# Accommodation @ Nithbank(NB)

**Nithbank Residences includes Holly Cottage(HC), Heather Lodge(HL), Lahraig 1-2(L1-2), Lahraig 3 (LC3). Together they provide our undergraduates with first class accommodation within walking distance of Dumfries town centre.**

## Facilities

Our accommodation is located adjacent to NHS Sexual Health Centre, approx 3 miles from DGRI. The bungalows have 5-8 bedrooms with a shared kitchen, living room & bathrooms with additional (separate) WC.
Kitchens and utility rooms are well equipped with items such as washer, dryer, dishwasher, fridge freezer, pans, crockery & cutlery. Bedrooms are fully furnished (single bed), towels are provided, please bring your own bedding (such as duvet and pillows).
Heating is warm air, do not dry clothes over radiators, use the outside rotary dryer or the tumble dryer on wet days.
Parking is outside the residences and is free.
The locked bike shed at the rear of Mountainhall Treatment Centre building is currently the nearest bike shed to the residences, key access details are available from the MTC Reception Desk on request.

## Key - Arrival and Departure

Arrival day, key can be collected between **9am-5pm Sat&Sun** from hospital switchboard at **DGRI, Cargenbridge, Dumfries, DG2 8RX**. Enter the main doors, turn right and press the buzzer at the side of the small hatch into switchboard for assistance.
Departure day, please vacate your room by **10am** and return your key to switchboard. Important notes of guidance for residents of Nithbank are issues with key and available at: https://www.dgeducationcentre.co.uk/information/residences-information/

## Reporting Fault, Damage & Trade Emergency

Assistance can be obtained by calling:
Monday - Friday (08.15am - 4.15pm)
Out of Hours (4.15pm - 08.15am) & Weekends
State the emergency (e.g. leak under kitchen sink)

**Call NHS Estates 01387 272777**
**Call Switchboard 01387 246246**

ScotGEM Scottish Graduate Entry Medicine
University of Dundee
University of St Andrews
NHS Scotland
University of the Highlands and Islands
University of Glasgow
The University of Edinburgh
NHS Dumfries & Galloway

