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Bwrdd Iechyd Prifysgol
Bae Abertawe

Swansea Bay University
Health Board

Swansea is a wonderful place to be a foundation trainee as it is Wales' Waterfront City. It sits on the sandy 5 mile stretch of Swansea Bay beach and is a great base for exploring the best of South-West Wales. The City Centre is a vibrant hub with over 230 shops and a fabulous market that is home to all sorts of local delicacies. It is a major regional centre with three large hospitals that cover almost all adult medical specialties. A medical school opened in 2004 and the number of academic departments is increasing rapidly. Swansea has an excellent culture of undergraduate and postgraduate education and has always been a popular place with trainees.

The City of Swansea and surroundings is a wonderful place to live and work, offering a mixture of dramatic coastlines, open countryside, rural villages and a modern city with a current population of 241,300.

Swansea has a flourishing cultural scene, and plenty of leisure and recreational areas along with a lively city centre and shopping facilities.

The Gower Peninsula was the first area in the UK to be designated an Area of Outstanding Natural Beauty with stunning scenery and unspoilt beaches. The Gower Peninsula is a great place to fish, and there are many superb bays for canoeing, surfing, water-skiing and sailing. Walkers and ramblers are spoilt for choice, with dramatic cliff tops, coastal walks and paths through peaceful wooded valleys punctuated by waterfalls. The magnificent 'Worms Head' snaking out to sea is one of the Peninsula's finest views. It guards Gower's only west-facing beach, a four mile stretch of sand known as Rhosilli Bay.

The Brecon Beacon Mountains are easily accessible, as are many holiday resorts in the neighbouring area of Carmarthenshire.

Swansea offers a diverse programme of entertainment with theatres, concert halls and cinemas available. The Brangwyn Hall also plays host to the London Symphony Orchestra, and other classical performances. There are lots of places to visit including the Dylan Thomas Centre, Swansea Museum and the National Waterfront Museum to name but a few. One of Swansea's museums is Wales' newest and the other is Wales' oldest – Dylan Thomas described it as a "museum that belongs in a museum".

Being a regional centre, Swansea boasts a wide range of famous brand stores, as well as a selection of smaller specialist shops, including a choice of oriental suppliers. Swansea is a great place for foodies, all appetites catered for by a range of big name brands, independent eateries and boutique bistros.

You can dine at the top of Wales' tallest building with incredible 360 degree views, which include the 5 mile sweep of Swansea Bay beach. The Liberty Stadium is the home of Swansea City Football Club and the Neath Swansea Ospreys.

On the waterfront, Swansea's Maritime Quarter has a continental air in which you can enjoy a meal, a cappuccino or a cocktail, whilst watching the elegant craft in the marina. The Maritime Quarter is the home of the Maritime and Industrial Museum, as well as a diversity of shops, restaurants, pubs and nightlife.

Head for Mumbles to the west of Swansea Bay and experience the charms of this little seaside village, discovered by the Victorians. The view of Swansea Bay can be best appreciated from the 900ft Victoria pier at Mumbles Head. The Norman keep of the Oystermouth Castle overlooks the famous 'Mumbles Mile' of pubs and first class restaurants. Mumbles also boasts a 'Good Food Circle' to delight all food and drink enthusiasts.

Neath Port Talbot is a market town, with its Norman castle, Roman remains, medieval history, industrial heritage all combined with stunning countryside makes it a great destination.

Neath is famous for its rugby club, the Welsh All Blacks. Country parks, cascading waterfalls and beautiful gardens will suit you when you need some relaxation. For the more adventurous, Neath is world renowned for its world class mountain biking in Afan Forest Park. This is the place to visit if you're into biking. It's also becoming famous for its outdoor activities such as surfing at Aberavon beach and gorge walking at the Head of the Neath Valley.

The dramatic landscape takes you from the mountains to the sea, offering some breath-taking views – which means it's just perfect for walkers.

Swansea Bay University Health Board covers a population of approximately 500,000 people and has a budget of £1.3 billion. The Health Board employs approximately 16,000 members of staff, 70% of whom are involved in direct patient care.

The Health Board has three hospitals providing a range of services; these are Singleton and Morriston Hospitals in Swansea, Neath Port Talbot Hospital in Port Talbot. There are a number of smaller community hospitals and primary care resource centres providing important clinical services to our residents outside of the four main acute hospital settings.

The Health Board acts as the service provider for Wales and the South West of England in respect of Burns and Plastic Surgery. In addition, Forensic Mental Health services are provided to a wider community which extends across the whole of South

Wales, while Learning Disability services are provided from Swansea to Cardiff. A range of community based services are also delivered in patients' homes, via community hospitals, health centres and clinics.

The Health Board contracts with independent practitioners in respect of primary care services which are delivered by General Practitioners, Opticians, Pharmacists and Dentists. There are 77 General Practices across the Health Board.

