

MAP AND CATERING FACILITIES

The Ramsay Oaks Hospital

The course will be held in the Boardroom and Seminar Room of The Ramsay Oaks Hospital, 120 Mile End Road, Colchester, Essex CO4 5XR. Please see the notes at the end of the map which give you directions to the course location when you arrive at the venue.

If no map is supplied, this is because we have been unable to find one we can legally reproduce. Whether one is supplied or not we recommend you have an alternative map. We recommended you print off a Google map which can be accessed by entering the venue postcode into Google maps (www.google.co.uk/maps). It is recommended you print off some travel directions using the postcode you are setting out from as a start point. The AA website (www.theaa.com) also has a good route planner.

(This map was sourced from www.ramsayhealth.co.uk)



By Car:

From the A12

Join the A133 Colne Bank / Cowdray Avenue and proceed in the direction of Colchester North Station. At the station roundabout, take the 3rd exit (Mile End Road) and follow until you reach Oaks Hospital on the right hand side, at the top of the hill.

From Ipswich, Clacton and Harwich

From the A12 at Junction 29 branch left, then at the roundabout take the 3rd exit and merge onto the road (signposted as London, Chelmsford).

Continue straight onto Newcomen Way, then at roundabout take the 2nd exit onto Newcomen Way and turn right onto Severalls Lane. Entering Colchester, take the 1st exit at the roundabout onto Mill Road, and then take the 2nd exit onto Mill Road. At the following roundabout, take the 2nd exit onto Mill Road, then at the mini-roundabout continue forward onto Mill Road Turn left at the traffic signals onto Nayland Road and continue forward onto Mile End Road, turning left onto Oaks Place.

Car Parking

There is a free parking facility at the hospital which can be used all day. The car park is found next to the hospital on Oak's Place, which is just off Mile End Road.

By Train

The nearest Railway Station is Colchester North Station which is approximately a 10 minute walk from the hospital (see attached map). A local taxi firm is A1 Taxis who can be contacted on 01206 544 744.

Train times and routes can be obtained from National Rail enquiries on 0845 7484950 or www.nationalrail.co.uk. See the bus details below for local services.

By Bus

The best place to find details of bus services is www.transportdirect.info (you can enter the details of where you are coming from and enter the venue postcode as the destination).

Alternatively, you can contact Traveline on 0871 200 2233 for further details.

Catering Facilities

Day Lectures

Whilst refreshments will be provided, lunch is not included.

The Ramsay Oaks Hospital does have an on site restaurant, although it is closed at weekends. There is also an on site vending machine that sells drinks, crisps and chocolate.

Alternatively there is a co-op just up the road, and as shown on the attached map there is a large Asda at the other end of the road (by the roundabout near the station). Similar to other Asda Stores, there is a wide range of cold food, beverages and other goods available within the store.

Evening Lecture

N/A

Notes for finding the course location when you have arrived at the venue

The course will be held in the seminar room and boardroom of Oaks Hospital which is straight through the main entrance hall. On entering the hospital from the main entrance, the main reception desk will be on your immediate left and the entrance to the course location just past that. In most cases, there will be someone on reception for guidance and the course sign in and material handouts etc will take place in this area. There will also be some yellow 'PHYSIOUK' signs to guide you to the course location.

Map & Directions

People caring for people



Oaks Hospital, Mile End Road,
Colchester, Essex CO4 5XR
www.oakshospital.co.uk

Tel 01206 **752121**
Fax 01206 **855125**
Enquiries: 01206 **753245**



Public Transport

The nearest train station is Colchester. This is approximately 10 minutes walk from the hospital. For information on bus routes please call Traveline on: 0871 200 2233

By Road

From A12 – Join A133 Colne Bank/ Cowdray Avenue. Proceed in the direction of Colchester North Station, at the station roundabout, take the 3rd exit (Mile End Road) and follow until you reach Oaks Hospital on the right.

For more information about Ramsay Health Care visit our website:

www.ramsayhealth.co.uk

OAKS
HOSPITAL