

**TESTIMONIAL BY DR CAITLIN PEERS, F2 CARDIFF & VALE  
(FORMER F1 AT PRINCESS OF WALES HOSPITAL, CWM TAFF MORGANNWG WEST)**

'Starting my career as a doctor at Princess of Wales Hospital has been an absolute joy, the teams at the hospital were so welcoming when we first started, helping us find our feet whilst we learnt how to work as a doctor.

From when we first started there has always been a sense of community at POWH, with new doctors being made to feel at home not just within their team but also within the wider hospital. As a group of 22 F1s you become very close knit, working with each other on a daily basis and spending free time in the mess together. I lived at the accommodation and really enjoyed the community that created within the F1 team, allowing us all to share stories and enjoy time together.

Being a DGH, POWH has excellent opportunities for improving practical skills as well as unique one to one teaching from registrars and consultants. I was given some brilliant opportunities to be tutored through new skills and techniques by senior colleagues, again reflecting the friendliness of the teams at POWH.

The postgraduate team are always on hand to help and make a brilliant support bubble for all the juniors working at the hospital.

I've had a fantastic year having grown to know the teams well making it tough to say goodbye after such an enjoyable year. I'd highly recommend POWH as a place to do foundation years of study and would be more than happy to chat to anyone interested about the opportunities POWH offers'

**Caitlin Peers**