Powys Mini Medical Breaks
An invitation to Cardiff University Medical Students

Want to find out more about what its like working as a doctor in:

- General Practice?
- Community Paediatrics?
- Community Psychiatry?
- Care of Older Adults?
- Palliative Care?
- Rural Practice?

If you’re thinking about working in any of these specialities, we’re offering you the opportunity to spend time in Powys finding out what medicine is really like with one of our Powys Mini Medical Breaks.

What is a Powys Mini Medical Break?

A chance for you to spend a day (or more if you have the time) with one of our GPs or Community Consultants, and their teams.

You’ll also have some time to explore the local area, find out more about the lifestyle you could have if you came to work in Powys, & stay in lovely (free!) accommodation whilst you’re here.

Included in this guide are details of individual GP Practices and Hospitals. There may be times when it won’t always be possible for you to spend a day with a particular GP Practice, hospital or service, but we will do our best to accommodate your wishes where we can. But whatever happens, you will have a great time on your Powys Mini-Medical Break!
What can I do on my mini-medical break?
You can choose to spend your mini-medical break with any of the medical specialities we offer in Powys: General Practice, Community Paediatrics, Community Psychiatry, Care of Older Adults, or Palliative Care. You can also spend time with a particular service in Powys: Child & Adolescent Health Services, Midwifery, Community Mental Health Teams, Health Visitors, School Nurses, Specialist Nurses (including Parkinson’s, Respiratory, Stroke, Continence etc).

Where could I go on my mini-medical break?
See the map of our services on page 9. You can choose to spend your mini-medical break in one location, or you can visit several localities during your stay with us.

How do I get to my mini-medical break?
The best way to travel around Powys is by car. It is possible to use public transport, but as a rural area, it can be a little limited for some areas. If you don’t have a car, you can still come to Powys for a mini-medical break—we’ll just make sure that you’re based in one of the towns with reasonable public transport. The other alternative is that you could come to Powys with a fellow Cardiff student who does have a car and doesn’t mind acting as your chauffeur! However you decide to travel, we do pay your travel expenses whilst you’re here, and include the cost of a return journey from Cardiff.

How long can I stay on my mini-medical break?
The maximum number of days you can spend with us is 5. Plus a day before and a day after your mini-medical break, so that you have time to travel to and from Powys.

Can I come back for further mini-medical breaks?
Yes! You can come back to Powys at any time during your training (as a medical student or later, as a doctor in training). For future mini-medical breaks you can try a different speciality or a different location, or if you can also go back to the same speciality or location if you’d like to build on the knowledge and skills you gained on your previous mini-medical break there.

Where will I stay on my mini-medical break?
For your mini-break we’ll arrange accommodation for you in either a local B&B or holiday cottage, within easy reach of local facilities.

Will I have wifi access on my mini-medical break?
Where possible, we also make sure that your accommodation has good wifi access.

Who will act as my local contact for my mini-medical break?
You’ll have 2 contacts: your immediate local contact for the service or team you’ll be with for your visit; plus our Medical Education Co-ordinator.

Do I need to complete an application form for my mini-medical break?
At the moment, no. All you need to do is send us the following details: dates when you’re available, the areas you’re interested in (e.g. Primary care, child health, etc) & your contact details. Send this to powys.medicaleducation@wales.nhs.uk.
When are Powys mini-medical breaks available?
Mini-breaks are available throughout the year.

How much notice do I need to give that I’d like a Powys mini-medical break?
To fit in with both your own and our teams’ diaries, please try to contact us at least 8 weeks before the date you’d like to visit us. This gives us time to get your mini-medical break organised, including booking your accommodation.

When will I know if I have been successful in my application for a mini-medical break?
You’ll be contacted by our Medical Education Co-ordinator with details of your mini-medical break via email.

Will I need to complete an evaluation form for my mini-medical break?
Yes! This is the first year that we’ve offered the mini-medical breaks, so we want to know from you what you like (or don’t) about the mini-medical breaks. You’ll be helping us to improve the experience for other Cardiff medical students, and also yourself if you decide you’d like to come back to us again later on in your training.

Will I see patients on my mini-medical break?
Yes. You’ll have time to meet our patients, and wherever possible, take part in their care.

Will I have time to explore the local area on my mini-medical break?
Yes. This is a big part of the mini-medical break experience, as we hope you’ll get a feel for the quality of both life and work on offer to you here in Powys. Depending upon how many days you’ll be with us for, we try to ensure that you get at least one day at the start or end of your mini-break when you can explore local towns and countryside, try out one of the local activities or attend one of the many events on offer or just find somewhere for a good meal and relax for a little while.

What expenses will I need to pay for my mini-medical break?
You’ll need to pay your travel expenses (to and from Powys, and around Powys whilst you’re here). But you will get your travel expenses paid after your mini-medical break.

How do I claim for expenses for my mini-medical break?
Before you leave Powys, you’ll be given an expenses claim form to complete.

How do I book my accommodation for my mini-medical break?
All of this is taken care of for you by our Medical Education Co-ordinator. As soon as your accommodation is booked, we’ll confirm this via email, and send you details of how to get there, when to arrive etc.
What do I need to bring with me on my mini-medical break?
Your accommodation is fully furnished. If you want to bring any outdoor gear, sporting equipment, computer etc, feel free. You'll find details of what activities, events etc are available in your chosen location in the pages that follow, where we've provided details about the different towns, hospitals, surgeries etc, the Powys events calendar, and the activities pages.

