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Health Education and
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Cwm Taf Morgannwg UHB

Foundation Programme



Welcome to Cwm Taf Morgannwg University Health Board

Prince Charles Hospital is based in Merthyr Tydfil. To the north lies the beautiful Brecon Beacons National Park, whilst to the south-west is the Gower Peninsula with its outstanding coastline.

The capital city of Wales, Cardiff, is only 25 miles away along the dual carriageway (A470) South to North Wales trunk road.

The Royal Glamorgan Hospital is located in a semi-rural area, just three miles from the M4 and only 13 miles from the city of Cardiff. The hospital is within easy access to Bristol, Bridgend, Swansea and the whole of South Wales.

The hospital is cushioned by areas of outstanding beauty; the Glamorgan Heritage Coast, the Gower Peninsula, Rhondda Heritage Park and the Brecon Beacons National Park are all within a short driving distance.

The Princess of Wales Hospital is based in Bridgend Town that is located only 1.5 miles from the M4 and 20 miles west of the Capital city Cardiff.

Both the stunning countryside and a beautiful coastline surround the hospital. Only a short distance away you have the beaches of Southerndown, Ogmore by Sea, Llantwit Major and Porthcawl, while further afield you will find the award winning beaches of the Gower Peninsula.

Working at Cwm Taf Morgannwg University Health Board

Profile

Cwm Taf Health Board was awarded University Health Board status in July 2013, officially becoming Cwm Taf University Health Board in December 2013.

On 1 April 2019 Cwm Taf University Health Board changed its name to Cwm Taf Morgannwg University Health Board (UHB) as it took responsibility for providing healthcare services for the people in the Bridgend County Borough area.

Cwm Taf Morgannwg UHB now provides primary, community, hospital and mental health services to the 450,000 people living in three County Boroughs – Bridgend, Merthyr Tydfil and Rhondda Cynon Taf.

With almost 12,000 staff our workforce is the life-blood not only of the University Health Board, but also many of the communities that we serve. We take our role as one of the largest employers in the area very seriously which is evident in our wide-ranging partnership working, dedication to our corporate social responsibilities and the importance we place on building relationships with our staff and community.

Ideally situated between Wales' capital city, Cardiff to the South, the coastal town, Porthcawl to the West and the stunning scenery in the Brecon Beacons National Park to the North, we operate within a vibrant community, rich with history and heritage.

The area is steeped in history, widely recognised across the UK and around the world as the driving force of the industrial revolution and the coal industry.

We believe in innovation to make improvements to clinical care. We are especially proud of our Academic Centre in Merthyr Tydfil which is helping to train future doctors in community medicine.

If you come to work in Cwm Taf Morgannwg you will be guaranteed a warm Welsh welcome; opportunities for professional development and a clinical environment that innovates to improve.

Prince Charles Hospital

Prince Charles Hospital
Gurnos Road
Merthyr Tydfil
CF47 9DT
01685 721721

Prince Charles Hospital in Merthyr Tydfil has around 410 beds, and provides acute emergency and elective medical and surgical services, Intensive Care and Coronary Care; consultant-led obstetrics services with Special Care Baby Unit, inpatient consultant-led paediatric medicine and has a busy Emergency Care Centre. There are seven operating theatres.

The hospital also provides sub-regional oral and maxillo facial services, a full range of locally provided and visiting specialist outpatient services and has an extensive range of diagnostic services and facilities including 64 slice CT and MRI. State of the art facilities are provided within the Radiology Department and the hospital is film-less with digital images and reports available to clinicians across the site.

The Emergency Care Centre at Prince Charles Hospital has resulted in a fundamental redesign of 'front of house' emergency services by integrating the accident and emergency, out of hours and medical assessment unit (MAU) services into a modern, fit for purpose centre.



