

Principles of Managing Hand Fractures and Fracture Fixation Course

11th July 2024 (1800-2100 hours) -

Online via Zoom

17th July 2024 (0830-1800 hours) -

College of Physicians and Surgeons of Cardiff

REPORTING INFORMATION

KINDLY READ THIS MAIL IN FULL SINCE IT CONTAINS IMPORTANT INFORMATION.

Dear Candidate,

Thank you for choosing to attend this course. May we take this opportunity to welcome you.

This document provides you with the relevant information for the sessions.

I. GENERAL AND REPORTING INFORMATION

Thursday 11th July 2024

Registration: **1755 hours**

Start of Session: **1800 hours**

End of Session: **2100 hours**

This session will take place via Zoom. Please find below the link to join it.

Join Zoom Meeting:

<https://us06web.zoom.us/j/89746746400?pwd=D7iqfJHplHdbZ2PlaRHsknPtH4paix.1>

Meeting ID: **897 4674 6400**

Passcode: **284316**

Wednesday 17th July 2024

Registration: **0830 hours**

Start of Course: **0845 hours**

End of Course: **1800 hours**

This session will take place at the College of Physicians and Surgeons of Cardiff, Cardiff Bay. Please find below the address and the directions.

Address:

**College of Physicians and Surgeons of Cardiff
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE**

To view the venue in Google Maps, please follow this link:

<https://www.google.co.in/maps/search/College%20of%20Physicians%20and%20Surgeons%20of%20Cardiff,%20Frazer%20Building,%20126%20Bute%20Street,%20Cardiff%20Bay,%20Cardiff,%20CF10%205LE?hl=en&source=opensearch>

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.

Parking

Car parking near the venue is limited (and quite expensive). If it is at all possible, we would suggest that you avoid driving to the venue. If you do need to bring your car, the following car parks are available:

The Red Dragon Centre. Please follow this link for further information:

<https://thereddragoncentre.co.uk/parking/>

Havannah Street (next to St David's Spa Hotel). Please follow this link for further information:

<https://www.cardiffbay.co.uk/listings/havannah-street-car-park/>

Cardiff Q-Park. Please follow this link for further information:

<https://www.q-park.co.uk/en-gb/cities/cardiff/cardiff-bay/>

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>

II. PROGRAMME

Please follow this link to view the programme:

<https://doctorsacademy.org/coursenw/fpma-fdtr-1/CP-July-2024.pdf>

III. BREAKS FOR REFRESHMENTS AND LUNCH (Wednesday 17th July)

There will be a 20-minute refreshment break in the morning and afternoon sessions, and a 40-minute lunch break. During the refreshment break, you will be provided with tea, coffee and biscuits. A sandwich lunch will also be provided. Vegetarian and non-vegetarian options will be available. Gluten-free, dairy-free and vegan options can also be sourced; please inform us by return of mail if you have any special dietary requirements so that our team can make appropriate arrangements for you.

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 (on Wednesday 17th July):

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.

Please do not hesitate to contact us at info@doctorsacademy.org.uk if you have any queries. Alternatively, you can contact us at 02920 616 765.

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.

We look forward to meeting you at the course.

With very best wishes,

Essential Surgical Skills Faculty
Educational Directorate
Doctors Academy Group
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