

BETSI CADWALADR WESTERN DIVISION

Profile

The Western Area of Betsi Cadwaladr University Health Board is located in an area of outstanding natural beauty and serves a population of about 225,000 people as well as large numbers of holidaymakers who are attracted to the area every year.

Bangor and the surrounding area

The main hospital site of BCUHB West, Ysbyty Gwynedd, is located in Bangor and is situated in the heart of Snowdonia. This offers a great outdoor life. The National Sailing Centre at Plas Menai, offering sailing and outward bound courses, is only two miles away. Plas y Brenin (National Mountain Centre) and the Beacon Climbing Wall are also close by as is the port at Holyhead which provides easy links to Ireland. Snowdon, (the highest mountain in Wales and England) is a twenty minute car ride from Ysbyty Gwynedd and offers numerous trails, or for the less energetic, a narrow-gauge rail system that runs regularly to the summit. In the other direction are the stunning beaches of Anglesey and the Llŷn Peninsula. Horse riding, paragliding, kite-surfing, go-karting, mountain biking and quad-biking, historic houses and castles are just some of the many local activities available. New attractions include Zip Wire at nearby Bethesda – one of the longest (and scariest) in Europe and Bounce Below, an underground trampoline experience. The cities of Chester, Manchester and Liverpool are easily accessible by rail or road and Manchester and Liverpool Airports are about a 1 hour 30 minute drive. The nearby RAF Valley base provides domestic flights between Anglesey and Cardiff.



All photos provided by Foundation Doctors

The Welsh Language

Welsh is widely spoken in the area and if you wish to learn or want to improve your Welsh language skills, we will offer you every encouragement to do so.

Our Hospital and our staff

Ysbyty Gwynedd is a busy DGH with around 600 beds. It provides most medical, surgical and mental health services in addition to obstetrics, paediatrics and a busy Emergency Department. (you may like to look at the Mountain Medicine Programme, run by our ED team <http://www.mountainmedicine.co.uk/>). We employ around 5000 staff and are always looking to the future. We continually develop and modernise services in order to ensure that the people under our care have access to health services of the highest quality. First and foremost however, we are a friendly and supportive hospital, who look after our junior doctors. We have a thriving and conveniently situated Doctors Mess should you need to escape the wards and relax for a while and it is easy to meet like-minded individuals to socialise with outside of work.



The Postgraduate Centre

The Post Graduate Centre is situated in the heart of the hospital and has a fantastic, dedicated and approachable Team who are on hand to provide help whenever it is needed. The Centre has 4 fully equipped classrooms including VC facilities, a 140 seat lecture theatre and a dedicated Multimedia Developer who ensures the centre remains technologically advanced. In-house poster printing facilities are available for training grade doctors, including design support. There is an extensive weekly teaching programme including a Grand Round which attracts health professionals at all levels. Additionally there is a well-established CPD programme which incorporates speakers from outside organisations such as the Royal College of Physicians, GMC, BMA and legal experts. The Centre hosts national society meetings and the Royal College of Physicians PACES exams have been held here. We also run a full range of resuscitation courses (ALS, ILS, APLS, ATLS and ALERT). The annual 'Foundation Doctors' Sailing Competition' is not to be missed! The hotly contested 'Young Innovator of the Year' Award is an ideal opportunity to show off your new ideas and innovations.

The Library

We have an excellent library which is accessible 24 hours a day and has computer facilities. The library staff are fantastic and always willing to help.

The Undergraduate Department

Bangor is part of the North Wales Clinical School and has close links with both Cardiff and Bangor Universities. We regularly have medical students from Cardiff and Swansea Universities on clinical placements and teaching students is seen as an integral part of the life of the hospital with which you will be encouraged to become involved. We have a state of the art Clinical Skills Lab and excellent simulation teaching facilities, which are used by both undergraduate and postgraduate teams.

The Foundation Programme

We have chosen our posts carefully for the quality of clinical experience that they will provide. Our educational supervisors, many of whom have qualifications in medical education, have been selected because we know that they will support you well during your Foundation training. The Foundation Programme Director and Foundation Administrator are always available should you have any problems. Foundation teaching is held in our Postgraduate Centre and is designed to cover the Foundation curriculum but also any specific requests from our trainees. In addition, you will be encouraged to attend other sessions on offer such as ECG and radiology teaching and we run simulation training for our Foundation trainees. We will provide careers advice if needed and if we can't answer your questions, we will put you in touch with someone who can. We also run an annual Careers Fair and will encourage you to do a "taster week" in a different specialty if you think it would be helpful.

We are proud of the fact that over 70% of our F1 doctors decide to stay on for their F2 year. Come and join us in Bangor and start your career with excellent clinical experience in a friendly, supportive environment.

Testimonials from our Foundation Trainees:

- "I've really enjoyed my four months in emergency medicine. Aside from loving the work (which I do), the seniors are incredibly supportive and all the team members are friendly and helpful. Ysbyty Gwynedd is uniquely placed close to both the Snowdonia national park and Ty Croes motorsports track, giving a wide range of interesting and educational cases passing through the doors of the emergency department. There are many opportunities to learn new skills - such as regional anaesthetic blocks, wound closure techniques and management of major trauma. All in all, it has been a fantastic experience that would be of benefit whatever your intended future career."
- "My first rotation in Psychiatry at Bangor has been excellent. I have had a chance to work with hard-working and dedicated staff members who have been supportive throughout my time here. Any additional projects/audits/teaching experience is encouraged and whole-heartedly supported by Supervisors and the staff members. I would highly recommend this placement to everyone."
- "My time as an F1 and F2 in Ysbyty Gwynedd has been absolutely brilliant, for so many reasons. Firstly everyone is so friendly and welcoming. When I told people I was learning Welsh I had everyone I worked with trying to teach me immediately. The relationships I've built with my team and seniors is brilliant. They really care for your learning and go out of their way to teach you and get you involved to develop your skills.

I think this is partly because the hospital is small enough to get to know people properly. And partly because of the type of people that are attracted here; easy going, friendly, and enjoying living in a beautiful place. This is another huge reason why I have enjoyed working in North Wales. Where else could I have a 10 minute commute to work, (with no traffic)? And within 20 minutes of finishing work I can be sailing, surfing, running on beaches or mountains, climbing. Every outdoor sport is available, not only that is close by enough to do every day of the week after work and there are so many people everywhere who want to share and do the same activities.

Going into work after a dawn surf watching the sunrise, Or leaving work and being able to run along beaches in the sunset is such a relaxing way of living. The work life balance is unbeatable, I think I'm so lucky to be looking forward to going into work everyday where you have with work colleagues and you feel valued. When you feel happier it is so much easier to work the long hours and stressful situations."

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