The Royal Glamorgan Hospital

Royal Glamorgan Hospital
Ynysmaerdy
Llantrisant
Pontyclun
CF72 8XR
01443 443443

The Royal Glamorgan Hospital, near Llantrisant has around 545 beds and provides a comprehensive range of in-patient, day case and outpatient facilities together with Accident and Emergency and Diagnostic facilities. The Acute Mental Health Unit is also based on the Royal Glamorgan site. There are a range of Critical Care services including Intensive Care Unit, High Dependency Unit, Special Care Baby Unit and Neonatal Intensive Care Unit. There are also nine Operating Theatres. State of the art facilities are provided within the Radiology Department and the hospital is film-less with digital images and reports available to clinicians across the site. The Pathology service is also modern and well staffed using specialist equipment. Modern innovations have been introduced to enable authorised results to be viewed on computer screens in all wards and clinics

The Princess of Wales Hospital

Princess of Wales Hospital
Coity Road
Bridgend
CF31 1RQ
01656 752752

The Princess of Wales Hospital in Bridgend is a district general hospital, which opened in 1985.

The hospital provides a comprehensive range of acute surgery and medicine for patients of all ages, including inpatient, outpatient and day services. The above services are offered within the facilities, which include Emergency Department (A&E), emergency and planned surgery, emergency medicine, gynaecology, obstetrics and neonatal unit, paediatric services, acute mental health care, main operating theatres and a purpose-built Day Surgery Unit. The hospital also has an Intensive Care/High Dependency Unit, coronary care beds, a short stay unit, and full range of diagnostic and support services, a palliative care centre and a discharge lounge.

Medical Education & Training Centre

We would like to take this opportunity to welcome you to Cwm Taf University Health Board (CTUHB), and in particular the Medical Education Team.

During your stay with us you will receive an induction programme, which is ever evolving and designed around your needs and will equip you with all the information you need to get started in your new environment.

The Medical Education Department has an open door policy and will ensure that you have all the points of contact that you need, assist you with any enquires you have and help you settle into your post.

We, as the Medical Education Department offer students, training and non-training grade doctors the following:

- **Structured training and development tailored to your needs**

All teaching is within the remits of the C21 curriculum and Specialty School / GMC requirements and monitored closely by Wales Deanery (HEIW), to ensure you receive high quality teaching during your time at CTUHB.

- **Quality Improvement opportunities**

Opportunities are available to undertake Quality Improvement projects as part of the multi-disciplinary team, with annual showcase events.

- **A modern, spacious and comfortable learning environment**

Every effort is made to ensure your environment is conducive to maximise all learning opportunities.

- **Enthusiastic and supportive teaching and supervision**

Accredited learning opportunities are available to all trainers, to support their ongoing commitment to their continuing professional development.

The Medical Education Department work in collaboration with the Faculty, who's mission statement is:

“To deliver the best patient care and treatment; engage in high quality teaching with innovative research and developments, for today's professionals to be future clinical leaders in Wales.”

The Faculty members are supported by Honorary Senior and Honorary Lecturers, College Tutors, Educational and Named Clinical Supervisors.

You will find friendly and approachable Postgraduate Teams in Prince Charles Hospital, The Royal Glamorgan Hospital and Princess of Wales Hospital. We provide support for you throughout your time with us, ranging from information about your assessment and

appraisal requirements to helping you deal with any difficulties you might be facing. We provide a regular teaching programme for Foundation doctors and we provide you with lots of opportunities to give us feedback on all aspects of your training and working life.

Medical Education Centre - Contacts

Post Graduate Lead for CTM UHB

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Medical Education Centre (PCH)

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Senior Medical Education Administrator

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Dr Esyld Watson

Foundation Programme Director (PCH)

Consultant – Emergency Medicine

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Medical Education Centre (RGH)

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Dr David Samuel

Foundation Programme Director (RGH)

Consultant Hepatologist

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MPEC – (POW)

(Multi-Professional Education Centre)

Claire Laidler

Senior Medical Education

Administrator

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Tel Ext. 52082

Dr Gwilym McMillan

Foundation Programme Director (POW)

Consultant in COTE

Gwilym.McMillan@wales.nhs.uk

Counselling and Support:

The Occupational Health Department offers an independent Advisory service, which is available for the benefit of all University Health Board employees. A broad range of services are available to all staff including Well Man and Well Woman packages, internal and external counselling services, immunisations and vaccinations, health promotion and staff physiotherapy services. The Occupational Health Department can also help with expediting hospital appointments.

