

## MAP AND CATERING FACILITIES

### Camborne Redruth Community Hospital



The course will be held in the Outpatient Physiotherapy Department, Camborne Redruth Community Hospital, Barncoose Terrace, Redruth, Cornwall, TR15 3ER.

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](http://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](http://www.theaa.com)) also has a good route planner.

#### **By Car:**

##### Heading South:

From the A30 heading South, take the exit towards Redruth/Porthtowan. At the roundabout, take the first exit. At the next roundabout, take the third exit onto the A3047 and continue through two roundabouts. After 1.2 miles, turn left onto Barncoose Avenue. Take the next left, and the hospital will be on the right.

##### Heading North:

From the A30 heading North, take the exit towards Redruth/Scorrier. At the roundabout take the second exit. At the next roundabout, take the third exit onto the A3047 and continue through two roundabouts. After 1.2 miles, turn left onto Barncoose Avenue. Take the next left, and the hospital will be on the right.

#### **Car Parking**

There is free parking available at the hospital. There are 3 car parks within the hospital grounds. One is in front of the Outpatient Department and there are 2 car parks in front of the main hospital.

#### **By Train**

The nearest railway station is Redruth, which is less than one mile away from the hospital. Camborne train station is approximately three miles away.

Redruth is served by all First Great Western trains on the Cornish Main Line between Penzance and Plymouth with one train per hour in each direction. Some trains run to and from London Paddington station, including the Night Riviera overnight sleeping car service.

There is a taxi rank outside the station, alternatively a local taxi firm is 2000 Taxi's who can be contacted on 01209 212000.

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

### **By Bus**

Buses call at the main entrance to the eastbound platform of Redruth Railway Station. These run approximately every twenty minutes to the hospital.

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

### **Catering Facilities**

Refreshments will be provided during course breaks, including hot and cold drinks, biscuits and fruit.

There are no shops or restaurants within the hospital. There is a Tesco Store nearby which is approximately a five minute car journey or a twenty minute walk away. Alternatively, participants can bring a packed lunch.

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

Enter the hospital via the main entrance and follow yellow PhysioUK signs towards the Outpatient Physiotherapy Department.