When should I arrive for my mini-medical break?
You can come up to Powys the day before the start of your actual mini-medical break. Your accommodation will usually be available from mid-afternoon.

Do I have to leave on the last day of my mini-medical break?
This will depend on your own timetable, but if you don't want to travel home until the day after, that's fine as we can arrange an extra night for your accommodation. Just let us know when you contact us that you'd like to travel back the day after the end of your mini-medical break.

Can you tell me more about the locations and services I could visit as part of my mini-medical break?
On the following pages of this guide, you'll find all the information you need to decide where you'd like to visit for your Powys mini-medical break.
### Travel Times Around Powys By Car

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About Powys

Powys is the largest county in Wales by landmass - approximately 2000sq. miles, covering from Ystradgynlais and Crickhowell in the south of the county to Machynlleth and Welshpool in the north of the county. Powys has the smallest population in Wales, with a population of approximately 132,000 people. Life expectancy for men is 78.6 years and for women, 82.2 years.

The county is primarily rural, with the principal towns of Ystradgynlais, Brecon, Llandrindod Wells, Newtown, Welshpool and Machynlleth. Smaller towns and villages are scattered across the county. Principle employment is in agriculture, forestry, tourism and local services such as council and NHS services. The two biggest employers in the county are Powys County Council (approx. 6000 staff) and Powys Teaching Health Board (approx. 1800 staff).

Powys is bi-lingual, with Welsh predominating as the first language in areas such as Ystradgynlais, Machynlleth, Llanidloes and Llanfair Caereinion areas, whilst English tends to predominatre in the border area of Knighton, Hay on Wye, Crickhowell and Brecon.

Transport links across Powys are predominately road links with some public transport services. The Heart of Wales rail line crosses Powys from Shrewsbury to Swansea, with links from Shrewsbury and Aberystwyth providing train services to towns such as Welshpool and Machynlleth in the north of the county. Regular bus services are provided across the county, but only a handful of services link the north of Powys with the south of Powys. Car ownership as a result is high in the county.

General Practice in Powys

Primary Care services are provided by:
17 GP surgeries and 13 branch surgeries
25 dental practices
22 ophthalmic practices
23 pharmacies

There are 97 FTE GPs providing services to approximately 136,000 patients—this includes patients living in England, but registered with a Powys Surgery (Health Statistics Wales 2011).

Hospital Care in Powys

Powys THB has 9 community hospitals: Brecon, Bronllys, Llanidloes, Llandrindod Wells, Machynlleth, Newtown, Welshpool and Ystradgynlais; and 1 integrated health and social care unit at Builth Wells.

Services provided by the THB include: Care of the Elderly; Community Paediatrics; Fatigue and Pain Management; Mental Health Services; Midwifery; Minor Injury Units; Occupational Therapy; Physiotherapy; Rehabilitation; Speech & Language Therapy; and Specialist Nursing services.

Powys THB employs approximately 1800 staff, with Medical Staff being the smallest group (18.5 FTE) with Nursing, Midwifery & Health Visiting the largest group (578 FTE).
Hospital Activity (2012/13)

Consultant-led Outpatient Clinics: Total Attendance: 35,833
Nurse-led Outpatient Clinics: Total Attendance: 4,133
In-patient cases: 2,636

Bed numbers: The THB has 228 beds, over 9 community hospitals, including a number of GP-beds. Of the total, 37 beds are psychiatric beds.

There are no A&E departments in Powys, but a number of Nurse-led Minor Injury Units (Brecon, Llandrindod Wells, and Welshpool Hospitals) and Primary Care-led Minor Injury Services (Builth Wells, Newtown, Llanidloes, Machynlleth and Rhayader). A&E Services are provided out of county at a number of neighbouring health boards and trusts: Hereford, Abergavenny, Merthyr Tydfil, Swansea, Aberystwyth, Shrewsbury, Wrexham and Carmarthen.

Patients from Powys are regularly treated out of county by neighbouring acute trusts: Hereford, Abergavenny, Newport, Merthyr Tydfil, Swansea, Cardiff, Aberystwyth, Shrewsbury, Wrexham, and Carmarthen. Some patient groups, requiring additional specialist care may also be treated as far as Birmingham, Liverpool, Gloucester, Cheltenham, Oxford, or London.

Powys also hosts Wales’ only specialist residential Fatigue and Pain Management Centre at Bronllys Hospital.

Partnership Working: is a central theme to service provision involving the THB, Primary Care, Local Authority and Third Sector.

Brecon

Accommodation: your accommodation will usually be in a local B&B

Entertainment and Sporting Activities (see also Where to Go & What to Do pages for more details):
Cinema: Coliseum, Wheat Street, Brecon LD3 7DG
Leisure Centre: Penlan, Brecon LD3 9SR
Library: Ship Street, Brecon LD3 9AE
Theatre: Theatr Brycheiniog, Canal Wharf, Brecon LD3 7EW

Local Shops: good range of local shops including local market, chemists, independent retailers, food shops and supermarkets (Co-op, Aldi and Morrisons), along with cafes, pubs and restaurants.

Local Transport:
Regular bus services to most Powys towns, plus Merthyr Tydfil, Swansea, Cardiff, Hereford, Shrewsbury etc.