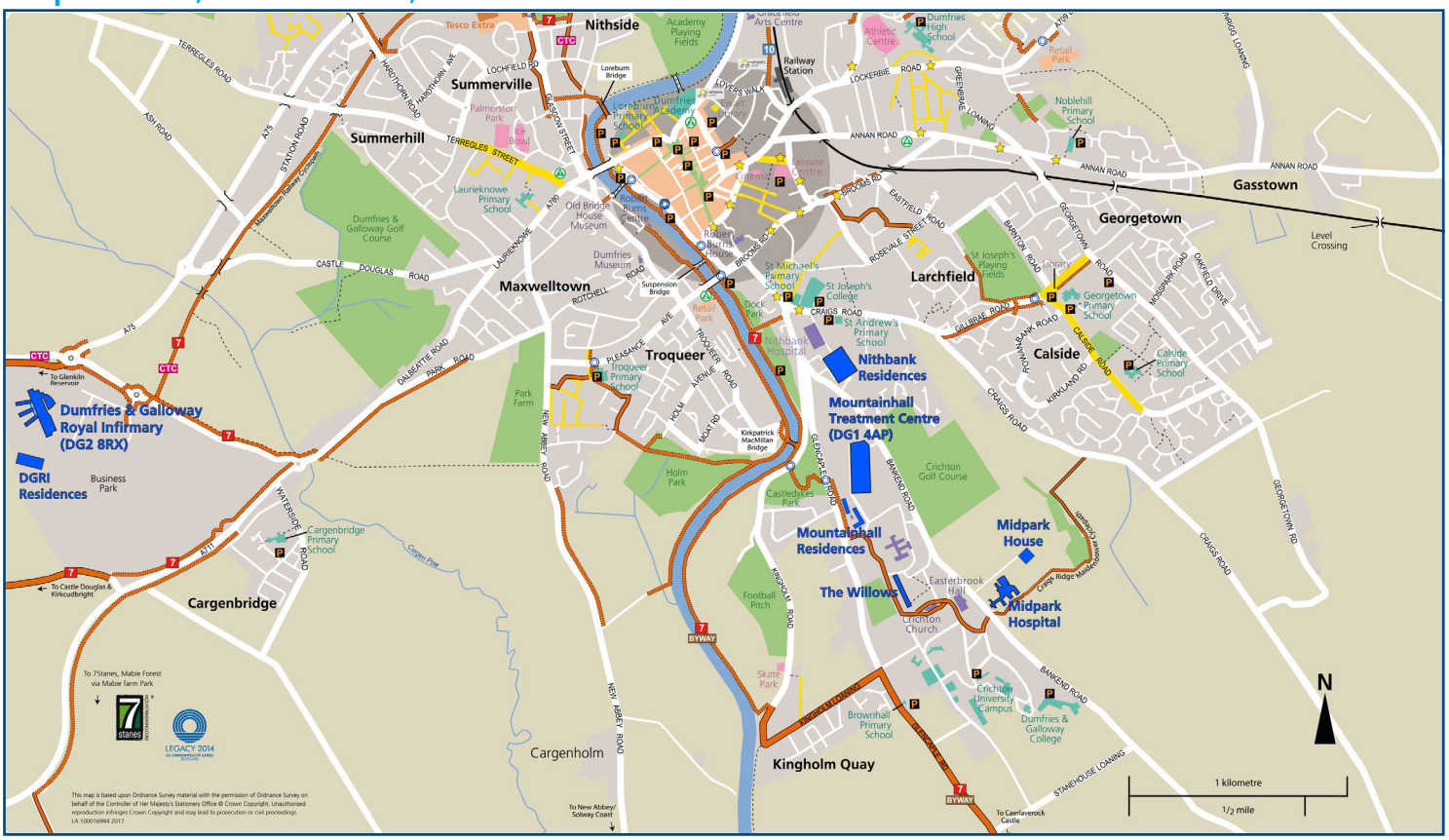
# How to Find Us

## Residences Address

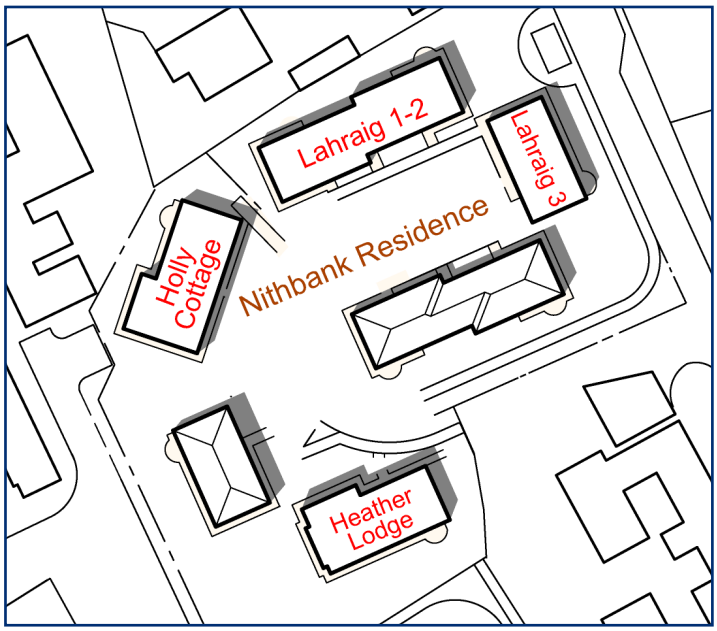
**Nithbank Residences, Nithbank, DUMFRIES, DG1 4AQ**

This includes Lahraig 1-3, Holly Cottage and Heather Lodge which together are our student accommodation. Google Maps - https://goo.gl/maps/AaC2UmmF5kPBEMTdA
What3Words - https://w3w.co/flattered.grownup.dance

## Map of DGRI, Mountainhall, MidPark and Nithbank Residences




## Plan of Nithbank Residences




## Bike Loans

If you do not have a bike but would like to cycle we have our own Education Centre bikes which can be used for work trips, such as travelling to DGRI, Mountainhall Treatment Centre and other sites in Dumfries.

You can use the loan bikes, including electric bikes, once you have completed the induction, this is normally part of your general induction however an be arranged at other times.

You can find more information, including bike shed locations and cycling routes, from Active Travel Officers:

**letsgetmoving@sustrans.org.uk**
**Rhian Davies (07788 336211)**
**Ian Gray (07817 946991)**
**Web: https://activetraveldumfries.wordpress.com/**
**GO Smart Web: https://gosmartdumfries.co.uk/**

## Public Transport Information

Scan QR Code for Traveline Scotland's Journey Planner

NHS Dumfries & Galloway