# Guidance on the Isle of Wight Placements

## Accommodation Possibilities:

The Luccombe Hall Hotel in Shanklin – <https://luccombehall.co.uk/>

*Trainee review: It was helpful for the first few weeks as the hotel would invoice the Trust for both accommodation and ferry costs. After a little while we started to have a few problems, the internet was poor, difficulty parking, breakfast started around the time we needed to leave for placement and the hotel needed refurbishment. We were also quite a way from food shops and found the restaurants/pubs nearby didn’t offer much, if anything, within the food budget.*

The Aqua in Shanklin - https://www.aquahotel.co.uk/

*Trainee review: Unfortunately, I cannot recall if they would invoice the Trust, however, they do book ferry tickets for you at a discounted price when you book a room, with them which makes it easier and cheaper if you are claiming back expenses. It was a lovely and comfortable hotel with good wi-fi and views and they even brought me up breakfast early because I often had to leave before their usual breakfast time, so very accommodating 🙂 If you give them a call, they can advise whether they would invoice the Trust.*

AirBnB (1, Melville Street on AirBnB) and the owner is called Nick ([nickgroo@aol.com](mailto:nickgroo@aol.com)). He has a two-bed flat (so 2 trainees would need to stay there) in Sandown, which was really spacious and very new – they have completely redesigned it last year. He is willing to invoice the Trust for the accommodation – so you would still need to sort out your own ferry crossings.

*Trainee review: I think the perks of this accommodation, over the hotel, are that we had a kitchen, lounge and courtyard to relax in as well as good Wi-Fi. We were also walking distance to shops (co-op, Tesco’s/Sainsbury’s, takeaways) and the beach.*

The Premier Inn in Newport, Isle of Wight - <https://www.premierinn.com/>

*Trainee review: Unfortunately, the Premier Inn does not invoice the trust but it is not too expensive (I went in winter) and you know what you are getting. It suited me as I was based in Newport and did not want to be traveling to and from placement – given the long commutes on Tuesday/ Thursdays. I also stayed in a B&B which is a few mins walk from the CAMHS Newport placement – it was called Charter House. This was nice – I did not enquire as to whether they invoiced the trust.*

## Food and Meals

*Trainee Tip - make use of is Meerkat Movies Meals. We had some great meals in Pizza Express (Newport) by combining our daily budget and getting 2-4-1. Also if there are two of you (or more) and you go out for dinner together, it might be helpful to combine your daily food budget as one to cover the cost of both meals – we found that at times when we ate out, one of our orders would be over the budget and the other would be below budget, but both meals together fit within our food budget combined. We took turns in paying each evening and stated in our expenses that we were claiming for both of us – which was fine with expenses approval.*

*Trainee Tip – it is cheaper to book your ferries through the IOW trust intranet page that has a link to ferry bookings. If you book through the intranet you will get 20% off Red Funnel and there are discount codes for other transport methods. You have to be on the IOW to access this discount.*

*Trainee Tip - Also, on another note, being placed in Newport, the commute from anywhere we stayed on the island (and we moved around quite a bit to make the most of the views) was not too bad and generally lasted a maximum of 30minutes across some very beautiful views! If you are based in Newport, the worst part of the commute is at the main roundabout (you will know which one I mean when you first get there) as most of my commute was often sat in traffic -  sometimes up to 15minutes here - so make sure you make time for this when planning your commute). French Franks is also a cafe you should definitely go to one lunch time - simply delicious!*

## Commuting via Ryde

Hoverboat: I commuted from Portsmouth to Ryde and found that the hoverboat was the fastest and most reliable way to do this on the whole. Hovertravel offer academic travel rates for people who are on placement or commuting for student reasons, as long as you are buying bulk tickets. I have found it cheaper to buy 'bulk rides' options rather than a season ticket as we are on placement only 3 days a week so it wouldn't get used enough. It is also cheaper in terms of it coming out of your pocket and claiming it back in expenses (so no need to invoice the trust immediately as you can manage this outgoing on a monthly basis until your paycheque).

However, please note that Hovertravel tickets do not include the price of the hoverbus to the hoverport (previously they let you take this bus for free, but it now costs money). I have found that this bus is more expensive than just taking the normal Portsmouth bus and doesn't offer regular times, so I only take it when I really need to (ie rain). It's better to walk a bit more and catch local bus to your destination if possible.

Buses at Ryde - buses at Ryde do not offer return tickets, you have to buy a ticket for each way. They are quite pricey, and this adds up. It is cheaper to pay for every journey and easier to track in terms of expenses, as the price of a weekly ticket is more expensive than necessary. They do not offer any discounts. Just something to be aware of. They pretty much run to schedule and are pretty reliable.

Wightlink catamaran - (foot ferry). This has good links to Portsmouth Harbour but doesn't run as frequently as the hoverboat and takes longer (24 mins) . It is also a bit of a walk to get to as you have to walk down Ryde pier to get there (approx 10 mins in wind!) and the train that runs to it gets cancelled. However, it is essential that you know where this is as the hoverboat is likely to be cancelled at some point and you will use this option. Using this service occasionally means the ticket is not discounted for the one-off purchase if you need to buy it on the spot (around £15 for one way). There is a possibility of frequent traveller discount (but I don't know much about this as I avoid using this route).

Timing: When planning your journey scrutinise the times the boat arrives and the times you catch your bus and leave a leeway to allow yourself to get to the bus. Buses on IoW arrive early and leave on the time stated on the timetable, so you need to get there early. I have found that it is easier to commute just before the heavier rush hour, so I have negotiated to start placement at 8.30 and finish at 4.30 as it works out easier for me to commute this way. You could also negotiate this depending on your commute.

Preparation: keeping an eye on the commute is something I have learned whilst on placement as the hoverboat can be unexpectedly cancelled or buses delayed. It's helpful if people in your place of work know you are an 'ovener' (as they refer to you!) as they also keep a lookout for you and pop by to update you of things they hear on the radio etc. I've had colleagues letting me know that the boats may be cancelled so I can plan for this. Similarly on the outward journey 'check before you travel'.