The Health Board manages two practices in the Neath Port Talbot area: in the Afan Valley and Neath town. All other practices are independent, self-governing organisations. Practice list sizes vary across the area, with the lowest approximately 1,000 patients and the highest 20,000 patients. Outside normal practice hours the Health Board also has responsibility for the provision of an Out of Hours GP service.

There are more than 300 General Practitioners, around 275 dentists, 125 Community Pharmacies and 60 Optometry premises across the Health Board. General Medical Services within Her Majesty's Prison Swansea are also provided via ABM.

The Health Board is a University Health Board and has excellent links with Swansea University with whom it has a number of exciting joint projects currently underway. As a result of these excellent links, we have secured, in partnership, the Wales Graduate Entry Medical degree award. In addition, the development of the Institute of Life Science (ILS) and ILS 2 at the School of Medicine at Swansea University has created a safe and effective environment for an outstanding Clinical Research Facility.

This provides rich potential for medical and health advance and also for the strong promotion of the local knowledge economy. Further, impressive progress at the Swansea University College of Human and Health Sciences responsible for nursing, midwifery, and allied healthcare professional education across the Region has been made. This collaborative approach has led to the development of an ambitious programme for multi-disciplinary clinical skills teaching at the postgraduate level to support the development of new and innovative ways of working.

Our Values

caring for each other working **together** always **improving**



caring for each other - in every human contact in all of our communities and each of our hospitals

working **together** - as patients, families, carers, staff and communities so that we always put patients first

always **improving** - so that we are at our best for every patient and for each other



Morryston Hospital (Swansea)

Morryston Hospital is one of the largest in Wales, and has around 750 beds. It provides acute general medical / care of the elderly beds, (including medical sub-specialties) facilities; it has a well-developed trauma and orthopaedic service and a range of surgical / urological specialties. Morryston also has one of the busiest Emergency Department (A&E) in Wales. It is also home to the Welsh Centre for Burns and Plastic Surgery, and provides the bariatric (obesity surgery) service for Wales. The hospital is currently undergoing a massive £100m-plus redevelopment with brand new buildings replacing pre-war estate. Work is expected to be complete by the spring 2016.

As well as burns and plastic surgery, the range of specialist tertiary services provided at Morryston Hospital includes renal medicine, neurology, oral and maxillofacial Surgery; and the hospital offers one of two cardiac centres in Wales (pictured right). Rheumatology and palliative medicine are also provided to a wide catchment area. These services are supported by critical care facilities.

Morryston Hospital is also the site of the major Emergency Department (A&E) for Swansea and, with its accessibility to the South West Wales population, is recognised as the major trauma centre for South West Wales.

The hospital also a paediatric unit with two teams caring for children undergoing plastic surgery, maxillofacial surgery, orthopaedics, trauma and general medical paediatrics. The unit has a 4-bedded HDU caring for children with complex needs and there also an outpatients department. In August 2009, the children's wards and paediatric Assessment Unit at Singleton Hospital moved to Morryston Hospital. A full range of high quality diagnostic and therapeutic services are also provided at Morryston Hospital.



Singleton Hospital (Swansea)

Singleton Hospital is a 550 bed hospital located overlooking beautiful Swansea Bay. The hospital adjoins Singleton Park and the main campus of Swansea University where there is a nursing school and a school of medicine. Singleton Hospital hosts one of the teaching centres for Swansea University School of Medicine. It provides acute general medical services, care of the elderly, surgical, ophthalmology, and radiotherapy services. It also offers a High Dependency Unit and obstetric and gynaecological departments. A number of these departments provide sub-regional services as well as secondary care services (e.g. ophthalmology, dermatology). Singleton offers a consultant-led maternity unit and a neonatal intensive care unit for very sick babies (recognised as a sub-regional Centre). In the future, the maternity and NICU services are expected to move to Morriston Hospital.

Genetic counselling clinics are held weekly and there is a major genito-urinary medicine unit that provides a service for South West Wales as does the Department of Medical Physics and Radiotherapy. Bone marrow transplants are carried out by the Haematology service.

Singleton Hospital has a Minor Injury Unit that operates between 8am and 8pm seven days a week. It was also the first in Wales to open a GP acute unit, allowing GPs quicker and easier access to hospital consultants and services so that patients have faster access to the care they need.

The hospital provides specialist regional oncology services as well as complex cancer cases within the other specialties onsite (e.g. oral maxillofacial, colorectal, upper GI).

The South West Wales Cancer Institute and a separate Chemotherapy Day Unit are also at Singleton, along with an iconic Maggie's Centre (below).



Cefn Coed Hospital (Swansea)

Four Adult Community Mental Health Teams (including Psychiatrists), jointly provided with Swansea Social Services Department, are locality based and admit to the 48 Adult Acute Admission beds at Cefn Coed Hospital. There are also 18 Rehabilitation and 6 Challenging Behaviour beds on site to meet the needs of patients with more serious and complex problems, plus 36 Continuing Care beds to provide more long-term care.

Four Elderly Community Mental Health Teams (including Psychiatrists and Social Workers) are locality based and admit to the 22 Organic Assessment beds, 20 Function Assessment beds and 73 Continuing Care beds at Cefn Coed. Day Care and Assessment services for the Elderly Mentally Ill are also provided at Cefn Coed through the Heddfan and Dyffryn Units.

