

#studytrainandstay

safe • compassionate • joined-up care



Study

Train

Stay



www.cddft.nhs.uk

On shift and are too tired to drive home?

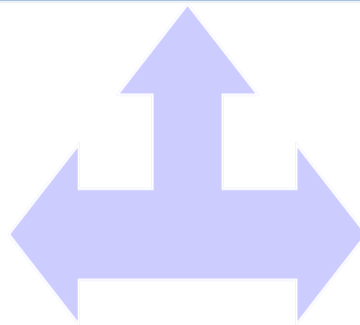
UHND

Sleeping option

A room to rest will be provided by calling **0191 3332537** or emailing cdda-tr.oncallroom35@nhs.net or cdda-tr.oncallroom37@nhs.net, please note that the office is only available between the hours of **8am and 4pm Monday to Friday** and rooms are limited. If you think you may need a room over the weekend then the team are happy to book a room, even on the off chance you won't need it.

Travelling option

Please call the travel desk **24hours** a day on **01388 455533** who will book and pay for a taxi home, they will also provide a taxi back to collect your vehicle or start your next shift. The travel desk will require your name, ward and department to book a taxi.



TIRED



DMH

Sleeping option

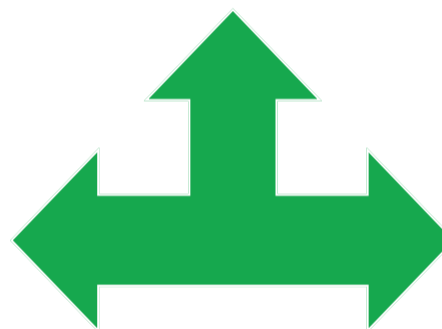
There is a local B&B available to book— Balmoral Guest House located on 63 Woodland Road, Darlington, DL3 7BQ 01325 461908

You must book direct with the B&B and pay, then claim this back through EASY Expenses.

Travelling option

Please call the travel desk **24hours** a day on **01388 455533** who will book and pay for a taxi home, they will also provide a taxi back to collect your vehicle.

The travel desk will require your name, ward and department to book a taxi.



BAH

Travelling option

Please call the travel desk **24hours** a day on **01388 455533** who will book and pay for a taxi home, they will also provide a taxi back to collect your vehicle.

The travel desk will require your name, ward and department to book a taxi.



When fatigued you're more likely to be involved in a road traffic accident!]

Any queries please contact

cdda-tr.medicaleducation@nhs.net