

Pre Arrival Information

Travelling to York

Flying to London

You will need to go into central London and take a train from Kings Cross to York (approx. 2 hours).

Flying to Manchester Airport

The train leaves from the airport and takes 2 hours to get to York.

Leeds-Bradford and Newcastle airports are also in easy reach.

Train ticket prices vary according to time of day and whether you have booked in advance.

- Tickets from London are more expensive than from Manchester, Leeds or Newcastle.
 - Booking tickets in advance online is less expensive than buying them when you arrive.
 - You can choose to collect them at the station in the UK when you arrive.
 - You will need the credit card you paid with and your booking confirmation number.
 - Go to <http://ojp.nationalrail.co.uk/service/planjourney/search>
 - 'Anytime' tickets may be better than booking a specific train, as they will be valid if your plane is delayed.
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Accommodation

These websites provide a useful range of types and prices.

www.iknow-yorkshire.co.uk/north-yorkshire/york-city-centre/all-prices/all-types/all-specialities/ www.visit-york.org/

York is a small city so anywhere described as 'walking distance city centre' will be ok.

Bootham, Clifton and Gillygate areas are all very close to King's Manor and York Medical Society.

Venue(s)

The venue on Monday - Friday is at the King's Manor. It is situated in Exhibition Square near the City Art Gallery and Theatre Royal. Buses 1, 2 and 3 go from the Railway Station to Exhibition Square. It is approximately 10 minute walk from the Railway Station.

<http://www.york.ac.uk/about/campus/landmarks/kings-manor/>

The venue for Sunday, is York Medical Society on Stonegate, a short walk from York Minster.

<http://www.yorkmedsoc.org/23-stonegate1.html>

There is no parking available at King's Manor or York Medical Society but there are 24 hour car parks at the end of Marygate and on Union Terrace. Parking in York costs about £2.00 – £3.00 per hour. <http://www.visit-york.org/information/maps-of-york.aspx>

There are also a number of Park and Ride Services.

<http://www.itravelyork.info/park-and-ride>

Registration

Monday from 8.30, for a 9.00 start. Follow signs from the King's Manor reception area.

Daily schedule: detailed version in separate attachment to follow
Monday to Thursday: 9.00-5.30 with a two hour break for lunch.
Friday: 9.00-1.15

Refreshments

Light refreshments will be available during the day. Lunch is not provided but there are many cafes and restaurants in the vicinity and the lunch break is long enough to be able to explore the city.

Books about SCT will be available for sale on Wednesday and Thursday lunchtimes. You may pay by cash or credit card.

Thursday night dinner: cost £30

There is an opportunity to socialise and eat together on Thursday night, at a restaurant in the City. There will be an opportunity to book during the workshop.

Contact details

If you need to contact me just before or during the training week, please text or call my mobile: +44 7784 832081.

Do get in touch if you want further information.

Otherwise, see you in September!

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