



Bronglais Hospital, Caradog Road, Aberystwyth, SY23 5HN

Direct Line: 01970 635806

The Ceredigion and Mid Wales NHS Trust serves a population of over 100,000 residents along the Mid Wales coast, as far as remote towns and villages up to 60 miles away from Aberystwyth, the main administrative town for the region.

The Trust prides itself on being small and friendly, where staff know each other by name and do their best to provide a helpful friendly service to patients and visitors.

Bronglais Hospital at Aberystwyth is the district general hospital for the area, and will be the base for any Foundation year training. Although the 170 beds at Bronglais Hospital are considered few, quality care and good teaching standards and facilities are assured. Excellent developments have been made with palliative care services and day surgery – a new Day Surgery Unit was opened in 2006, with further developments in Cardiology and A & E expected soon.

There is on site accommodation for junior doctors and some flats suitable for small families. The single accommodation is looked after by domestic assistants on a daily basis. The doctor's mess is famed for some excellent curry nights and parties. However, there are often planned nights out in bars and restaurants in the town centre for many to enjoy.

The hospital dining room has food available during core times and there is a shop in the Outpatients department which sells sandwiches, etc. The town centre has take away units open til late and shops which are open 24 hours.

There is a well stocked library at Bronglais Hospital, which is situated in the Postgraduate Centre. The open access computers are available until 11.00 pm. Our helpful Librarians will assist readers to locate suitable texts and operate an excellent inter-library loan service. Trainees who require IT training are invited to attend courses held on site and will receive support to pass their ECDL.

Excellent feedback is usually received from our trainees, who soon make Aberystwyth their home. The Postgraduate Centre staff will assist with queries and any issues that arise to ensure the training at Aberystwyth is as seamless as possible.

Regular departmental and Foundation Year teaching is scheduled from September – July after a comprehensive Induction period which includes mandatory elements such as infection control, manual handling and personal safety. Additional evening meetings and learning opportunities are held in the Postgraduate Centre, which all health professionals are encouraged to attend.

Visitors to Bronglais would be very welcome – you may arrange your visit through the Postgraduate Centre.

Living in Aberystwyth

There are some lively areas in the town which are also popular with students, then there are more relaxed areas a short distance from the hospital. Surrounding villages offer a pleasant alternative and the nearest are on regular bus routes, while Ceredigion also offers some peaceful, picturesque but remote areas.

Popular rental accommodation can be found in and around the town centre, by the marina and in new building developments on the outskirts of town.

Aberystwyth has many amenities that would be expected of a seaside resort and the spectacular scenery of the surrounding area offers a range of country pursuits. Arrangements are made for trainees at Bronglais Hospital to use the University sport and exercise facilities, although there is a well equipped leisure centre nearby.

The university town offers the vibrant multi-cultural community a very good educational and social infrastructure. The Arts Centre is the largest and busiest in Wales, with a wide-ranging programme of events and activities representing all art forms.

Aberystwyth is also home to the National Library of Wales, where visitors will find collections of every printed work in Britain and Ireland. The library boasts huge collections of works about Wales and other Celtic countries in various media, including manuscripts and archives. Readers may access the library resources free of charge or visitors could visit the library to see exhibitions in the gallery.

Aberystwyth is well served by an array of high street shops, food outlets and banks, which are complemented by recently opened out-of-town developments. There are also a few intriguing boutiques and specialist shops in the vicinity. Food shopping may be conducted at any of the town's three supermarkets as well as a Spar store which is open 24 hours and other corner shops.