Nearby towns: Crickhowell (20 mins), Abergavenny (30 mins), Talgarth (20 mins), Hay on Wye (30 mins), Hereford (1 hour), Merthyr Tydfil (30 mins).

Town website: www.brecontown.co.uk
www.breconbeacons.org
Brecon GP Surgery
Ty Henry Vaughan Surgery, Bridge Street
www.breconmedicalgrouppractice.co.uk

List size : 15573 (22.35% aged 65+)
GPs : 13 (7 Full-time, 5 Part-time)
Clinical Staff : 13 (2 Full-time, 11 Part-time)
Non-Clinical Staff : 37 (17 Full-time, 20 Part-time)

Services include :
- Branch Surgery (Sennybridge)
- Cervical Cytology
- Child Health Surveillance
- Childhood Immunisation
- Chronic Disease Management
- Contraception
- Dispensing Practice
- Maternity Services
- Minor Surgery (Curettage & Cautery)
- Vaccination and Immunisation
- Virtual Ward (with Brecon Hospital)

Specialist Interests :
- GP Appraisal & Education
- Palliative Care
- Surgery

Brecon Hospital
Cerrigochion Road, Brecon LD3 7NS

Services Include :
- Adult Mental Health Unit (Crug)
- Audiology
- Brecon Birth Centre (Midwife-led)
- Children’s Centre (including CAMHS & Community Paediatrics)
- Community Dental Service
- Community Mental Health Team (Ty Illytd)
- Day Hospital
- Endoscopy Unit
- Medical Inpatient Unit (Y Bannau) (includes GP beds)
- Minor Injuries Unit (Nurse-led)
- Occupational Therapy
- Outpatients (including visiting consultants)
- Podiatry
- Physiotherapy
- Speech & Language Therapy
- Stroke Unit
- Theatres (Day Unit)
- Virtual Ward
- X-Ray & Ultrasound
**Bronllys Hospital**
Brecon Road, Bronllys LD3 0LU

**Services Include:**
- Adult Mental Health Unit (Felindre)
- Corporate Functions: Finance; Informatics; I.T.; Library Service; Nursing Directorate; Workforce & OD
- Crisis Resolution Team
- Day Hospital
- Medical Inpatient Unit (Llewellyn Ward) (includes GP beds)
- Occupational Therapy
- Outpatients (including visiting consultants)
- Pain and Fatigue Management Centre (including residential)
- Physiotherapy
- Podiatry
- Psychology
- Public Health Wales

**Accommodation:**
If you wish to spend your Mini Medical Break with either Hay on Wye or Talgarth Surgeries, or with a service based at Bronllys such as Adult Psychiatry team or Pain & Fatigue Management Centre, you'll stay in the Orchards, in one of our lovely modern bungalows.
Builth Wells

Accommodation: your accommodation will usually be in a local B&B.

Entertainment and Sporting Activities (see also Where to Go & What to Do pages for more details):
- Cinema & Theatre: Wyeside Arts Centre, 11 Castle Street, Builth Wells LD2 3BN
- Leisure Centre: College Road, Builth Wells LD2 3BU
- Library: 20 High Street, Builth Wells LD2 3BU
- Local Activities: Badminton club; Cycling club; Golf club; Walking group; Royal Welsh Showgrounds; Rugby Club

Local shops: good range of local shops including newsagents, butchers, fruit & veg, chemist, plus supermarkets & petrol stations. Additional shops & facilities are available at Llandrindod Wells (approx. 15 minutes drive) or Brecon (approx. 30 minutes drive).

Local Transport: Railway Station: Builth Road (Heart of Wales line: Shrewsbury to Swansea)

Local Transport: Taxis:
- Russell's Taxis (01982) 553210
- Woods Taxis (01982) 552709

Town website: www.builth-wells.co.uk

Builth Wells GP Surgery
Builth & Llanwrtyd Group Medical Practice
The Surgery, Glandwr Park, Builth Wells, LD2 3DZ
www.builthsurgery.co.uk

List size: 7692

GPs: 6 (3 Full-time; 3 Part-time)
Clinical Staff: 5 (5 Part-time)
Non-clinical Staff: 13 (8 Full-time; 5 Part-time)

Services include:
- Branch Surgery (Llanwrtyd Wells)
- Baby Clinics
- Cervical Cytology
- Chronic Disease Management Clinics (Nurse-led)
- GP Cover for Glan Irfon Health Centre
- Minor Illness Clinics
- Minor Surgery
- Virtual Ward

GP Specialist Interests:
- Carewell Project: using IT to support health needs
- Student teaching
Glan Irfon Health & Social Care Centre  
Love Lane, Pendre, Builth Wells LD2 3DG

Services Include:
- Antenatal Clinic
- CAMHS
- Cardiac Clinic
- Community Nursing
- Continence Clinic
- Dental Services
- Dietetics
- Falls Clinic
- Health & Wellbeing Group
- Inpatient unit (GP-managed)
- Leg Clinic
- Midwifery
- Occupational Therapy
- Parkinsons Clinic
- Physiotherapy
- Podiatry
- Reablement Services & Unit
- Social Care
- Specialist Nurses: Cardiac, Respiratory
- Stroke Clinic

Crickhowell

Accommodation: your accommodation will usually be in local B&B

Entertainment and Sporting Activities (see also Where to Go & What to Do pages for more details):
- Leisure Centre: New Road, Crickhowell NP8 1AW
- Library: Silver Street, Crickhowell NP8 1BJ
- Local activities: Crickhowell Arts Centre; Crickhowell Cricket Club; Crickhowell Rugby Club; Crickhowell Tennis Club; Glanusk Estate

Local shops: good selection of local independent shops including butchers, fruit & veg, newsagents and local department store. Additional shopping and facilities available at Brecon (approx. 20 minutes drive) or Abergavenny (approx. 10 minutes drive).

