JOINING INSTRUCTIONS FOR THE SRR SUMMER 2016

The Welcome Centre, 47 Parkside, Coventry CV1 2HG – 5th July 2016

Care and Compassion in Rehabilitation Research

The Welcome Centre is located on the South East corner of Coventry city centre, between Junction 4 and 5 on the inner ring road, close to the Coventry University Tech Centre and within easy reach of Coventry train station. Google Map click HERE

Welcome Centre TELEPHONE 0247 622 6064
Website http://thewelcomecentre.co.uk/
DIRECTIONS

TRAIN

The Welcome Centre is a 10 minute walk from the main train station in Coventry. This is served by the West Coast Mainline (Virgin) with regular half hourly services from London which is just an hour away.

Cross Country services also stop at Coventry, linking the City to Birmingham, Bristol, Derby, Leeds, Manchester, Nottingham, Oxford and other towns and cities around the UK.

http://www.nationalrail.co.uk/
https://www.virgintrains.co.uk/
https://www.crosscountrytrains.co.uk/

There is a taxi rank at the station (ask for the Welcome Centre, Parkside). Or you could walk, we are just 10 minutes away.

WALKING DIRECTIONS click HERE

DRIVING

The Welcome Centre is situated close to the Coventry University Tech Centre (follow green/white signs for Tech Park). We recommend that you use the following post code in satellite navigation systems CV1 2HG. The directions below may vary to that indicated on your satnav.

From the North East (M42)

M42 to M6/M5/M40/M1/Coventry/Birmingham.

At junction 6, take the A45 exit, and take the 1st exit onto the A45 ramp to A452/Coventry/Leamington.

At Allesley take the slip road onto the A4114 to Coventry.

Follow signs to the City Centre heading for the inner Ring Road.

At the roundabout of the A4114 and A4053 (inner Ring Road) take the 2nd exit onto the Ringway heading south.

Exit the Ring Road at J5, take the exit 3rd exit on the roundabout – Mile Lane.

Take the 2nd exit right off Mile Lane (traffic signals) into Puma Way and continue to the next roundabout.
Take the second left on the roundabout into Parkside and the Welcome Centre is 250 metres on the right.

From the North West (M6)

Take the M6 until its connection with the M42 SOUTH at J4A. Take M42 to M6/M5/M40/M1/Coventry/Birmingham.

At junction 6, take the A45 exit, and take the 1st exit onto the A45 ramp to A452/Coventry/Leamington.

At Allesley take the slip road onto the A4114 to Coventry.

Follow signs to the City Centre heading for the inner Ring Road.

At the roundabout of the A4114 and A4053 (inner Ring Road) take the 2nd exit onto the Ringway heading south.

Exit the Ring Road at J5, take the exit 3rd exit on the roundabout – Mile Lane.

Take the 2nd exit right off Mile Lane (traffic signals) into Puma Way and continue to the next roundabout.

Take the second left on the roundabout into Parkside and the Welcome Centre is 250 metres on the right.

From the South West (M40/A46)

Take the M40 to J15 and head northbound on the A46.

At the Junction with A45/A46, continue straight on under the A45/46 (road turns to A444) to Coventry City.

Stay in the left hand lane and at the next roundabout take the left hand slip road (or use the roundabout) onto the A4114 – London Road. Be careful of merging traffic from your left if using the slip road. Then stay in the middle/right hand lanes and proceed straight on onto London Road.

Having passed under a railway bridge, approaching a set of traffic lights turn Left (marked Tech Centre on a green sign) onto Deasy Road.

At the first roundabout, take the 2nd exit (straight on) and the next roundabout the third exit (heading right) onto Parkside and the Welcome Centre is 250 metres on the right.

From the South East (M45/A45)

Where the M45 turns to the A45, stay on the A45, pass the Totota/Lexus garage, until the A46(M69)/A45 major interchange (currently major roadworks here). Keep in the left lane heading for the A45 (Stonebridge Highway).

At the next junction (The South: A46 Warwick/M40/ A4114 City Centre), take the slip road onto the roundabout and take the fourth exit onto the A444, heading City Centre.

Stay in the left hand lane and at the next roundabout take the left hand slip road (or use the roundabout) onto the A4114 – London Road. Be careful of merging traffic from your left if using the slip road. Then stay in the middle/right hand lanes and proceed straight on onto London Road.

Having passed under a railway bridge, approaching a set of traffic lights turn Left (marked Tech Centre on a green sign) onto Deasy Road.

AIRPORTS

Birmingham International

Coventry is just a short distance from Birmingham International Airport. Direct trains run every 5 minutes from Birmingham International train station (next to the airport) and take 10 minutes to reach Coventry. Alternatively we are a short 15-20 minute drive away by car or taxi.
London airports

If you are arriving at a London airport, make your way to the centre of London and head for Euston train station (north side of the city, Tube - Northern Line or Victoria Line) and take a Virgin Train to Coventry. Peak services run every 20 minutes and take just under an hour.

**Local taxi** - 02476 555555. There is a receptionist on point throughout the day who can arrange taxis.

**WiFi** the code is displayed at the Welcome Ct reception desk.

**CLOAKROOM** A designated area in the main room will be set aside for any luggage.

**ACCOMMODATION** suggested list below from Google in Coventry area (prices will vary)

- **Premier Inn Coventry City Centre Berkeley Plaza**
  - £55
- **Ramada Hotel & Suites Coventry**
  - £69
- **Bittorina Hotel Coventry**
  - £37
- **Hotel Ibis Coventry Centre**
  - £91
- **Ramada Hotel & Suites Coventry**
  - £69
- **Premier Inn Coventry City Centre Berkeley Plaza**
  - £55

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Why not join our Society for only £20 per year, see our website for further details [http://www.srr.org.uk/become-a-member](http://www.srr.org.uk/become-a-member).

All delegates are free to join us for our AGM at 12.15pm on the day of the meeting.

Registration starts at 8.45 with refreshments and the meeting will close around 4.35pm.

If you have any questions please do not hesitate to contact patricia.dziunka@srr.org.uk

Click [HERE](#) for more details on the conference programme.