



Posture &
Mobility
Group

PMG Conference 2023

Joining Instructions

Thank you for booking a place at the PMG Conference 2023. Please read the information below regarding: travelling to the venue (see 1.0); registration (see 2.0); further event and venue information (see 4.0 and 5.0 respectively), as well as a venue map (see 6.0). We hope this information will prove useful; however if you have any further queries, please contact olwen.ellis@pmguk.co.uk or +44 (0) 7715 923 760 before Friday 7th July 2023.

1.0 TRAVELLING TO THE VENUE

The International Centre is located in Telford's town centre and is easily accessible by road, rail and air. More information is provided below about the different options available; you can also visit the venue website for further details via: www.theinternationalcentretelford.com/faq/.

Venue address: The International Centre, St Quentin Gate, Telford, Shropshire, TF3 4JH.

1.1 Travelling by rail

Trains to Telford Central run approximately twice an hour from Birmingham New Street and once an hour from Birmingham International, connecting it to most parts of the country (in Birmingham look for services to Shrewsbury, Holyhead or Aberystwyth & Pwllheli). There are also regular services to/from Wolverhampton, Shrewsbury and north Wales, plus some direct services to/from London Euston. To search for train travel from your location visit: www.nationalrail.co.uk.

It is a 15-20 minute walk to the venue from Telford Central station, or a few minutes in a taxi (usually less than £5). There is no longer a taxi rank outside the station, so you need to either call Go Carz - 01952 980140, or book online via www.gocarz.co.uk

Walking from Telford Central Station

Use the footbridge when leaving the station and head over the dual carriageway, towards the town centre and The International Centre, which are both signposted. When you get to St Quentin Gate, you should see the venue ahead. Cross the road at the first pedestrian crossing and then the next one (towards the venue car park). Turn right, following the path alongside the car park and then turn left into the venue entrance, walking through the car park towards the 'E2' entrance.

On arrival inside the venue, turn left down the walkway and then right into the Hall 3 foyer where you will see the PMG registration desk.

1.2 Travelling by air

The closest airport to travel to/from Telford is Birmingham Airport, which is serviced by Birmingham International railway station. From the airport, follow signs for 'Resorts World, Trains, NEC', to access the monorail system which takes 2-minutes to reach the train station.

From Birmingham International station, there are direct trains approximately once an hour to Telford Central (look for trains to Holyhead or Aberystwyth & Pwllheli, via Shrewsbury); it is around a 50-minute journey. Alternatively, catch one of the regular services to Birmingham New Street, where there are services to Telford Central twice an hour (look for trains to Shrewsbury, Holyhead or Aberystwyth & Pwllheli). Once at Telford Central, follow the walking instructions in section 1.1, or book a taxi (usually less than £5). See 1.1 above

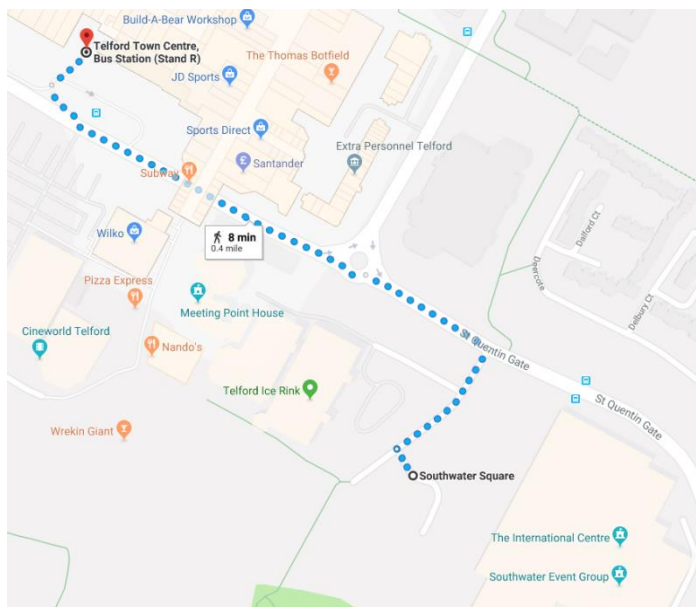
1.3 Travelling by bus/coach

Telford Bus Station is a 5-10 minutes' walk to/from The International Centre. There are direct services from London Victoria and Birmingham. For more information, or to book a coach, please visit: www.nationalexpress.com.