Local Transport:
- Train station: Abergavenny (10 miles);
- Taxis: Crickhowell Taxis (01873) 811764

Town Websites: www.visitcrickhowell.co.uk
Crickhowell Group Practice
War Memorial Health Centre, Beaufort St NP8 1AG
www.crickhowellhealthcentre.org.uk

List size : 9376
GPs : 7
Clinical Staff : 6
Non-Clinical Staff : 2

Services include : Baby clinic
Child Health & Immunisation
Chronic Disease Management
Contraception
Health Promotion
Minor injuries
Minor surgery
Travel clinic

Hay on Wye & Talgarth

Accommodation : your accommodation will usually be in a local B&B or in one of the lovely modern bungalows at Bronllys Hospital.

Entertainment & Sporting Activities (see also Where to Go & What to Do pages for more details) :

Cinema : Booth’s Bookshop Cinema, Hay on Wye; Talgarth Town Hall (Flicks in the Sticks)
Leisure Centre : Gwernyfed & Hay Leisure Centre, Three Cocks;
Library : Chancery Lane, Hay on Wye, HR3 5BL; New Street, Talgarth, LD3 0AH
Local activities : Bowling; Gliding (Talgarth); Cricket; Football;
Karate (Hay on Wye); Pwll-y-Wrach Nature Reserve; Rugby (Talgarth); Tennis

Local shops : good selection of local independent shops including butchers, fruit & veg, newsagents, and supermakets. Additional shopping and facilities available at Hereford (approx. 45 minutes drive) or Brecon (approx. 15 to 30 minutes drive)

Local Transport : Booktown Taxi 07881 726547;
Talgarth Taxis (01874) 713112

Town Websites : Hay on Wye : www.hay-on-wye.co.uk
Talgarth : www.visittalgarth.co.uk
Hay on Wye & Talgarth GP Surgery

Haygarth Medical Centre: One practice, two sites
Hay Medical Centre, Forest Rd, Hay on Wye
Talgarth Medical Centre, Hay Rd, Talgarth
www.haygarth.co.uk

List size : 8395

GPs : 5 (F/T) 5 (P/T)
Clinical Staff : 10
Non-Clinical Staff : 8

Services include :
Antenatal clinics
Child Health Surveillance & Immunisation
Chronic / Long-term conditions
Dispensing practice
Hypertension clinics
Travel clinics
Women’s Health

Knighton & Presteigne

Entertainment & Sporting Activities (see also Where to Go & What to Do pages for more details):

Leisure Centre : Ludlow Road, Knighton LD 7 1HP; Broadaxe, Presteigne LD8 2YT

Library : Library, West Street, Knighton LD7 1DN; Library, Market Hall, Broad Street, Presteigne LD 8 2AD

Local activities : Bowling clubs; Football clubs; Golf clubs; Hockey club; Offa’s Dyke; Running club; Spaceguard Centre

Local Shops : Good selection of local independent shops including butchers, fruit & veg, newsagents, and supermakets. Additional shopping and facilities available at Ludlow (approx. 20 minutes drive), Hereford (approx. 45 minutes drive) or Llandrindod Wells (approx. 30 minutes drive)

Local Transport : Railway Station : Station Rd, Knighton
Local Transport : Taxis : Knighton Taxis (01547) 528165
Radnor & Kington Taxis (01547) 560205

Town Websites: Knighton : www.visitknighton.co.uk
Presteigne : www.presteigne.org.uk
Knighton GP Surgery
Wywclm Street Surgery
Wywclm Street, Knighton
www.wylcwmstreetsurgery.co.uk

List size : 4270

GPs : 2 (F/T)
Clinical Staff : 4 (P/T)
Non-Clinical Staff : 9

Services include :
Antenatal
Child Health & Immunisation
Contraception
Diabetes
Minor Injuries
Women’s Health

Presteigne GP Surgery
Presteigne Health Centre
Lugg View, Presteigne
www.wales.nhs.uk/presteigne

List size : 3311

GPs : 3
Clinical Staff : 3
Non-Clinical Staff : 8

Services include :
Anti-coagulant clinic
Child Health & Immunisation
Contraception
Diabetes
Minor injuries / surgery
Smoking Cessation
Substance Misuse clinic
Knighton Hospital
Ffrydd Road, Knighton LD7 1DF

Services include:
- Birth Centre
- CAMHS and Child Health Outpatient Clinics
- Cottage View Residential Home
- Community Psychiatric Nurses
- Dietetics
- Falls Clinics
- Health Visitors
- Mental Health Clinic: Older Adults
- Occupational Therapy
- Palliative Care
- Panpwnton Ward
- Physiotherapy
- Podiatry
- Specialist Nurses: Cardiac, Stoma, Parkinsons
- Speech & Language Therapy

Llandrindod Wells

Accommodation: Your accommodation will usually be in a local B&B

Entertainment & Sporting Activities (see also Where to Go & What to Do pages for more details):
- Leisure Centre: Llandrindod Wells Sport Centre, High School Campus, Dyffryn Road, Llandrindod Wells LD 1 6AN
- Library: The Gwalia, Ithon Road, Llandrindod Wells, LD1 6AA
- Local activities: Llandrindod Wells Golf Club; National Cycle Collection; Powys Dance Centre; Victorian Festival

Local shops: Good range of shops including newsagents, chemist, food shops (including wholefood deli), plus Aldi, Co-Op and Tesco.

