



Essential Principles and Skills In Orthopaedic Surgery (EPSOS)

9th October 2021 (Saturday)

Doctors Academy Centre, Frazer Building, Cardiff Bay, Cardiff

REPORTING INFORMATION

Dear Colleague,

Thank you for choosing to attend the Essential Principles and Skills in Orthopaedic Surgery (EPSOS) Course on Saturday 9th October 2021 in Cardiff. We look forward to welcoming you.

This mail is to inform you of the directions to the venue and the format for the day.

I. GENERAL AND REPORTING INFORMATION

Date: 9th October 2021 (Saturday)

Timings:

Start of Registration: **0840 hours**

Start of Course: **0845 hours**

End of Course: **1715 hours**

Venue:

Doctors Academy Centre
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE

Where to Report:

When you arrive at Frazer Building, please enter the foyer through the main door. A member of our team will direct you to the appropriate room.

II. ADDRESS AND DIRECTIONS

Address:

Doctors Academy Centre
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE

Directions:

Driving

From the East

- Exit the M4 at Junction 29 onto the A48(M). Continue for 2.5 miles.
- Continue onto Eastern Avenue/A48 for 2.4 miles.
- Take the exit A4232 towards Cardiff (E)/Docks.
- When you reach the roundabout, take the first exit onto Southern Way/A4161/A4232. Continue for 0.4 miles.
- Take the A4161 ramp to the City Centre and continue for 0.2 miles.
- When you reach the roundabout, take the second exit onto A4161. Continue for 0.8 miles.
- Turn left onto Beresford Road and continue for 0.2 miles.
- Continue onto Moorland Road for 0.4 miles.
- Continue onto Courtenay Road for 0.1 miles.
- Continue onto Walker Road for 0.2 miles.
- Continue onto E Tyndall Street.
- Go through two roundabouts (0.8 miles).
- Continue onto Herbert Street for 0.1 miles.
- Turn left onto Bute Street and continue for approximately 0.5 miles.
- The venue will be on your right.

From the West

- Exit the M4 at Junction 33.
- Take the exit towards Cardiff West.
- When you reach the roundabout, take the third exit onto the A4232. Continue for 9.1 miles.
- Take the exit towards Techniquest/Museum and continue for 0.1 miles.
- When you reach the roundabout, take the first exit onto Stuart Street. Continue for 0.2 miles.
- Continue onto New George Street for 0.1 miles.
- Continue onto Bute Street for 0.1 miles.
- The venue will be on your left.

By Train

The closest station to the venue is **Cardiff Bay Railway Station**. It is a one-minute walk from the venue. You will need to change trains at Cardiff Central.

From Cardiff Central Train Station

- On arriving at Cardiff Central, head to Platform 6. Take the train to Cardiff Queen Street (trains run from Cardiff Central to Cardiff Queen Street every 5 minutes). The journey time is approximately 3 minutes.
- On arriving at Cardiff Queen Street, head to Platform 3. Take the train to Cardiff Bay (trains run from Cardiff Queen Street to Cardiff Bay every 12 minutes). The journey time is approximately 4 minutes.
- When you arrive at Cardiff Bay Train Station, exit to the right (sign-posted Mermaid Quay and Mount Stuart Square).
- Turn left onto Bute Street and walk towards the first set of traffic lights.
- Cross the road. You will see Frazer Building in front of you (there is a clock at the top of the building).

Alternatively, you can take a taxi from Cardiff Central Train Station to the venue. This will take approximately 7 minutes.

Visual directions to the venue can be found by following this link:

<https://doctorsacademy.org.uk/coursenw/esst/cardiff-Train.pdf>

III. BREAKS FOR REFRESHMENTS AND LUNCH

There will be a 20-minute refreshment break in the morning and afternoon, as well as a 40-minute lunch break. During the refreshment breaks, coffee, tea and biscuits/cakes will be provided. A sandwich lunch will also be provided. Vegetarian options will be available.

Special Dietary Requirements

The food provided for delegates attending this course will be sourced externally. Therefore, we are unfortunately unable to guarantee that special food requests can be catered to. During the course, a selection of vegetarian and non-vegetarian options will be available. However, the provision of specific food requests might be limited. If you wish to discuss this with a member of our team before you attend the course, please do not hesitate to contact us at courses@doctorsacademy.org.uk. Alternatively, you can call us on +44 (0) 2920 616765.

IV. DRESS CODE

The dress code for this event is professional/semi-formal. Kindly refrain from wearing shorts of any kind, hoodies and flip-flops.

What you need to bring with you:

1. A copy of the email you have received from us regarding your confirmation of place (with your name). Please note that you will not be allowed to attend the course without this information.
2. Your hospital identification badge.

We look forward to seeing you at the course. In the interim, please do not hesitate to contact us on info@doctorsacademy.org.uk if you have any queries.

Please ring +44 (0) 29 2061 6765 or +44 (0) 75 3426 0131 if you need any help on the day of the course with regards to directions to the venue.

With very best wishes,

Essential Surgical Skills Faculty
Educational Directorate
Doctors Academy
www.doctorsacademy.org