Library / IT Facilities:

Friendly and helpful library staff will help you access the information you need to support your training and practice development. . As well as providing access to a range of books, journals and e-resources we also provide the following:

- Study Areas
- PC Access
- Laptop Loans (use in Library)
- Printers (charges may apply)
- Scanners
- An inter – library supply service (for books/ journals not available within Cwm Taf Libraries)
- Literature Searches

Once registered up to 10 books can be borrowed. Loans are normally either for 4 or 2 weeks. Loaned books can be renewed up to 3 times, either online, by phone/ e-mail or in person.

Please contact Library staff if you would like to book a Library Induction or for more information about our services and facilities.

Prince Charles Hospital:

Library.princecharles@wales.nhs.uk
01685 721721 Ext 8251

Royal Glamorgan Hospital:

Library.royalglamorgan@wales.nhs.uk
01443 443443 Ext 4470

Princess of Wales Hospital:

LibraryBridgend@wales.nhs.uk
01656 753610

Doctor's Mess:

The Doctors Mess in Prince Charles Hospital consists of a widescreen TV with full Sky package including Movies, Sports etc. There are two computers with internet access, a microwave and fridge and a supply of hot drinks. The juniors at Prince Charles Hospital arrange nights out in Cardiff where everyone is given the opportunity to attend and socialise. An "End of Year" party is also arranged each year. The Dr's Mess arrange many social activities.

The Doctors Mess in the Royal Glamorgan Hospital is near the main stairs on the upper floor. It is a very large doctor's mess with plenty of seating, a snooker table, fridge, microwave and a large colour television with Freeview. A selection of newspapers are provided daily ranging from the Times to the Sun. Tea, coffee and biscuits are also readily available in the doctor's mess. The social life amongst the juniors in the Royal Glam is very good with plenty of opportunity to get to know everyone and the frequent "Dr's Mess nights out aren't to be missed." Being a smallish hospital everyone knows everyone and therefore the social scene of RGH is probably one of the best in Wales. Regular nights out are arranged and the turnout is always good. We all interact together and many an hour is spent bonding in the mess! Loneliness is one thing this hospital does not offer!

The Princess of Wales Hospital Doctors mess is one of the best in South Wales. Run by the junior doctors it is consistently stocked with tea/coffee facilities and plenty of food for when you get peckish. The mess makes a massive difference to the quality of life for junior doctors as it is the perfect place to socialise at lunch especially to share your experiences at work good and bad which can be hugely therapeutic. We have a large TV screen and comfortable sofas, which is perfect for night shifts. The committee at POW throw frequent subsidised socials including the notorious end of year Mess Ball that gives plenty of opportunity to get to know your peers.



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Local Attractions

Brecon Mountain Railway:

Take a leisurely steam ride along some of the most beautiful scenery which Merthyr has to offer, and enjoy a coffee or a meal in our tearoom. Travel in one of our all-weather observation coaches behind a vintage steam locomotive through beautiful scenery into the Brecon Beacons National Park along the full length of the Taf Fechan Reservoir to Dol-y-Gaer on one of the most popular railways in Wales.



Bike Park Wales:



BikePark Wales is the UK's first full scale commercial mountain bike park. There are elite downhill tracks, but the major selling point of the venue is that it is the first to offer assisted uphill riding for trail bikes and DH rigs.

