

The GSTT Junior Doctor Mess Membership

Dear Colleague,

Welcome to Guy's and St Thomas' NHS Foundation Trust. We would like to introduce to you the Membership to the Junior Doctors' Mess. It would provide you with:

- free tea, coffee, microwave, cutlery and healthy snacks
- weekly BMJ, Sky TV, board games
- monthly social events with free drinks
- free pizza lunch on the weekend
- a place to hide away when things get a bit too busy, or a place to go for a chat
- sofas with a supply of fresh bedding and a sleeping pod
- computers with printing facilities

All of this unfortunately does not come free. Currently we ask all junior medical staff to pay **£10 a month**.

Starting in August 2020 we introduce an Opt-out system for mess membership to all junior doctors. This means that the membership fee would be automatically deducted from your pay cheque every month, unless you specifically state that you would not want to become a mess member by filling in the form below.

Thank you and we look forward to seeing you.

Aneliya Kuzeva and Jessica McGinty.

Mess Presidents

I **do not** wish to become a member of the Doctors Mess and I **do not** wish to have mess fees deducted from my pay cheque and will not use it.

Name:

Grade:

Email address:

Speciality:

Signature: