ESSENTIAL SURGICAL SKILLS AND PRINCIPLES FOR ASPIRING SURGEONS (ESSPAS) COURSE

31st October 2026 (Saturday)
College of Physicians and Surgeons of Cardiff, Frazer Building, Cardiff Bay, Cardiff

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REPORTING INFORMATION

THIS DOCUMENT CONTAINS IMPORTANT INFORMATION. PLEASE TAKE A FEW MINUTES TO READ IT IN ITS ENTIRETY.

Dear Colleague,

Thank you for choosing to attend this course. May we take this opportunity to welcome you to the course and to Doctors Academy.

This document is to inform you of the directions to the venue, the reporting procedures, and the format of the day.

I. GENERAL AND REPORTING INFORMATION

Date: 31st October 2026 (Saturday)

Registration: Registration will take place from **0815 hours.**

Start of Course: The course will start promptly at **0830 hours.**

End of Course: The course will finish at **1810 hours.**

Venue:
College of Physicians and Surgeons of Cardiff
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE

Where to Report:
When you arrive at Frazer Building, please enter the foyer through the main door. A member of our team will direct you to the appropriate room.

II. ADDRESS AND DIRECTIONS

Address:

College of Physicians and Surgeons of Cardiff
Frazer Building
126 Bute Street
Cardiff Bay
Cardiff
CF10 5LE

Directions:
To view the venue in Google Maps, please follow this link:
https://www.google.co.in/maps/search/College%20of%20Physicians%20and%20Surgeons%20of%20Cardiff,%20Frazer%20Building,%20126%20Bute%20Street,%20Cardiff%20Bay,%20Cardiff,%20CF10%205LE?hl=en&source=opensearch

Driving

From the East

- Exit the M4 at Junction 29 onto the A48(M). Continue for 2.5 miles.
- Continue onto Eastern Avenue/A48 for 2.4 miles.
- Take the exit A4232 towards Cardiff (E)/Docks.
- When you reach the roundabout, take the first exit onto Southern Way/A4161/A4232. Continue for 0.4 miles.
- Take the A4161 ramp to the City Centre and continue for 0.2 miles.
- When you reach the roundabout, take the second exit onto A4161. Continue for 0.8 miles.
- Turn left onto Beresford Road and continue for 0.2 miles.
- Continue onto Moorland Road for 0.4 miles.
- Continue onto Courtenay Road for 0.1 miles.
- Continue onto Walker Road for 0.2 miles.
- Continue onto E Tyndall Street.
- Go through two roundabouts (0.8 miles).
- Continue onto Herbert Street for 0.1 miles.
- Turn left onto Bute Street and continue for approximately 0.5 miles.
- The venue will be on your right.

From the West

- Exit the M4 at Junction 33.
- Take the exit towards Cardiff West.
- When you reach the roundabout, take the third exit onto the A4232. Continue for 9.1 miles.
- Take the exit towards Techniquest/Museum and continue for 0.1 miles.
- When you reach the roundabout, take the first exit onto Stuart Street. Continue for 0.2 miles.
- Continue onto New George Street for 0.1 miles.
- Continue onto Bute Street for 0.1 miles.
- The venue will be on your left.

Parking:

Car parking is available at the rear of the venue. Please follow these links for visual directions to the car park.

https://doctorsacademy.org.uk/coursenw/esst/Driving%20-from-the-%20West.pdf

https://doctorsacademy.org.uk/coursenw/esst/Driving-%20from-%20the-%20East.pdf

By Train

The closest station to the venue is **Cardiff Bay Railway Station**. You will need to change trains at Cardiff Central.

- When you arrive at Cardiff Bay Train Station, exit to the right (sign-posted Mermaid Quay and Mount Stuart Square).
- Turn left onto Bute Street and walk towards the first set of traffic lights.
- Cross the road. You will see Frazer Building in front of you (there is a clock at the top of the building).

Alternatively, you can take a taxi from Cardiff Central Train Station to the venue. This will take approximately 7 minutes.

Visual directions to the venue can be found by following this link:
https://doctorsacademy.org.uk/coursenw/esst/cardiff-Train.pdf

By Taxi
If you take a taxi to the venue, please give the driver the postcode (CF10 5LE) and the name of the building (Frazer Building) or the number of the building (126).

III. DRESS CODE

The dress code for this course is professional/semi-formal/smart-casual. Kindly refrain from wearing shorts of any kind, hoodies, and flip-flops.

IV. PROGRAMME

Please follow this link to view the programme for the course:
https://doctorsacademy.org.uk/CourseNW/ESST/CPO26.pdf

V. BREAKS FOR REFRESHMENTS AND LUNCH

There will be a 15-minute refreshment break in the morning and afternoon, as well as a 35-minute lunch break. During the refreshment breaks, you will be provided with coffee, tea, and biscuits/-cakes. Lunch will also be provided. Both vegetarian and non-vegetarian food will be available. Gluten-free, dairy-free and vegan options can also be sourced; please inform us by email if you have any special dietary requirements so that our team can make appropriate arrangements for you.

VI. MOBILE PHONES

Please note that mobile phones are strictly not permitted inside the skills room. You may leave your mobile phone in your bag, but it must be turned off (and not on vibrate as this distracts the faculty and the other delegates). A safe place in which you can leave your mobile phone during the teaching sessions will be available if you do not have a suitable place to leave it. Kindly note that you will be asked to leave the teaching session if you are found to be using your phone.

We look forward to meeting you at the course. Please do not hesitate to contact us at courses@doctorsacademy.org.uk if you have any queries in the interim.

Please ring +44 (0) 29 2061 6765 or +44 (0) 75 3426 0131 if you need any help on the day of the course with regards to directions to the venue.

With very best wishes,

Course Faculty
Surgical Skills Division
Doctors Academy