Suggested walking route from Telford Bus Station (highlighted on adjacent map)

Leave the bus station by turning right onto Northfield Street, cross over to the right-hand side of the road when safe and continue along Northfield Street. At the roundabout continue straight ahead onto St Quentin Gate (you should see the venue straight ahead). Cross the road at the pedestrian crossing (towards the venue car park). Turn right, following the path alongside the car park and then turn left into the venue entrance, walking through the car park towards the 'E2' entrance.

On arrival inside the venue, turn left down the walkway and then right into the Hall 3 foyer where you will see the PMG registration desk.



1.4 Travelling by road (please check the venue website for any updates on road changes)

<https://www.theinternationalcentretelford.com/faq/#findus>

Telford is on the M54, but most journeys from north, east or south of Telford will involve travelling on the M6 or M6 Toll (possibly via the M1, M5, M40 or M42) before exiting onto the M54. Those travelling from west of Telford will generally access the M54 via the A5.

Below are some of the main routes to the venue:

M6 Northbound (i.e. from south of Birmingham)

Leave the M6 at J10A to join the M54. Continue west on the M54, leaving at J4. Take the second exit at the first roundabout, onto the A464. Following signs to The International Centre, go straight ahead at the second roundabout (second exit), continuing along the A464. Take the second exit at the third roundabout, onto Queen Elizabeth Avenue. At the fourth and final roundabout, you can either take the second exit (to access the onsite hotels to the left, or loading bay to the right) or, the third exit onto St Quentin Gate (to access the venue car park). If accessing the venue car park, take the first left on St Quentin Gate and then turn left again to enter the venue car park.

M6 Southbound (i.e. from north of Birmingham)

Leave the M6 at J12 and take the third exit at the roundabout to join the A5 westbound. Continue to Gailey Island and, at the roundabout, take the first exit onto the A449 (Stafford Road). Continue to the roundabout, take the third exit towards the M54 westbound and then, at the next roundabout, take the second exit to join the M54 westbound. Leave the M54 at J4. Take the second exit at the first roundabout, onto the A464. Following signs to The International Centre, go straight ahead at the second roundabout (second exit), continuing along the A464. Take the second exit at the third roundabout, onto Queen Elizabeth Avenue. At the fourth and final roundabout, you can either take the second exit (to access the onsite hotels to the left, or loading bay to the right) or, the third exit onto St Quentin Gate (to access the venue car park). If accessing the venue car park, take the first left on St Quentin Gate and then turn left again to enter the venue car park.

M6 Toll Northbound (i.e. from south or east of Birmingham)

Leave the M6 Toll at junction T8 (A460 exit). Continue along the A460 and, at the roundabout, take the third exit to stay on the A460. At the next roundabout, take the third exit onto the M54 towards Telford.

Leave the M54 at J4. Take the second exit at the first roundabout, onto the A464. Following signs to The International Centre, go straight ahead at the second roundabout (second exit), continuing along the A464. Take the second exit at the third roundabout, onto Queen Elizabeth Avenue. At the fourth and final roundabout you can either take the second

exit (to access the onsite hotels to the left, or loading bay to the right) or, the third exit onto St Quentin Gate (to access the venue car park). If accessing the venue car park, take the first left on St Quentin Gate and then turn left again to enter the venue car park.

Please note: there may be more direct/quicker routes depending on where you are travelling from, so we would advise using a sat nav or searching online prior to travelling.

1.5 Parking

The venue has an onsite car park, with over 1,500 spaces, including accessible bays close to the entrances of the venue. The car park is free of charge for PMG attendees, and there is no height restriction.

Sat nav postcode for the venue car park: TF3 4JH

There is also some parking available for guests at the hotels (not at Premier Inn International, nor Travelodge Telford however).

Please note: the venue car park is closed between 22:00 and 07:00 (pedestrian access only between 22:00 and 00:00). If you're arriving at the venue after 22:00 and are not staying at one of the onsite hotels, or need access to your vehicle overnight, you can park opposite the venue car park, in the chargeable multi-storey. This car park has a height restriction of 1.9m.

