



Royal College  
of Physicians



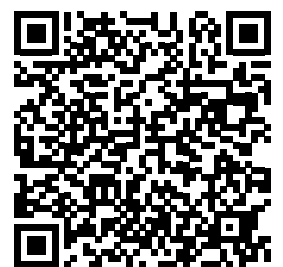
**Join  
today  
for free**

# Kick-start your medical career

Medical students can join the RCP for free and access a wide range of benefits designed to support professional development and wellbeing.

Whether you need a moment to recharge with a free coffee or matcha, or want to unwind with yoga, we're here to help you stay well throughout your medical degree.

**Join today – and take care of yourself while you take care of your future. Explore the full list of curated professional benefits and your exclusive wellbeing package.**



# To support a sustained and healthy career

## Visiting RCP buildings or attending our events?

As a medical student member, you can access our exclusive wellbeing package as well as the full list of high-quality learning resources, webinars, career advice, grants, bursaries and more.

### In the North West and the RCP at The Spine:

- Exclusive access to the members and fellows lounge at The Spine, with free tea and coffee, access to wifi and the opportunity to book a private meeting space
- Access to the Base café in The Spine, offering healthy smoothies, matcha lattes, salads, soups and more
- 15 % discount on the @Kilometreclub running club
- 10 % off @Poisestudio classes, including Pilates, circuits, dance classes and barre
- 20 % off private yoga classes with @lydiajayneyoga
- 10 % discount at coffee shops across the North West, including @Mosscoffee

### In London and the RCP at Regent's Park:

- Exclusive access to Regent's Perk café in our Regent's Park building offering hot drinks and fresh snacks
- Member rates on hotel stays at William Harvey House, next to Regent's Park
- 20 % off at Black Sheep Coffee in Regent's Place, Great Portland Street and more UK locations
- Free acupuncture massages at RCP conferences with Relaxa
- 20 % off membership at The Gym Group, located on Euston Road plus 78 other locations across London
- Discount on tennis and padel court hire @parksports in Regent's Park

Email [SFDNetwork@rcp.ac.uk](mailto:SFDNetwork@rcp.ac.uk) to receive your discount codes.

The Student and Foundation Doctor Network (SFDN) represents students and foundation doctors across 12 UK regions. Want to suggest a wellbeing incentive closer to home? Email [SFDNetwork@rcp.ac.uk](mailto:SFDNetwork@rcp.ac.uk) and we'll look into it.