Local Transport:
- Train station: Station Crescent (Heart of Wales line: Shrewsbury to Swansea) Llandrindod Wells.
- Taxis: Martini’s Taxis (01597) 823690; Pro Cabs (01597) 822877

Town Websites: Llandrindod Wells: www.llandrindod.co.uk
                      www.llandrindod-wells.com
**Llandrindod Wells GP Surgery**  
Llandrindod Wells Medical Practice  
Spa Road East, Llandrindod Wells  
www.wales.nhs.uk/llandrindodwells

List size : 10,077

GPs : 8  
Clinical Staff 6  
Non-clinical staff 13

Services include :  
- Baby Clinics & Immunisation  
- CAB : Better Advice : Better Health  
- Cervical Cytology  
- Diabetes Clinics  
- HPV Clinics  
- Minor Surgery  
- Primary Care Mental Health

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**Llandrindod Wells Hospital**  
Temple Street, Llandrindod Wells, LD1 5HF

Services Available :  
- Audiology  
- CAMHS and Community Paediatrics  
- Claerwen Ward : medical and rehabilitation (GP beds)  
- Continence Clinic  
- ENT Clinic  
- Day Surgery  
- Dialysis Unit  
- Dietetics  
- Maternity Ward  
- Mental Health : Older Adult : Clywedog Ward  
- Minor Injuries Unit  
- Obstetric Clinic  
- Occupational Therapy  
- Ophthalmology Clinic  
- Orthodontic Clinic  
- Orthoptic Clinic  
- Physiotherapy  
- Rheumatology Clinic  
- Speech & Language Therapy  
- X-Ray
Llanfair Caereinion & Llanfyllin

Accommodation: Your accommodation will usually be in a local B&B.

Entertainment & Sporting Activities (see also Where to Go & What to Do pages for more details):
Leisure Centre: Caereinion Leisure Centre, Llanfair Caereinion; Llanfyllin High School
Library: Llanfair Caerinion, The Institute; Llanfyllin Youth & Community Centre
Local activities: Bowling; Football; Hockey; Tennis; Young Farmers Club; Welshpool & Llanfair Light Railway

Local shops: Good range of shops including newsagents, chemist, food shops and independent retailers. Additional facilities, including supermarkets, at Welshpool (approx. 20 minutes)

Local Transport: Train station: Welshpool (Heart of Wales Swansea to Shrewsbury line; and Aberystwyth to Shrewsbury line)

Local Transport: Taxis (Llanfair Caereinion): Rob's 07854 13148
Taxis (Llanfyllin): Wrights (01691) 648512

Town Websites: Llanfyllin: www.llanfyllin.co.uk

Llanfair Caereinion GP Surgery
Caereinion Medical Practice
Llanfair Caerenion, Welshpool SY21 0RT
www.caereinionmedicalpractice.co.uk

List size: 5524

GPs: 5
Clinical Staff: 6
Non-Clinical Staff: 8

Services include:
- Anti-coagulation Clinics
- Baby Clinic
- Cervical Cytology
- Child Health Surveillance
- Chiropody Clinic
- Contraceptive Services
- Counsellor
- Dispensing Practice
- Minor Injuries
- Minor Surgery
**Llanfyllin GP Surgery**
Llanfyllin Group Practice
High Street, Llanfyllin SY22 5DG
Www.lanfyllin-gp.co.uk

- **List size:** 10716
- **GPs:** 8
- **Clinical Staff:** 8
- **Non-Clinical Staff:** 13

**Services include:**
- Ante Natal Clinics
- Baby Clinics
- Cervical Cytology
- Contraceptive Services
- Counselling
- Disease Management
- Dispensing Practice
- Immunisations
- Medicines Management
- Minor Injuries & Minor Surgery
- Travel Clinics

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**Llanidloes**

**Entertainment and Sporting Activities** (see also Where to Go & What to Do pages for more details):

**Leisure Centre:** Llangurig Rd, Llanidloes, SY18 6EX

**Library:** Mount St, Llanidloes SY18 6EY

**Local Activities:** Cricket club; Equestrian Centre; Football club; Golf club; Offroading; Rugby club; Tennis club;

**Local shops:** Good range of shops including newsagents, chemist, food shops and supermarket, with additional facilities available at Newtown (approx. 20 minutes drive)

**Local Transport**:

- **Bus:** Regular bus services to Aberystwyth, Newtown, Welshpool, Shrewsbury etc
- **Taxis:** Paul Bennett Hire (01686) 412047
- **Train:** Caersws (approx. 6 miles) (Cambrian Line)

**Local Website:** www.llanidloes.com
Llanidloes GP Surgery
Arwystli Surgery
Mount Street, Llanidloes
http://arwystligpsurgery.net

List size : 8557

GPs : 6
Clinical Staff : 6
Non-Clinical Staff : 17

Services include :
- Cervical Screening
- Child Health & Immunisation
- Contraception
- Diabetes
- Dispensing
- Hypertension
- Maternity Medical Service
- Medicines Management
- Minor Surgery
- Retinopathy clinic
- Travel clinic
- Well Man clinic