Sat nav postcode for multi-storey park: TF3 4EJ

2.0 REGISTRATION

The PMG registration area will be located in the Hall 3 Foyer of The International Centre. This can be accessed via Entrance 2; from there, turn left down the walkway and then right into the foyer area.

NB BADGES WILL BE PRINTED OFF VIA TOUCH SCREENS AT THE REGISTRATION DESK. PLEASE HAVE WITH YOUR BOOKING REFERENCE NUMBER, WHICH CAN BE FOUND AT THE TOP OF YOUR BOOKING CONFIRMATION EMAIL FROM CIRC DATA. DO NOT SHARE YOUR REFERENCE NUMBER, AS IT IS UNIQUE TO YOU.

If you are attending the Gala Dinner your name badge will also be your ticket, so please ensure you take your badge with you to the Gala Dinner (you don't have to wear it all night, but do keep it safe)!

In the registration area you will also receive a Welcome Event ticket (if attending), and the conference bag containing the conference book, exhibition catalogue and flyers. Please note that, to save on costs, we are not providing pens this year, so please bring your own, or see what you can find on the stands in the exhibition hall. We have a limited number of small PMG notepads; we have however added extra blank pages in the conference book for you to make notes.

For those attending the conference proceedings, please note that your attendance certificate will be emailed to you after the event.

Registration is also where you should go if you have any queries or concerns whilst on site.

The registration desk is open:

Monday 10th July, 15:00 – 21:00

Tuesday 11th July, 08:00 – 20:15

Wednesday 12th July, 08:00 – 16:00

2.1 Left Luggage & Cloakroom

There will be a cloakroom/left luggage facility available for PMG attendees in the Hall 3 Foyer; it will be open 08:00 – 17:00 on Tuesday 11th and Wednesday 12th July. There will be a charge of £2 per item for using this facility, therefore it might be worth considering storing luggage at your hotel if possible.

4.0 EVENT INFORMATION

To help you plan your PMG Conference, please download the programme from the bottom of the website page www.pmguk.co.uk/conference/programme

4.1 Exhibition

The PMG exhibition will take place in Hall 3; it is open:

Tuesday 11th July, 08:00 – 17:00

Wednesday 12th July, 08:00 – 15:00

4.2 Conference Proceedings

Plenary Sessions and Free Papers will be presented in Ironbridge Suite 1 & 2, and the Breakout Sessions will be held in the Coalport Suite, Wenlock Suite, plus Ironbridge Suite; all are on the first floor. Room allocations for all sessions will be published in the final conference programme, which will be in your conference book, but are subject to change. Please follow signs to your chosen Breakout Session room, and ask venue staff if you need help.

4.3 Speed Networking

This will take place in the ground floor concourse on **Monday 10th July from 15:30 – 17:00**.

4.4 Welcome Event

This year's welcome event is in the Gallery area of Telford International Centre on **Monday 10th July**.

Bar open from 6.45pm; Indian buffet served from 7pm until 10pm (or sooner if the food finishes). **Collect your voucher at registration to exchange for one free drink and one curry meal.**

4.5 Breakfast

Breakfast on Tuesday 11th July and Wednesday 12th July will be available for all attendees from **08:00 to 08.45** within the exhibition hall.

4.6 Lunch & Refreshments

Lunch and refreshments will be served within the exhibition hall during the break times on Tuesday 11th July and Wednesday 12th July; catering points are clearly marked on the Exhibition Floor Plan, a copy of which will be available in the exhibition catalogue. Water will be available in the exhibition during all breaks.

4.7 Gala Dinner

The Gala Dinner will take place in the Ludlow Suite on the evening of Tuesday 11th July from 20:00, followed by an after-party/disco finishing at 01:00. There will be a pay bar open in the Newport Suite from 7pm.

The Gala Dinner is for ticket holders only; your name badge is your ticket, so you must bring it with you in order to gain entry!

Please note: the dress code is smart casual, and the PMG committee members kindly request that no jeans or trainers are worn.

5.0 VENUE INFORMATION

Details of facilities available at/near the venue will be included in your conference book. However, some of the most important information is provided below.

