

IVSA Conference 2009, Carlisle (22nd – 24th July)

USEFUL INFORMATION

What's the weather like in Carlisle?

To find out what the weather will be doing in Cumbria while you are at the conference go to <http://news.bbc.co.uk/weather/> and type in 'Carlisle' to get a five day forecast.

Early arrivals

For those of you who are arriving in Carlisle prior to Wednesday 22nd July the Calva Bar at Fusehill Street campus will be open on the evening of Tuesday 21st of July 18.00 to 23.00 to host an informal get together for delegates. Everyone is welcome (see attached map for directions to Fusehill Street campus)

Emergency contact details

If you are in city prior to the conference and have any urgent issues or enquiries, please contact Olivia Toppin, Conference Administrator on 07825633398.

Transport

Please note that visitors travelling to Fusehill Street campus by car are usually directed to the campus of the A69, along Warwick Road and along Greystone Road following the yellow 'University' signs.

However there are currently a number of road closures in this area due to ongoing sewer maintenance work and Greystone Road is currently closed both ways, likewise Victoria Place is closed westbound due to sewer works between Warwick Road and St Aidan's Road, in Carlisle

Therefore those delegates travelling by car are advised to follow the alternative directions below:

- From the east on the A69 – head along Warwick Road into Carlisle and after the third set of traffic lights and Brunton Park football ground and take the 5th left into Broad Street, head up this street until the top and then turn left, you will be on Fusehill Street.
- From the south on the M6 – leave the M6 at junction 35 and head into Carlisle on London Road. After the third set of traffic lights with B&Q on your left follow the road downhill and take as left into Brook Street. Carry on up Brook Street and take the 3rd left onto Fusehill Street.

Rail

Carlisle is served by a number of key rail routes that are part of the national rail network:

- The West Coast main line offers frequent services to/from major conurbations such as Liverpool, Manchester, Birmingham and London (Euston).
- The Settle-Carlisle line is a wonderfully scenic route with services to/from the Yorkshire Dales and Leeds. Highlights include the famous Ribbleshead Viaduct.
- The Carlisle-Newcastle line connects the north-east of England with south-west Scotland and is useful for visiting Hadrian's Wall.

- The Cumbria Coast line connects towns in south and west Cumbria to the West Coast main line at Carlisle and Lancaster. This is another scenic route with views across the Irish Sea and the western Lake District.

For train times:

www.virgintrains.co.uk

www.tpexpress.co.uk/

www.northernrail.org/

www.thetrainline.com

www.nationalrail.co.uk/

Bus

Bus timetables for services in Carlisle and Cumbria are produced either by the County Council or, in the case of wholly commercial services, by the service operator (principally Stagecoach).

www.stagecoachbus.com/northwest

www.cumbria.gov.uk/roads-transport

Taxis

The main taxi ranks are located on English Damside (next to the railway station), and at the top of Warwick Road:

- Beeline Taxis, 01228 596061
- City Taxi's, 01228 520000
- Executive Cabs, 01228 529957
- Radio Taxi's, 01228 527575
- Metro Taxi's, 01228 522088

Fusehill Street campus

Getting help

The Conference Office will be located in room LG004 on the ground floor of the Learning Gateway building there will be staff available here throughout the conference to help answer any enquires you may have.

Registration

The main registration session will take place on Wednesday 22nd July between 09.00 and 10.30 in the main foyer of the Learning Gateway building. Due to technical difficulties with the IVSA website, arrangements have been made to enable delegates to be able to pay their conference registration and IVSA membership at registration (Please note we can only take, cash, VISA or Switch)

The Panel Session rooms

Each of the four flexi-rooms is equipped with DVD/VHS players, projectors, interactive whiteboards, laptop docking stations and wireless laptop accessories. In addition the lecture theatre also hosts multiway video conferencing facilities and sessions in this room will be streamed live via the IVSA website.

*** Please note that if you are going to be using your own MAC you should bring the appropriate adaptor for this ***

Poster presentations

There will be a number of exhibition boards in situ on the ground floor of the Learning Gateway building to enable delegates to display poster presentations

Internet Access

Delegates will have free internet access during the conference, either via the laptops in the ground floor social area of the Learning Gateway building (delegates will be provided with a guest user log on in their conference packs). Or delegates will be able to log onto the wireless network in the Learning Gateway building on their own laptop (instructions regarding the log on process will be available in the Conference Office).

Eating and Drinking

There are two catering outlets on the Fusehill Street campus:

- Skiddaw Dining Room which is self service, offering a range of snacks and hot food from 08.30 to 15.00 all three days of the conference.
- Calva Bar which is the on-site bar which will be open for business on the evenings of Tuesday 21st July and Thursday 23rd July from 18.00 to 23.00

There are also a number of vending machines available in the Learning Gateway building and around the Fusehill Street campus.

Parking

Parking at Fusehill Street for non staff is on a Pay and Display arrangement, if there are no parking available on site the nearest city run Pay and Display car park is at Cecil Street which is a 5-7 minute walk away from the Fusehill Street campus. Parking on street near the campus is on a 2 hour disc zone arrangement.