The specialty of Child & Adolescent Psychiatry is managed and delivered via the Child health Department within the Health Board. The main base for this service is the Trehafod Unit and there are also a number of outreach clinics located within Swansea. The service works in conjunction with a clinical network of other CAMHS providers.



Neath Port Talbot Hospital (Baglan)

The Neath Port Talbot Hospital has 270 beds and provides a range of inpatient, outpatient and day case services for the people of Neath and Port Talbot.

In-patient and day case surgery is provided for all but the most complex cases in general surgery/urology and orthopaedics. Day case gynaecology surgery is also provided. This utilises 56 beds, 4 operating theatres and a Day Surgery Unit where a high percentage of day case work is performed.

Neath Port Talbot Hospital provides the sub regional Neuro-Rehabilitation Centre for patients recovering from head injuries and is home to the IVF and Fertility Centre for Wales.

The hospital also provides a state of the art endoscopy department, a midwifery-led birth centre, a children's assessment unit, mental health services, elderly day care unit, and palliative care unit.

Postgraduate & Undergraduate Medical Education Centres

ABMU has Medical Education Centres on each hospital site, each Education Centre provides both postgraduate and undergraduate teaching and training and work closely together to ensure an integrated approach to medical careers.

Neath Port Talbot Hospital

The Neath Port Talbot Education Centre comprises of a 90 seat Lecture Hall complete with audio visual equipment and a Conference Room which is fully equipped with video conferencing and audio visual equipment. There is also a clinical skills room for practical teaching and training.



Morryston Hospital

The Education Centre at Morryston Hospital is home to Swansea School of Medicine, Postgraduate Medical and Dental and ABMU Learning & Development. This newly built centre comprises of 13 Seminar Rooms, 2 Lecture Theatres, 2 IT Skills rooms, Dental Skills Suite, Medical Skills Simulation and Clinical Skills, as well as a common room for medical students.

Singleton Hospital

The Clinical School at Swansea is home to Swansea School of Medicine and Postgraduate Medical Education and has 5 seminar rooms, a clinical skills room and medical student's common room.



Swansea University Medical School

Since its launch in 2004, Graduate Entry Medicine at Swansea has established itself as an outstanding degree that enables graduates of any discipline to learn the scientific and clinical principles of Medicine and to consider its social, ethical and moral aspects. A large number of academic appointments, medical and non-medical have resulted in an increased number of talented teachers for Postgraduate Education. Medical students attend hospitals within Swansea and West Wales areas for their placements.

Swansea University Medical School is located within Swansea University's main campus, adjacent to Singleton Hospital. There are 3 Education Unit buildings providing excellent teaching facilities on the main hospital sites within Swansea; Morryston Hospital, Singleton Hospital and Cefn Coed Hospital. Both Singleton and Morryston Hospitals also offer a fully equipped Clinical Skills Laboratory.

Library Services

There are Libraries available at all hospital sites, all of which provide a comprehensive range of resources for study and education. An up-to-date collection of publications and periodicals, inter-library loans, video collection, and wide selection of database packages are available. NHS Wi-Fi is available free at all hospital sites.

<http://www.wales.nhs.uk/sites3/home.cfm?orgid=764>

The Foundation Programme

The Foundation Programme in ABMU has proved extremely popular where the trainees can enjoy the combination of plenty of clinical experience, good postgraduate education and an excellent social life.

Education programmes are available for FP1 and FP2 and run on a weekly basis. There is a dedicated Foundation Programme Administrator on each site who is available for any queries and questions and on hand to help you at any time during the year, as well as a Foundation Programme Director. Some Foundation Posts rotate across different hospitals giving you a wide range of teaching and training opportunities.

Taster Days are also provided across all sites where you can experience different specialities and broaden your experience to help inform decisions about your future career.



Other Training Opportunities

There are plenty of opportunities for teaching and training within ABMU and our Foundation programme has proved extremely popular with excellent feedback from previous Trainees.

Speciality based departmental Training is also available within each Department and these are available to you.

We have regular lunchtime clinical teaching, medical journal clubs, case based presentations and clinical skills sessions that are available as part of our weekly teaching sessions across all sites and the Postgraduate Teams are available to assist you at any time during your training here.

Junior Doctors Mess & Accommodation

A Junior Doctors Mess is available at all hospital sites, as well as 24 hour Library access. Each site has a vibrant Mess Community with lots of social activities as well as networking opportunities.

Accommodation is only available at Murrison, Singleton Hospital.

Transport and Parking

All hospital sites have easy transport links to all major cities in the UK via the M4 corridor as well as good public transport links.

All parking is free to SBUHB Staff on all sites.

Related Links

Swansea Bay University Health Board Website

<http://www.wales.nhs.uk/sitesplus/863/home>

Library Services

<http://www.wales.nhs.uk/sites3/home.cfm?orgid=764>