Llanidloes Hospital
Eastgate Street, Llanidloes SY18 6HF

Services available :
- Birth Centre
- Community Mental Health Team
- Day Hospital
- Dietetics
- Graham Davies Ward : medical & rehabilitation (including GP beds)
- Medical Oncology Clinic
- Occupational Therapy
- Ophthalmology Clinic
- Orthopaedic Clinic
- Paediatric Clinic
- Physiotherapy
- Specialist Nurses : Continence, Parkinson's, Respiratory, Tissue Viability
- Speech & Language Therapy
**Machynlleth**

**Accommodation**: Your accommodation is usually in a local B&B

**Entertainment and Sporting Activities** (see also Where to Go & What to Do pages for more details):
- **Leisure Centre**: Bro ddyfi Leisure Centre, Plas Machynlleth
- **Library**: Heol Maengywn, Machynlleth
- **Local Activities**: Football club; Golf club; Rugby club; Tennis club;

**Local shops**: Good range of shops including newsagents, chemist, food shops and supermarket, with additional facilities available at Aberystwyth (approx. 30 minutes drive).

**Local Transport**:
- **Bus**: Regular bus services to Aberystwyth, Newtown, Welshpool, Shrewsbury etc
- **Taxis**: Mach Taxis (01654) 702048
  - Peter’s Taxis 07969997039
- **Train**: Machynlleth (Cambrian line)

**Local Website**: www.machynlleth.net
Machynlleth GP Surgery
Glantwymn Health Centre
Canolfan Iechyd, Cemmaes Road
www.glantwymnhealthcare.co.uk

List size: 2678

GPs: 1 (Full-time) 1 (Part-time)
Clinical Staff: 3
Non-clinical Staff: 11

Services include:
- Child Health & Immunisation
- Chronic Disease Management
- Diabetes clinic
- Minor Injuries
- Travel clinic
- Warfarin clinic

Machynlleth GP Surgery
Machynlleth, Corris & District Medical Practice
Forge Road, Machynlleth
https://machynlleth.gpsurgery.net

List size: 4126

GPs: 3
Clinical Staff: 3
Non-clinical Staff: 5 (Full-time) 5 (Part-time)

Services include:
- Asthma clinic
- Cervical screening
- Child Health & Immunisation
- Diabetes clinic
- Family Planning
- Maternity Medical Services
- Minor Injuries
- Travel clinic
- Warfarin clinic
- Well Person clinic
Machynlleth Hospital
Heol Maengwyn, Machynlleth SY20 8AD

Services available include:
- Dietetics
- Mental Health Team
- Occupational Therapy
- Physiotherapy
- Specialist Nurses: Continence, Parkinson’s, Respiratory, Tissue Viability
- Speech & Language Therapy
- Twyyn Ward: medical and rehabilitation

Montgomery & Newtown

Accommodation: Your accommodation is usually in a local B&B

Entertainment and Sporting Activities (see also Where to Go & What to Do pages for more details):
- Leisure Centre: Maldwyn, Plantation Lane, Newtown
- Library: Montgomery: Arthur Street; Newtown: Park Lane
- Local activities: Art Gallery; Cricket Club; Football Club; Golf Club; Museums; Rugby Club; Tennis Club

Local Shops: Good selection of local independent shops including butchers, fruit & veg, newsagents, and supermarkets. Additional shopping and facilities available in Newtown and Welshpool, with Shrewsbury approx. 45 minute drive.

Local Transport: Bus: good links to Welshpool, Shrewsbury, Aberystwyth, Llandrindod Wells, Builth Wells, Brecon & Cardiff
- Railway Station: Newtown
- Taxis: Newtown Taxis 07976956916
  Station Taxis (01686) 621818

Town Website: Montgomery: www.montgomery-wales.co.uk
Town Website: Newtown: www.newtown.org.uk
Montgomery GP Surgery
Montgomery Medical Practice
Well Lane, Montgomery
www.montgomerymedicalpractice.wales.nhs.uk

List size: 7164

GPs: 4
Clinical Staff: 7
Non-clinical Staff: 14

Services Include:
- Asthma
- Child immunisation
- COPD
- Diabetes
- Dispensing practice
- Family Planning
- Hypertension
- Lifestyle clinics
- Minor surgery
- Travel clinics
- Well Man clinics
- Well Woman clinics

Newtown GP Surgery
Newtown Medical Practice
Park Street, Newtown
www.wales.nhs.uk/newtownmedicalpractice/

List size: 14467

GPs: 7
Clinical Staff: 6
Non-clinical staff: 18

Services include:
- Asthma clinics
- Baby clinics
- Cervical Cytology
- Contraception
- COPD
- Diabetes clinics
- Heart Disease
- Minor injuries / minor surgery
- New patient clinics
- Well Man clinics
Newtown Hospital
Llanfair Road, Newtown SY16 2DW

Services available:
- Birth Centre
- Cancer Support
- Complimentary Therapies
- Day Hospital
- Dementia Clinic
- Diabetes Clinic
- Dietetics
- Hospice at Home
- Lymphedema Clinic
- Mental Health Unit for Older Adults
- Occupational Therapy
- Physiotherapy
- Speech & Language Therapy
- Stroke Rehabilitation Unit
- X-Ray

Rhayader

Accommodation: Your accommodation will usually be in a local B&B.