Services and Shops

English Street, Scotch Street and The Lanes Shopping centre in the centre of the city is the main shopping area.

Bureau de change facilities can be found at the following:

- The Post Office (within WH Smith's), English Street
- Marks and Spencer, English Street
- Going Places Leisure Travel Ltd, Fisher Street
- Thomas Cook, English Street
- Bureaux De Change (within HSBC Bank), English Street

There is a cash point located on campus in the Bowscale building. Branches of all the major banks can be found in the city centre.

Out of hours doctors can be obtained at the CueDoc Emergency Doctors Service, Hilltop Heights London Road, telephone 01228 401999.

The UK has recently moved from the 'containment' phase for Swine Flu to the 'treatment' phase.

If you have flu-like symptoms:

- sudden fever, and
- sudden cough.

Other symptoms may include:

- headache,
- tiredness,
- chills,
- aching muscles,
- limb or joint pain,
- diarrhoea or stomach upset,

- sore throat,
- runny nose,
- sneezing, and
- loss of appetite.

Stay in your accommodation and call the CueDoc Emergency Doctors Services (see above)

If swine flu is confirmed, please contact the Conference Team on 07825633398 who will arrange to have your prescription collected.

Note: If you belong to a high-risk group it is particularly important you start taking anti-virals as soon as possible. High-risk groups include people with long-term conditions, those over 65, children under five and pregnant women.

Preventing the spread of germs is the single most effective way to slow the spread of diseases such as swine flu. You should always:

- Ensure you wash your hands regularly with soap and water
- Clean surfaces regularly to get rid of germs
- Use tissues to cover your mouth and nose when you cough or sneeze
- Place used tissues in a bin as soon as possible

<http://www.nhs.uk/news/2009/04April/Pages/Swineflulatest.aspx>

<http://www.direct.gov.uk/en/Swineflu/index.htm>

For food groceries the nearest city centre supermarkets are Tesco on The Viaduct and Marks and Spencer, English Street.

The main Post Office is located within WH Smiths on English Street, there is also a smaller branch at the bottom of Scotch Street. The nearest post box is located outside Carrock Halls on campus at the Fusehill Street campus.

For toiletries and prescriptions there is a Boots on English Street and a Superdrug in the Lanes Shopping centre.

For all your photography needs there is a Jessops on Devonshire Street.

Eating Out

There is a wealth of eating out venues in Carlisle that caters for every gastronomic taste and pocket, detailed on the list below:

*(The University does not accept liability for the standards provided, but uses its best endeavors to ensure that only well recommended establishments are on the list, in particular venues marked * are well worth a visit.)*

<u>Coffee Shops</u>	Café Revive (M&S)	English Street
	Café Sol	Castle Street
	Café Sol (Debenhams)	The Lanes
	The Castlegate	Castle Street
	Castle View (Debenhams)	The Lanes
	Celebrations	Bank Street
	Costa	Scotch Street
	John Watt & Son *	Bank Street
	Massarella Gelteria (House of Fraser)	English Street

	Mr Pickwicks Old Arcadian Priors Kitchen * Starbucks Townhouse	The Lanes English Street The Fraternity Scotch Street Lowther Street
<u>Bar Meals</u>	The Howard Arms The Kings Head Lloyds Number 1 The Office The Turf Tavern The Sportsman Walkabout Woodrow Wilson	Lowther Street Fisher Street Botchergate Botchergate Newmarket Road Heads Lane Botchergate Botchergate
<u>Restaurants</u> (British)	Almonds Bistro Bijou * The Circle Bar * The Crown & Mitre Davids * Dempseys The Gilded Lilly * Hallmark Hotel Hoopers Restaurant (Hoopers Department Store) * KEEZ Bistro Lakeland Celler Le Gall	Scotland Road Carlyles Court Lowther Arcade English Street Warwick Road Warwick Road Lowther Street Court Square Castle Street Cecil Street Cecil Street Devonshire Street
(Chinese)	Golden Valley New Jade Garden Shanghai Shanghai The Golden Pheasant	London Road Botchergate Botchergate Caldewgate
(Greek)	Alexandros *	Warwick Road
(Indian)	Bari Nowab * Shaha Stanwix Tandoori Teza	West Tower Street Lonsdale Street Botchergate Scotland Road Botchergate
(Italian)	Ristorante Adriano's Casa Romana Franco's Gianni's Pizzeria La Mezzaluna * Michaelangelo's Pizza Express Ristorante La Pergola Vivaldi	Rickergate Warwick Road The Green Market Cecil Street The Crescent English Damside Lowther Street Castle Street Lowther Street
(Mexican)	Pancho's	Court Square
(Thai)	Ruen Thai	Botchergate

Fast Food

Burger King
KFC
McDonalds

St Nicholas Gate
The Lanes
Scotch Street

Fish & Chips

Mama's
The Fryery

Scotch Street
Scotch Street