



## **Glan Clwyd Hospital**

### **Health Warning**

Many people who come to work in Glan Clwyd Hospital find themselves drawn back here for posts in the future. This may affect your health in a very positive way...

### **The Hospital Itself**

There are three district general hospitals in North Wales. Glan Clwyd Hospital occupies the central position, and is set in beautiful surroundings on a green field site only 4 miles from the sea, with the rolling hills of the Vale of Clwyd to the south. The hospital serves the population of the busy coastal towns, and the rural towns inland. During the summer a vast number of people come to North Wales for their holidays, and the wards are kept busy with this seasonal influx.

Glan Clwyd Hospital is the main acute hospital for the Conwy and Denbighshire Trust and has 551 beds. In addition to the usual range of services you would expect at a modern district general hospital, recent developments have included

- The North Wales Cancer Treatment Centre
- The Renal and Diabetic Unit
- The Acute Medical Assessment Unit

- The Sub-regional Neonatal Unit
- The North Wales Clinical School.
- The Cardiac Catheter Laboratory

### **Location, location, location**

Being in the middle of North Wales carries geographical advantage. To the west, the hospital is within easy striking distance of the stunning beauty of Snowdonia, and the beaches of Anglesey. You can be at the foot of awe-inspiring mountains 40 minutes after leaving work on a summer's evening, or out on the wide Anglesey beaches within an hour. To the east, it is only 30 minutes to Chester, definitely the favourite shopping, browsing and entertainment venue for North Wales. The urban jungles of Liverpool and Manchester are one hour away. The leisure facilities in the local area include a huge variety of sports, theatre, cinema and cultural activities, and are of the high standard that is to be expected in one of Britain's major holiday destinations. There are direct trains to London and Cardiff.

### **Accommodation**

Good quality accommodation for junior doctors is provided at Glan Clwyd hospital. The recent opening of a new award-winning accommodation block for medical students has freed up more space on site.

### **Doctors' Mess**

The Mess is in the middle of the hospital and is comfortably furnished with armchairs, newspapers, cooking facilities, food, internet access and a large screen TV with terrestrial and Sky TV. It is a comfortable haven for keeping up with the progress in a Test match if the wards go quiet, catching up with the news and gossip, and picking your colleagues' brains about clinical problems. Mess life is of course what you make it – but the Trust believes that a healthy mess means a lot to junior doctors.

An active social committee, led by the mess president, takes responsibility for arranging events such as outings, junior vs. senior cricket matches and the Winter and Summer Balls.

The Mess Welfare Officer provides advice, guidance, and local wisdom. Working from an office immediately adjacent to the mess, he will help you settle into your post and make the most of it.

## **Cymraeg**

Many locals have Welsh as their first language, but are virtually all bilingual. If you speak Welsh, you will use it here – but if you don't speak Welsh, you will not be at any disadvantage in your work. And if you wish, you can even join Welsh classes here on site..

## **Other Facilities**

- The "Little Bees" crèche is situated on the Glan Clwyd site providing nursery and pre/after school care for children of staff.
- The Occupational Health Department offers a full range of services including physiotherapy assessment clinics, as well as independent confidential counselling.
- Access to the hospital gym in the evening.
- Banking facilities are provided by the National Westminster Bank 3 days a week and an ATM machine.
- The hospital is well served by public transport, with a low bus fare pass negotiated for all Trust employees.
- An excellent and reasonably priced hospital canteen.

The Trust website:

[www.wales.nhs.uk/sites3/home.cfm?orgid=115](http://www.wales.nhs.uk/sites3/home.cfm?orgid=115)

provides more detailed information.

At Glan Clwyd Hospital we aim to provide high quality training for junior staff in a supportive and friendly setting. We offer the following:

- A busy, energetic and modern hospital
- Careful and helpful induction into your post
- Heaps of clinical experience and responsibility

- Enthusiastic and supportive senior staff, and good supervision
- Excellent core curriculum training, well organised departmental training, and a variety of hospital wide educational activities such as Grand Rounds and guest lectures.
- Well protected teaching time
- Excellent internet access
- The best District General Hospital Library in the United Kingdom, with recent significant expansion for improving electronic facilities
- A superbly equipped postgraduate education centre on site, with facilities greatly enhanced by the newly opened North Wales Clinical School

Many doctors find that the first two years after qualifying are when the most important lessons of medicine are learnt. We understand this, and we plan to help you to become a caring, competent, resourceful, efficient and good doctor. It is also true that the first two years can be pretty stressful – we are aware of this also and offer a supportive environment in which to work. The fact that so many doctors who come to this Trust during their training subsequently return to take up permanent employment with us is testimony to the good working atmosphere

### **Trustspeak**

Ranked for four successive years by CHKS (an international company specialising in measuring healthcare performance) as one of the "40 Top Hospitals" in the United Kingdom, the Conwy & Denbighshire NHS Trust was established in April 1999 as part of the general reconfiguration of NHS Trusts in Wales.

With **annual revenue spend of £147.5 million**, the Trust employs 4837 staff that provide a wide range of acute, community and mental health services to a population of approximately 339,000. The Trust has 3 Acute Hospitals, 7 Community Hospitals, 5 Mental Health Units, 2 Dental Centres and many clinics.

### **What your predecessors said about us**

A view from the frontline – let the juniors speak!

These comments were collected from our current doctors:

Fantastic location, superb, very sociable and supportive

- Organised teaching sessions, good library
- Working atmosphere in this hospital is good with friendly and helpful consultants, senior colleagues and nursing staff. Good staff residence (– only disadvantage is that it is not near any airports).
- Only 30 minutes to Chester – a brilliant place to live (you don't have to live in the hospital)
- Very close to Liverpool and Manchester airports – ideal for minibreaks (*ed – some discrepancy here with above comments!*)
- Nurse practitioners provide fantastic support to the PRHOs and physician's assistant help during on-calls
- Surgery is quite sociable as staff from all 4 surgical wards interact quite frequently, which allows PRHOs to help each other a lot
- A lot of help for juniors
- Excellent mess with dedicated mess manager
- Choice of teaching every day
- Very good shift system
- Nice experience to work in Glan Clwyd
- A very friendly and very busy hospital – we get to see a great variety of patients.
- Excellent protected teaching sessions compared to bigger hospitals
- A very good place for junior doctors
- This was my first job in the UK. I was very worried, but right from the start, I felt that this place is really wonderful with a friendly environment and friendly colleagues. Lots of teaching sessions and classes for further development
- Nice hospital – good friendly consultants and staff

