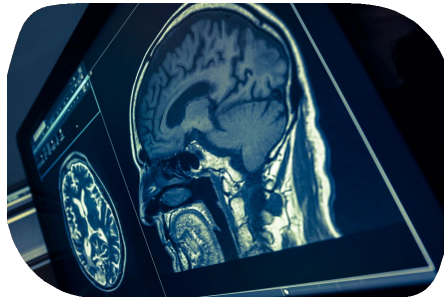




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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Cardiff and Vale University Local Health Board Foundation Programme



What makes Cardiff so great!

Cardiff is a unique city that offers all that is expected of any modern capital city, and boasts an enviable quality of life. Cardiff's residents believe it is one of the best cities in Europe to live and work in.

Compact, multicultural Cardiff dances to its own beat, with abundant cultural and historical sights, independent businesses and a friendly atmosphere. - Amy Pay, Lonely Planet Writer

Cardiff is a "city of parks" with more green space per person than any other main UK city and has been described as the epitome of cool by the Lonely Planet guide. There is a vibrant night life including the hustle and bustle of St Mary Street and the relaxed restaurants and bars of Cardiff Bay.

The City offers a mix of boutique stores found in the varied Victorian arcades coupled with larger department stores. Cardiff is home to world class venues and international events; the Principality Stadium is recognised across the world, the Sophia Gardens Stadium hosts international cricket including the Ashes and Cricket World Cup whilst the Wales Millennium Centre has established a worldwide reputation as an excellent arts and cultural venue.

Cardiff enjoys a healthy residential market, yet the cost of housing is lower than many other parts of the UK. Schools offer a high standard of education and facilities. The UHB's Accommodation Department will offer help and support to new trainees seeking to relocate to the City. Surrounded by areas of outstanding natural beauty, with the Brecon Beacons National Park, Swansea Gower Peninsula and the picturesque Vale of Glamorgan all nearby, Cardiff really does have it all.

Why work in Cardiff & Vale UHB?

The UHB has a well-earned reputation as a centre of excellence for clinical care, medical education and research. Established in 2009, following the reorganisation of health services within Wales the UHB is one of the largest and most diverse healthcare providers in the UK. There are strong links with the Wales College of Medicine and Cardiff University.

Working for CAV UHB

It is important to the UHB that all staff are as happy as possible with their working arrangements. Therefore, there is a commitment to improving the working environment and enabling all staff to strike a healthy work-life balance.



The Social Club on the UHW site provides facilities for relaxation and exercise with gym, pool and racquet sports available. There is an active doctor's mess at both UHW and UHL, with widescreen television, comfortable seating and facilities for refreshments. Accommodation is available if required at both the UHW and UHL sites.

The Foundation Programme in CAV UHB

The majority of our foundation posts are based either at the University Hospital of Wales (UHW) or University Hospital Llandough (UHL) but other training locations include Cardiff Royal Infirmary, Marie Curie Hospice and Velindre Cancer Centre, along with a number of Primary Care Practices as well as community mental health settings. Training opportunities include community, primary, secondary and tertiary healthcare services.

On both UHW and UHL there are Medical Education Centres with helpful and knowledgeable staff readily available to provide support and advice throughout your Foundation years.

There is a comprehensive induction programme organised for the start of your post and the Foundation Programme Directors meet with all foundation trainees to welcome you to the UHB and ensure that you are supported at this stage of your career. There are regular opportunities for feedback and should there be any difficulties encountered during your posts it is easy to obtain help. The teaching programme has always received positive feedback and allows plenty of time for you to learn. It is designed to cover all elements of the Foundation Programme Curriculum and is continually being evaluated in order to improve the standard of education provided.

There are a range of Programmes on offer:

- Traditional 3 x 4 month rotations per year
- Specialised Programmes
- LIFT Programmes

University Hospital of Wales (UHW)

The University Hospital of Wales is a large teaching hospital situated within the city of Cardiff. Working here as a foundation trainee will enable you to learn from some of the foremost clinicians in their fields within a culture of innovation, education and research. The hospital provides secondary care to the population of North and East Cardiff and tertiary level care in nephrology, neurosciences, haematology, paediatrics and neonatology, cardiothoracics and critical care. Most of the posts are busy and provide good experience in developing clinical assessment and decision making skills within a supportive team environment.



The Medical Education Centre at UHW is based in the purpose built Cochrane Building that is also home to Cardiff University Health Library and Medical School. The Centre has excellent educational facilities and an active postgraduate education programme.



Departmental meetings are highly valued by trainees both as opportunities to learn and to gain experience in presenting their own work.

The strong links with Cardiff University mean that there are good opportunities for research and further academic development if wished. There are a number of academic foundation posts which are specifically aimed at encouraging teaching and research activity during the programme.

University Hospital Llandough (UHL)

Located at Penarth in the Vale of Glamorgan, the University Hospital Llandough provides medical secondary care services to West Cardiff and the Vale of Glamorgan. It is also home to the Cardiff and Vale Orthopaedic Centre (CAVOC), which provides elective orthopaedic services and tertiary respiratory services including cystic fibrosis service. The hospital is supported by excellent lung physiology, state of the art thoracic radiology and pathology services. A new endoscopy unit has recently opened which provides state of the art facilities for gastroenterology endoscopic procedures and interventional respiratory medicine including advanced bronchoscopy techniques and thoracoscopy.

The Medical Education Centre at UHL houses excellent library and educational facilities with an active postgraduate education programme and newly developed “simulation” suite.



Marie Curie Hospice

Marie Curie Hospice Cardiff and the Vale is situated in Penarth, Vale of Glamorgan, approximately 2 miles from University Hospital Llandough. It is set on a cliff top with spectacular views over the Bristol Channel, this purpose-built hospice provides 28 inpatient beds based over 2 wards serving the population of Cardiff and the Vale of Glamorgan. It also houses a day therapy unit and the Marie Curie community palliative care team who provide advice and support for patients living with a terminal illness in the Vale of Glamorgan area.