeway**



**Carrickarede
Rope Bridge**



Titanic Centre



**Cuilcagh
Trail/Stairway to
Heaven**



**Marble Arch
Caves**



**Armagh
Planetarium**

Websites worth checking out for local renowned and more hidden treasures, as well as staycation ideas if you fancy a trip over the border:

www.discovernorthernireland.com

www.tourismireland.com

www.irelandbeforeyou die.com



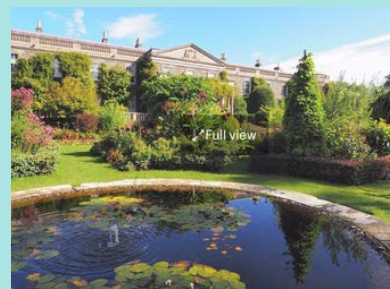
**Tollymore Forest
Park & Mourne
Mountains**



The Gobbins



Rathlin Island



**Mount Stewart (and
various National Trust
properties)**



**Castlewellan
Country Park &
Maze**



**Crumlin Road Gaol
(incl. paranormal
tour)**



Ulster Museum



**Peace Wall
Murals & Black
Taxi Tours**

Other attractions include but are not limited to:

Belfast Zoo, Ulster Folk & Transport Museum (Cultra), Pickie Pool (Bangor), Mussenden Temple and Dunluce Castle (North Coast), The Cloughmore Stone (Rostrevor), Bluebell Wood (Warrenpoint), Exploris Aquarium (Portaferry), The Dark Hedges (Armoyle), Pollnagollum Cave...Hollow Hill in Game of Thrones (Fermanagh), Davagh Dark Sky Observatory (Cookstown), Ulster American Folk Park (Omagh), Seamus Heaney Visitor Centre (Bellaghy)



Caution
Mind your head



SETTLING IN

We hope that moving to Northern Ireland will be a thoroughly enjoyable and rewarding experience for you. That said, anyone can struggle or experience difficult circumstances, and we want you to feel supported emotionally such that your training goes smoothly, or if any adjustments need made, that these can be addressed promptly and in a sensitive manner.

In order to help you settle into your GP training programme, as well as to embrace life in NI, there will be a buddy scheme formulated that you are welcome to participate in. Trainees will receive details of their buddy around induction time. If there are any further queries re this, enquiries to be made to stevegh65@me.com.

PROFESSIONAL SUPPORT & WELLBEING UNIT

This provides 1:1 support meetings, workshops, counselling and more. It is a service provided by NIMDTA and more information is available at:

<https://www.nimdt.gov.uk/professional-support/mgt-of-trainees-req-support/>

SUPPORT SERVICES



Some useful points of contact if required would include:

Occupational Health services by trust:

BHSCT - Musgrave Park Hospital, 2nd Floor, McKinney House, BT9 7JB. occupationalhealth@belfasttrust.hscni.net Telephone: 028 9504 0401

NHSCT - Antrim Hospital, Willow House, 45 Bush Road, BT41 2RL. kevin.oconnor@northerntrust.hscni.net Telephone: 028 9442 4403

SEHSCT - Ulster Hospital, Home 3, Newtownards Road, BT16 1RH. oh.secretary@setrust.hscni.net Telephone: 028 9056 1300

SHSCT - Angela Higgins, Occ. Health Dept., Pinewood Villa, Lower Longstone, Loughgall Road Armagh, BT61 7PR.

occupational.health@southerntrust.hscni.net Phone: 028 3756 4800

WHSCT - Altnagelvin Area Hospital, Dr Rodney Gamble, Occ. Health Dept., Harvey Halls, Glenshane Road, Londonderry, BT47 6SB. occupational.health@westerntrust.hscni.net Telephone: 028 7161 1407

- South West Acute Hospital, 124 Irvinestown Road, Enniskillen, BT74 6DN. clive.burges@westerntrust.hscni.net Telephone: 028 6638 2342

Medicine, whilst a highly rewarding career, can also be very stressful and emotionally exhausting at times. If this or other problems in your life such as depression, domestic abuse, relationship struggles etc, are having a serious mental impact, there are a number of great organisations in NI on hand to help:

<https://www.inspirewellbeing.org>

<https://www.aware-ni.org>

<https://www.nationaldahelpline.org.uk>

<https://www.lifelinehelpline.info>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.citizensadvice.org.uk>

<http://www.accordni.com>



Best of luck!!!