

# Hywel Dda University Health Board Foundation Programme



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## Welcome to West Wales

West Wales provides a wonderful lifestyle opportunity, each of our major sites in Hywel Dda are in coastal areas with beautiful beaches and spectacular mountains within easy reach. Exciting leisure pursuits such as surfing, mountain biking, fishing, sailing, hiking and walking are all available in this locality, famous for its outstanding natural beauty.

The Health Board serves a total population of about 385,615 throughout the counties of Carmarthenshire, Ceredigion and Pembrokeshire.

## Working at Hywel Dda University Health Board

The Health Board links with Aberystwyth, Swansea, Cardiff and Bangor Universities, as well as having a good working relationship with the National Library of Wales. Many of our Consultants are affiliated Lecturers, Senior Lecturers and Associate Professors.

## Knowledge and Library Services

Hywel Dda University Health Board Library & Knowledge Services offer a wide range of resources, both print and online, and services to all Health Board Staff, Trainees and Students on placement.

Each Library is managed by a qualified Librarian and our friendly and knowledgeable staff are here to support your information needs for patient care, education, quality improvement and research.



## Aberystwyth



Aberystwyth is a vibrant seaside University town, known fondly as ‘Aber’. There is a pier and two stretches of sea front (pictured above) and a harbour, overlooked by the castle. Living and working here offers a balance of good learning experience and quality of life. The well known Starlings murmutation is an unmissable experience, as are the West coast’s fabulous sunsets.



There are sports clubs and outdoor pursuits easily available, with paddle boarding, kayaking, etc. on our doorstep.

There are several walks in and around Aberystwyth, with several mountains close by to explore. Nature lovers can visit the open countryside, bird reserves and a marine wildlife centre along Cardigan Bay.

Aberystwyth houses the National Library of Wales which is the national legal deposit library of Wales. If you enjoy the Arts then a visit to Aberystwyth Arts Centre which is the busiest in Wales is a must. Aberystwyth has a reputable live music scene.

## Bronglais Hospital



Bronglais Hospital is rather unique, being the only District General Hospital serving Mid Wales, with lots of interesting cases and a supportive Foundation Programme.

The hospital provides emergency medicine, general surgery, trauma and orthopaedics and general medical services, with a range of diagnostics and therapies. Midwifery, women and children's services are also provided here.

Bronglais has achieved excellence with:-

- Best emergency laparotomy outcomes in England and Wales for several years running
- Joint best heart failure outcomes in Wales
- JAG accreditation (first DGH Unit in Wales to reach this accreditation)
- The best fracture neck of femur survival in the UK
- The only Consultant delivered anaesthetic care in Wales
- Fastest time to CT scan and one of the highest thrombolysis rate for stroke in the UK
- First fracture liaison service in Wales

## Transport links

There are two main trunk roads which link Aberystwyth to the rest of Wales and the UK. These are the A44 for East-West and the North-South A487.

The town is the terminus for the Aberystwyth – Shrewsbury line which stops at Machynlleth for onward travel on the Cambrian Coast.

## Hospital Provided Accommodation

All Foundation Doctors in Wales are offered free hospital accommodation for the duration of the Foundation Year 1.

The on-site accommodation is in close proximity to the Medical Education Centre and carpark. The Doctors Mess is within one of the accommodation blocks.

Single accommodation is set in flats of 4 rooms per kitchen and bathroom, although some rooms have ensuite facilities. The hospital site also has some Flats.