There are a variety of tracks from Blue and Black runs to more family orientated trails, which were built by Back on Track under the watchful eye of trail builder extraordinaire Rowan Sorrell. The venue includes a visitor centre, cafe, bike shop and bike rental.

The Royal Mint Experience:

See the Heads, Hear the tales.

Combining the finest craftsmanship with cutting-edge techniques to make coins and medals for over 60 countries



Rhondda Heritage Park:



Make a Pit Stop - Whatever the weather! A living testament to the mining communities of the world famous Rhondda Valleys.

Follow in the footsteps of the miners who once worked at the Lewis Merthyr Colliery, right here in the heart of the Rhondda Valley – the 'Home of Coal.'

McArthur Glenn designer outlet:



The McArthur Glenn designer outlet offers a luxury outdoor shopping area offering designer and high-street fashion brands at discounted prices. It has an Odeon cinema and food court and it is located only approximately 1 mile from the hospital.



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Bridgend town centre also has its array of shops, bars and restaurants such as Poco Poco, Huna Bar, Zina Nia, Corvo Lounge and Franco's.



Local castles:

Worth a visit are the local castles of Coity, Ogmore, and Candlestone, which is nestled amongst the sand dunes of the picture postcard village of Merthyr Mawr where the Welsh rugby team often train. There are also the country parks at Bryngarw and Margam, which hold regular events.



You can also visit Kenfig National Nature Reserve, which is one of the UK's most important wildlife conservation sites. It has outstanding views across Swansea bay to the Gower.



Hospital Provided Accommodation

- All Foundation Doctors in Wales are offered free hospital accommodation for the duration of their Foundation Year 1.
- In the unlikely event that there is not available accommodation available, you will be able to claim expenses for this period instead.
- Below we have briefly outlined the accommodation that is available within this Health Board:

The Residences

The Residences are situated within the grounds of Prince Charles Hospital. The complex accommodates 96 people in shared accommodation and there are 17 flats available for married people. All the above have private bedrooms and share the kitchen, lounge, toilet and bathroom. All utility bills are included. Cleaning of communal areas is also included in the price. At PCH there are privately run crèche facilities.

Ansari Court

Ansari Court in the Royal Glamorgan Hospital offers modern, safe, energy efficient accommodation with the option of single or shared facilities in single rooms, study bedrooms, self-contained flats and three-bedroomed houses. The on-site office with fully dedicated personnel provides a base for routine enquiries and repair reporting. Qualified personnel are on call for emergencies 24 hours a day. The complex accommodates 156 people, is modern, centrally heated and double-glazed. It is situated adjacent to, but separate from the hospital. The development also provides facilities for crèche, laundry, permit controlled car park, cycle racks, site office and also landscaped gardens.

The Residences

At Princess of Wales Hospital, there is accommodation on site comprising of houses, bungalows and flats. There is a laundry and community centre within this complex. Accommodation is situated on site, which is perfect and convenient for our doctors especially after doing a night shift.

Parking

There are excellent **FREE** parking facilities available for staff and patients at Cwm Taf Morgannwg UHB.



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Foundation Testimonial

Royal Glamorgan Hospital and Prince Charles Hospital

Croeso! Welcome! My name is Dr Dai Samuel and I am currently the Foundation Programme Director for the Royal Glamorgan Hospital and surrounding Rhondda Taf Ely ILG. I am also a local doctor from Merthyr Tydfil who also works a considerable amount of time at my local hospital, Prince Charles Hospital, where my colleague Dr David Deekollu works as Foundation Programme Director for the Merthyr and Cynon ILG.

Both hospitals are part of the Cwm Taf Morgannwg University Health Board, and prior to 2019 formed the Cwm Taf University Health Board.

My first experience of studying and working at Prince Charles Hospital and the Royal Glamorgan was as a third year student where completed rotations in Medicine, Surgery and Trauma & Orthopaedics. I then went on to work at Prince Charles Hospital for both my FY1 and FY2 years. The clinical experiences I obtained, as well as the warm welcome and friends I met, made it clear to me very early on that a career in CTM was what I would want in the long term!