Entertainment & Sporting Activities (see also Where to Go & What to Do pages for more details):
- Leisure Centre: North Street, Rhayader LD6 5BU
- Library: West Street, Rhayader LD6 5AB
- Local Activities: Cycling, Elan Valley, Fishing, Gilfach Nature Reserve, Red Kite Centre, Walking

Local shops: Good range of shops including newsagents, chemist, food shops and independent retailers. Additional shopping, including supermarkets, at Llandrindod Wells (approx. 15 minutes drive).

Local Transport: Taxis: SP Cars (01597) 810666

Local Website: www.rhayader.co.uk
**Rhayader GP Surgery**

*Rhayader Surgery*

_Caeherbert Lane, Rhayader LD6 5ED_

_http://rhayadagersurgery.org.uk_

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**List size :** 10077

**GPs :** 1 (Full-time)

**Clinical Staff :** 3 (Part-time)

**Non-clinical Staff :** 5 (3 Full-time; 2 Part-time)

**Services include :**
- Antenatal clinics
- Counselling
- Diabetes clinics (Nurse-led)
- Lifestyle Advice clinics
- Minor Injuries
- Minor Surgery clinics
- Ophthalmology
- Podiatry

**Specialist Interests :**
- Ophthalmology
- PICRIS (Primary Care Research Scheme)

**Welshpool**

**Accommodation :** Your accommodation will usually be in a local B&B.

**Entertainment and Sporting Activities** (see also Where to Go & What to Do pages for more details):
- Leisure Centre : The Flash, Salop Road SY21 7DH
- Library : Brook Street, SY21 7PH
- Local Activities : Bowling; Cricket Club; Football Club; Hockey; Llanfair & Welshpool Light Railway; Powis Castle; Rugby Club; Tennis

**Local shops :** Good range of shops including newsagents, chemist, food shops and supermarkets. Additional shopping and facilities available at Shrewsbury (approx. 30 minutes); Oswestry (approx. 30 minutes) or Wrexham (approx. 45 minutes).

**Local Transport :**
- **Taxis :**
  - Amber Cabs (01938) 556611
  - Castle Cabs (01938) 555343
  - Stonebridge Taxis (01938) 555119

**Local Transport :** Train station : Welshpool (Heart of Wales line & Cambrian Line)

**Local Website :**
- www.welshpool.com
- www.welshpool.org
Welshpool GP Surgery
Welshpool Medical Centre
Salop Road, Welshpool
www.welshpoolmedicalcentre.co.uk

List size : 11091
GPs : 9 (6 Full-time; 3 Part-time)
Clinical Staff : 8 (2 Full-time; 6 Part-time)
Non-Clinical Staff : 17 (7 Full-time; 10 Part-time)

Services include : Dermatology
ENT
Ophthalmology

Specialist Interests : Carewell Project

Welshpool Hospital
Salop Road, Welshpool, SY21 7DU

Services available :
- Audiology
- Birth Centre
- Dietetics
- Medical & Rehabilitation Ward (includes GP beds)
- Mental Health Team
- Mental Health Unit (Older Adults)
- Minor Injuries Unit
- Occupational Therapy
- Paediatric Clinic
- Physiotherapy
- Renal Unit
- Specialist Nurses : Continence, Parkinson’s, Respiratory, Tissue Viability
- Speech and Language Therapy
- X-Ray
Ystradgynlais

Accommodation: Your accommodation will usually be in a local B&B

Entertainment and Sporting Activities (see also Where to Go & What to Do pages for more details):

Leisure Centre:

Library:

Local Activities: Bowling; Craig Y Nos Castle; Cricket Club; Football Club; Henrhyd Waterfalls; Hockey; National Park Visitor Centre; National Show Caves Centre; Rugby Club; Tennis Club.

Local shops: Good range of shops including newsagents, chemist, food shops and supermarkets. Additional shopping and facilities available at Swansea (approx. 30 minutes).

Local Transport: Bus: good links to Swansea and Brecon

Local Transport: Taxis: Gurnos Cabs (01639) 841840
JJ’s (01639) 841115

Local Website: www.ystradgynlais.info
Ystradgynlais GP Surgery
Meddygfa Pengorof
Gorof Road, Ystradgynlais

List size : 12102

GPs : 9 (5 Full-time; 4 Part-time)
Clinical Staff : 6 (2 Full-time; 4 Part-time)
Non-Clinical Staff : 24 (8 Full-time; 16 Part-time)

Services include : Anti-coagulation clinics
Care Homes Clinical support
Child Health Surveillance
Community Resource Team
Dispensing
Family Planning
Long-term Conditions Screening
Minor Surgery

Specialist Interests : Diabetes Research (with Swansea University)
Virtual Ward (with Ystradgynlais Hospital)

Ystradgynlais Hospital
Glanrhyd Road, Ystradgynlais, SA9 1AU

Services Available :
• Community Nursing
• Day Hospital
• Medical & Rehabilitation Ward
• Mental Health Older Adult Unit
• Midwifery
• Minor Injuries Unit
• Outpatients
• Specialist Nurses
Where to go, what to do and what to see

Astronomy
Brecon Beacons Observatory, National Park Visitor Centre (Libanus)
The Spaceguard Centre & Observatory (Knighton)

Canoeing, Caving, Fishing, Golf, Horse Riding & Trekking, Mountain Biking, Sailing
www.waterscape.com/in-your-area/powys

