

### What to do after working a late or night shift?

We are aware that due to the nature of training for Postgraduate Doctors in the Northwest, that you may often live a distance away from the hospital you are placed at. We know for a lot of the doctors who rotate to Blackpool, your journey to and from work can be significant.

Please see below details for some of the support available to you if you are working late/night shifts and have a long distance to travel to home afterwards.

#### Onsite Accommodation

We would like to encourage anyone who is working a late or night shift to take advantage of the onsite accommodation. This is available to book if you live a significant distance away such as the other end of Preston, Manchester, Cumbria etc. It is currently free to book.

If you live locally in the Blackpool area this wouldn't be available to you. However, there should be public transport running which you can access. If you really feel too compromised to drive a short distance, then please speak to us to look at alternative solutions.

The accommodation team can be contacted on [bfwh.accommodationrequests@nhs.net](mailto:bfwh.accommodationrequests@nhs.net), they ask that you get in touch in advance to book rooms, to ensure availability for the date you need them.

Please make sure you return the room key to accommodation as soon as you have finished your stay, these are specialist security keys, and you will be charged otherwise.

We would encourage all trainees to do this, rather than to drive on the motorway//for a long journey when you are tired, and your reaction time is compromised.

#### Taxi Service

The Trust can support the provision of booking taxi's if you need one to get home after a night shift and you feel unsafe to travel – however, you must have prior agreement from your division for funding this as we must provide a budget code on booking this for you.

You would also need to bear in mind if your transport is parked here, we don't facilitate a taxi back to collect it the next day.

#### Offsite accommodation

We would also like to make you aware of some hotels in the local area, if you do not feel the above options are suitable, however these would be at your own cost.

The Village Hotel, East Park Dr, Blackpool FY3 8LL

[www.village-hotel.co.uk](http://www.village-hotel.co.uk)

Premier Inn Hotel


Whitehills Park, Preston New Rd, Blackpool FY4 5NZ

[www.Premierinn.com](http://www.Premierinn.com)

The Big Blue Hotel

Clifton Dr, Blackpool FY4 1ND

<http://www.bigbluehotel.com/>



If you are driving home after a late/night shift, where you are extremely fatigued you are putting not just yourself but others on the road at risk. Please don't take the risk and speak to us if you need any support or further information.

The Postgraduate Team can be contacted on – [bfnh.postgraduate.education@nhs.net](mailto:bfnh.postgraduate.education@nhs.net)