Since then I have worked at both the Royal Glamorgan and Prince Charles Hospital both during Core Training and Higher Training and have now returned to the Health Board as a Consultant Hepatologist. I feel that one of the best indicators of how welcoming our hospitals are, and how good the training experiences are is the large number of trainees who now work there as Consultants. Three (3) colleagues who worked with me as Registrars are now Consultant colleagues!

Both hospitals are extremely welcoming and have an excellent track record and reputation in not only recruiting and retaining doctors, but also being two of the hospitals where applications outnumber training posts almost every year without fail. We offer posts in traditional Foundation Year rotations such as Medicine and Surgery, but also have opportunities to experience Ophthalmology, ENT, Paediatrics, Vascular Surgery and Palliative Care, to name a few! In addition, this year sees the Royal Glamorgan hosting some of the first ever LIFT rotations, where Foundation Trainees are based in hospital settings, but with one day a week in Primary Care, and supervised by our primary care colleagues as Educational Supervisors. We also offer Academic Rotations which allow our trainees to complement their Clinical Training with Medical Education from an early stage in their careers, with the opportunity to complete a Postgraduate Certificate in Medical Education during the year, as well as contribute substantially to the Medical Education Faculty!

In recent years we have been fortunate to be able to add a purpose built Education and Training Centre located between the 2 hospitals at the Keir Hardie Health Park, which provides specialist clinical skills training lab facilities as well as purpose based “wards” for clinical exams and OSCE Assessments.

The Royal Glamorgan Hospital hosts one of the largest Acute Medicine Services in Wales, if not the UK with a team of vibrant Consultants who are passionate about creating diverse learning environments. Plans are also in place to develop a Diagnostic Hub at the hospital.

Prince Charles being located close to both the A470 and A465, the two main trunk roads through Wales, as well as being on the edge of a National Park means that the busy Emergency Department provides excellent exposure to Trauma and Emergency Medicine.

What makes our hospitals unique in my opinion, is the feeling of being part of a family within a family! A large proportion of our staff, both Medical and Non-Medical, live in the local area and know each other as well as patients. This provides a unique caring experience to our patients. With both hospitals located close to Cardiff commuting is easy but at the same time allows trainees to experience a different environment from that of the larger cities. Our patients often hail from areas of social deprivation which brings its own challenges but also provides excellent exposure to complex disease. The Brecon Beacons is on the doorstep of Prince Charles Hospital allowing easy access to outdoor pursuits whilst the Royal Glamorgan Hospital is less than 10 miles from the city centre.

I hope that this has provided a very small insight into the huge opportunities that Cwm Taf Morgannwg has to offer, and what continues to attract a large volume of applications to work at the Royal Glamorgan Hospital and Prince Charles Hospital. I hope to meet and work with many of you in the years to come!

Dr Dai Samuel

Foundation Programme Director RTE ILG - Royal Glamorgan Hospital



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Foundation Testimonial

Princess of Wales Hospital

Here in Princess of Wales Hospital (POWH), Bridgend, we as a Foundation Team are keen to provide an environment that supports all of the educational needs of Foundation Trainees in a professional and dynamic way.

I have been in the Foundation Programme Director role since October 2019, and have thoroughly enjoyed working with trainees through what has been a challenging year.

Princess of Wales Hospital has always been heavily involved with Undergraduate and Postgraduate Medical Training, and this is reflected in the large network of clinicians from across all specialties who support Education in the hospital.

As a District General Hospital, there is a strong community spirit and an active Doctors' Mess, which fosters a positive and friendly working environment for trainees. Many of our trainees choose to return to work with us following completion of training, which is always reassuring to us as a Postgraduate Department.

Dr Gwilym McMillan

Consultant Geriatrician

Foundation Programme Director (POWH)