

MAP AND CATERING FACILITIES

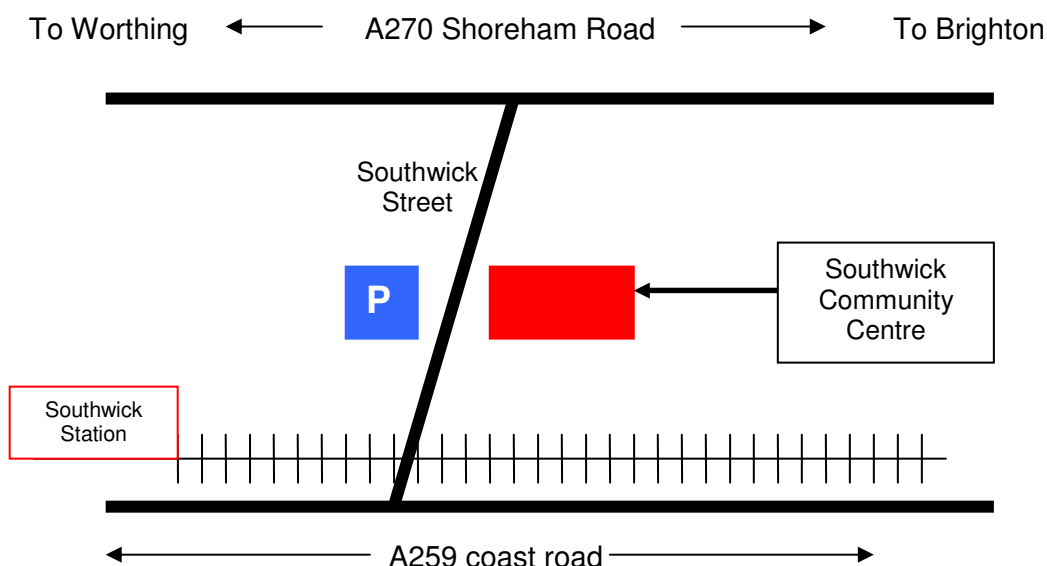


Southwick Community Centre

The course will be held in the Garden Room at Southwick Community Centre, Southwick Street, Southwick Brighton, BN42 4TE. 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.

NOTE: We highly recommend that you print off a Google map as the map shown below is not truly representative of the streets surrounding the community centre.



By Car:

From Brighton, follow the A259 west for approximately 4 miles, then turn right onto the B2167 which is named Station Road. Southwick Community Centre is on the right hand side of the road between the third and fourth right hand turns. The centre is just before the Manor Practice Doctor's Surgery on the opposite side of the road.

Car Parking

There is ample car parking on site at the community centre, and also parking in the streets nearby.

By Train

The nearest train station is Southwick station which is less than 1/4 of a mile away. A local taxi firm is Taxi Link who can be contacted on 01273 595 959.

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).

Catering Facilities

Day Lectures

Whilst refreshments will be provided, lunch is not included. Lunch can be purchased from the Co-op located on Southwick Square. There are 2 pubs; Ship Inn and The Golden Grill located on Station Road less than a few minutes walk away. Alternatively you may wish to bring your own lunch.

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

Please enter the community centre via its main entrance and follow the yellow PhysioUK signs which will lead you to the Garden Room.