5.1 Internet Access

Free Wi-Fi is available for everyone during the event. Access details below:

Username: TICUK. No password required

5.2 Important Contact Numbers

The International Centre reception: **+ 44 (0)1952 281 500**

Registration Team: **+44 (0) 7860 926425**

5.3 Emergencies and First Aid

In the event of any serious problems, or for emergencies, please inform a member of venue staff, giving the exact location of the incident and details of any injuries sustained. They will then contact the relevant people, ensuring that emergency services (if required) are sent to the correct area.

For those attending from outside the UK, the emergency number for the fire service, ambulance or police is 999; however, when inside the venue you should go to the venue staff instead, as instructed above.

Those requiring first aid should inform a member of the venue staff who will contact the onsite first aider.

5.4 Evacuation Procedures

In the event of an emergency evacuation, please follow the instructions of the venue staff. They will direct you to the assembly point and assist anyone with accessibility requirements who may need extra support.

5.5 Smoking & E-cigs

The International Centre is a non-smoking venue, and this includes the use of e-cigarettes. Those wishing to smoke should do so in the designated area, which is located by Entrance 2 (E2).

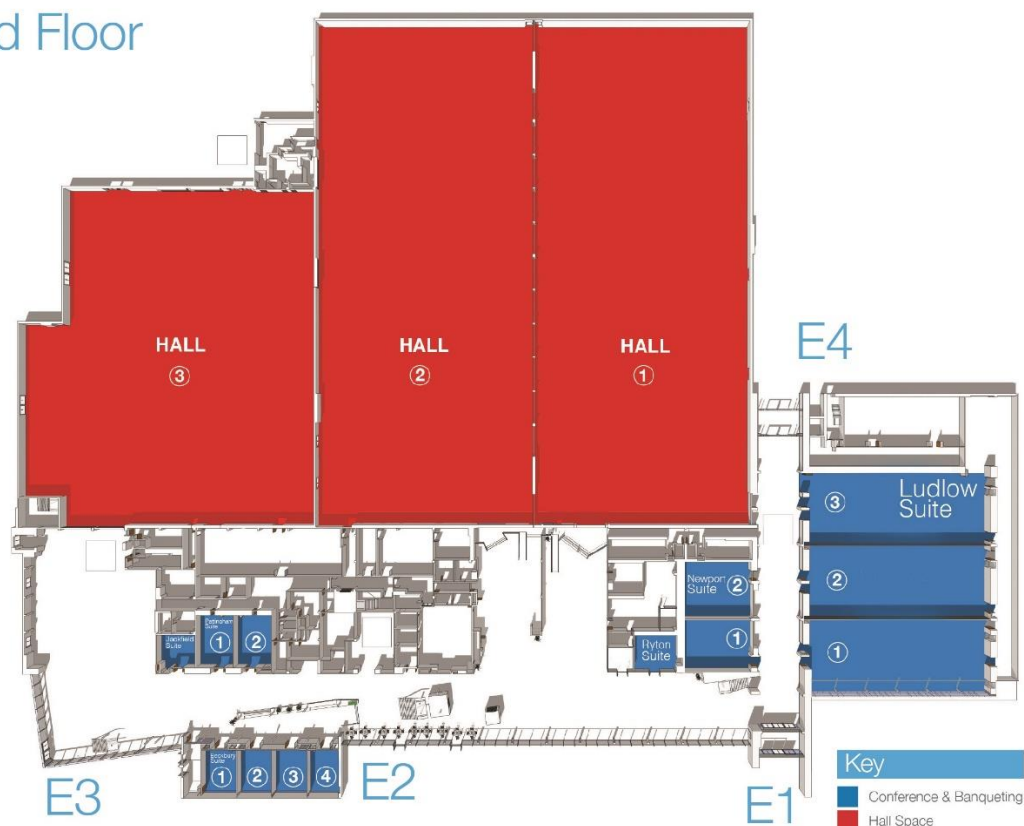
5.6 Cashpoint

TIC is now a cash-free venue, meaning there is no cashpoint in the building. If you need cash, all major banks can be found in nearby Telford Shopping Centre.

6.0 VENUE MAP

There will be a map of the venue on the final page of the conference book you receive at registration, see also below. The PMG registration desk will be in the Hall 3 Foyer, between Hall 3 and E3; **the entrance labelled E2 should be used to access the event.**

Ground Floor



First Floor

