

## Profile

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.

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. "If there's anywhere that truly signifies the changing fortunes of the capital, it's down at the southernmost point of the city (Cardiff Bay). Little more than a decade ago, it was a tatty docklands area and a far cry from times gone by when it was the world's busiest coal port. Now it has been transformed beyond all recognition. Plush hotels, bars, restaurants and apartments coexist with arts and crafts galleries, comedy clubs, children's attractions and striking architecture from different eras." Sydney Morning Herald

Shopping is outstanding; 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, Sophia Gardens hosts the Ashes Cricket Tour and 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 Health Boards 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.



## Cardiff and Vale University Health Board (C&V 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.

## **The Foundation Programme in C&V UHB**

The majority of foundation posts are either at the University Hospital of Wales (UHW) or University Hospital Llandough (UHL). On both sites 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 individually 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 received positive feedback from trainees in previous years 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.



### **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 also 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 to Cardiff and the Vale. The Department of Respiratory Medicine has its home at UHL and provides secondary care for Cardiff and the Vale and tertiary respiratory services including cystic fibrosis. The department 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.

### **Working for Cardiff & Vale University Health Board**

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 doctors 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.

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