Cinema & Theatres
Coliseum Cinema (Brecon)
Richard Booth's Bookshop Cinema (Hay on Wye)
Theatr Hafren (Newtown)
Wyeside (Builth Wells)

Environment
Centre for Alternative Technology (Machynlleth)

Gliding
Black Mountains Gliding Club (Talgarth)

Historic Buildings
Judge's Lodgings (Presteigne)
Llananthony Prior (nr. Crickhowell)
Powis Castle (Welshpool)
Tretower Court (nr. Crickhowell)

Leisure Centres & Sports Clubs
You’ll find leisure centres at Brecon, Llandrindod Wells, Rhayader, Machynlleth, Newtown and Welshpool. There are also a dozen community sport centres, usually based in the local high school, at Builth Wells, Crickhowell, Three Cocks, Knighton, Llanfair Caereinion, Llanfyllin, Llanidloes, Presteigne, Rhayader and Ystraglynais. For more details go to www.powys.gov.uk. Most towns will also have their own cricket, rugby, bowls, tennis clubs etc.

Outdoor Pursuits Centres
Black Mountains Outdoor Centre (Three Cocks, between Brecon & Hay on Wye)
Llangorse Outdoor Activity Centre (between Brecon & Talgarth)

Walking
Brecon and Monmouth Canal (Brecon)
Brecon Beacons National Park (Libanus, near Brecon)
Craig Y Nos Castle (near Ystradgynlais)
Elan Valley Visitor Centre (Rhayader)
Fforest Fwar Geopark
Montgomery Canal
Offa's Dyke Visitor Centre (Knighton)

Wildlife
Brecknock Wildlife Trust
Gigrin Farm Kite Feeding (Rhayader)
Montgomeryshire Wildlife Trust
Radnorshire Wildlife Trust
Places to eat:

**Brecon:** Cariad Cupcake; Tipple n’ Tiffin; Castle Hotel; The Hours; Pilgrim’s Tea Rooms; Three Horseshoes (Groesford); White Swan (Llanfrynach); Clarence Inn; Castle Inn (Llangors); The Griffin (Felinfach); Talgarth Mill; Honey Cafe (Bronllys); The Old Ford Inn (Llanhamalch); Peterstone Court (Llanhamalch); National Parks Visitor Centre (Libanus)

**Builth Wells:** Llangoed Hotel (near Llsywen); Caer Beris Hotel; Seven Stars (Aberedw)

**Crickhowell:** The Bear; Nant y Fellin Cider Mill; The Dragon; Gliffaes Hotel

**Glasbury:** The River Cafe; Black Mountains Lodge

**Hay on Wye:** The Granary; The Old Black Bull; Three Tuns; Kilverts

**Llandrindod Wells:** Metropole Hotel; Bell Country Inn (Llanyre)

**Newtown:** La Terazza; Checkers (Montgomery); Lychgate Cottage (Berriew)

**Pen Y Cae (near Ystradgynlais):** Pen Y Cae Inn

**Talybont on Usk:** The Star

**Welshpool:** Revels; The Cornstore, Powis Castle Tearooms; Royal Oak

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**Events in Powys**

For details of events such as Farmers’ Markets, Craft Fairs, National Park activities etc you can also search the Show Me Mid Wales. For arts and music, there’s Broad Sheep.

**January**

Saturanalia Real Ale Ramble (Llanwrtyd Wells)
World MTB Chariot Racing Championship (Llanwrtyd Wells)

**February**

Crickhowell Walking Festival

**March**

**April**

Hay Dark Skies Festival

**May**

Fforest Fawr Geopark Festival (National Parks Centre, nr. Brecon)
Hay on Wye International Festival of Literature
International Antique and Collectors Fair (Builth Wells)
Machynlleth Comedy Festival
Royal Welsh Spring Show (Builth Wells)
Tour de Presteigne (Electric Bike Rally)
Welsh Open Stoneskimming Championship (Llanwrytd Wells)
Welshpool Music Festival
June
Man Versus Horse Race (Llanwrytd Wells)
Gregynog Music Festival (nr. Newtown)
Llanfair Caereinion Carnival
Severn Valley National Rally (Builth Wells)
Welshpool Air Show

July
Bog Snorkelling Triathlon (Llanwrytd Wells)
Llanfyllin Music Festival
Royal Welsh Agricultural Summer Show (Builth Wells)
Welshpool Country & Western Music Festival
World Bog Snorkelling Championship (Llanwrytd Wells)
World Mountain Bike Bog Snorkelling Championship (Llanwrytd Wells)

August
Brecon County Show
Brecon Jazz Festival
Green Man Festival (Crickhowell)
Victorian Festival (Llandrindod Wells)
Machynlleth Festival
Llanfyllin Show
Prestiegne Festival of Music and Arts
Festival of the Black Mountains (Talgarth)

September
International Antiques and Collectors Fair (Builth Wells)
Tour of Britain Cycle Race

October
Brecon Beacons Food Festival (Brecon)
Hay on Wye Walking Festival

November
Hay on Wye Winter Festival
Real Ale Ramble (Llanwyrtd Wells)
Real Ale Wobble (Llanwyrtd Wells)
Wales Rally GB
Welshpool Winter Festival

December
Royal Welsh Agricultural Winter Show (Builth Wells)
For more information contact
powys.medicaleducation@wales.nhs.uk