



AUTSCAPE
Autistic Wellbeing

10-13 August, 2010

Ammerdown Centre, Radstock, Somerset, UK

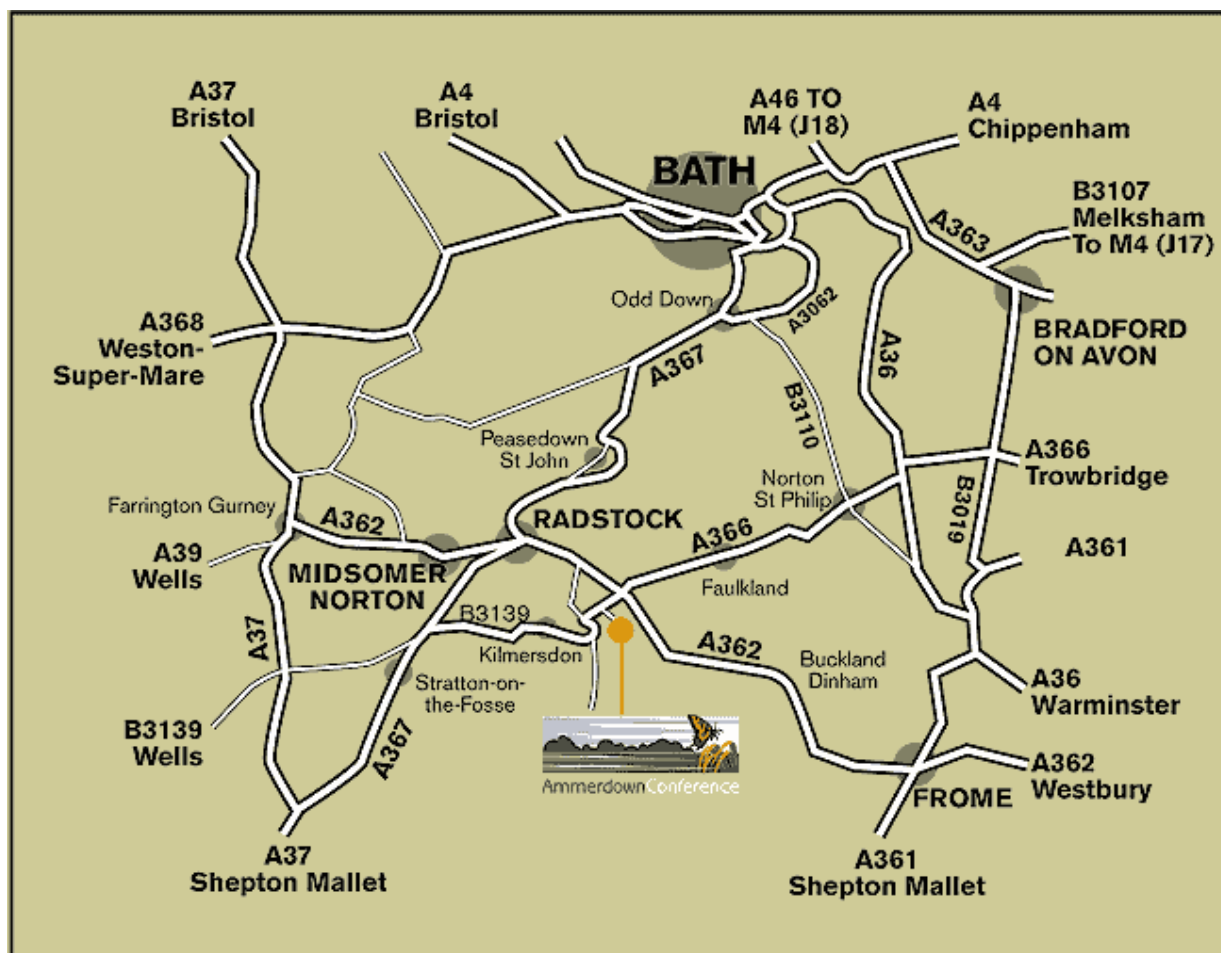
Part 3: Travel information and things to print

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Getting to Autscape

Location: The Ammerdown Centre, which is about 13 miles from the City of Bath.

Address: The Ammerdown Centre, Radstock, Bath, Somerset, BA3 5SW



Registration

Time: 2:30-5:30pm on Tue, 10th August and 9:00-9:30am on Wed-Fri, 11-13 August.

Please do not arrive before this time. Please register on the first day you attend. If you cannot make it in time for registration, please contact the registrar (registrar@autscape.org) to arrange for your arrival.

Arriving by car

Ammerdown lies in a square of land situated within the right angle of the A362 Frome to Radstock road and the B3139 road to Wells. Access is from the latter road through the park gates, flanked on either side by a gatehouse.

Please refer to the map above. If you need further details email us at: info@autscape.org

Arriving by train

The nearest train station is Bath Spa, which is about 13 miles from the venue. From there we have arranged for taxis and mini-buses to transport participants to the venue.

Arriving by Air

The nearest airport is Bristol. From the airport you will need to take a bus or taxi to Bristol Temple Meads station from where you can get a train to Bath Spa station.

Take bus 121 from Bristol Airport to Bristol railway station.

Leaves at 9:34, 11:34, 13:34 and 15:34, taking about 35 minutes.

Cost £3.55.

Take the train from Bristol towards London Paddington. Bath Spa is the first stop.

Leaves on the hour and half hour from platforms 13 and 15, taking about 15 minutes.

Cost approx. £6.

There is a coach from London Heathrow Airport to Bath Spa coach station which is close to Bath Spa train station or alternatively a Raillink coach service can be used from London Heathrow to Reading train station which has a regular train service to Bath Spa station.

Transport between Bath and Autescape

Getting from Bath Spa station to Autescape on Tuesday, 10 August.

We have arranged travel between Bath Spa train station and the venue. There will be multiple journeys by taxi or mini-bus leaving from the station for Autescape between **2:30pm and 5pm**. If you are delayed, you must contact us at **07801 400 723** to make alternative arrangements. Vehicles will leave as and when enough people have arrived to fill one, so you may have to wait for more participants to arrive. The journey time to the venue is about 30-45 minutes.

Meeting: an organiser will be waiting outside (or inside depending on the weather) the main door to Bath Spa station at these times.

Organiser's name: Peter Benie

Description: Peter will be wearing a blue Autescape baseball cap, black trousers and have his hair in a ponytail. He will also be wearing a name badge. If you cannot find him, you can phone or text him.

Phone: 07801 400723

You need to find Peter **and make your presence known to him**. If you find it easier, you can hand him a piece of paper with your name and "Autescape" written on it, or even send a text message. You are not expected or required to make conversation.

Getting from the venue to Bath Spa on Friday, 13 August

We will have the same procedure from Autescape to Bath Spa station. Priority will be given to those who need to catch specific trains. Please ensure you arrive at the front of the venue at least 1.5 hours before you need to arrive at Bath. If you have to be in Bath Spa station by 3pm, it is very important that you tell us this so that you can get priority for the earlier trips and in the lunch queue.

Cost

The charge for transport service is £10.00 return or £5.00 single. Please pay this when you arrive at the venue.

Further travel information

Please email info@autescape.org if you have any further queries.

Contact Information

This is a guideline for information you might want to have in one place. We recommend you print this out, fill it in and carry it with you in case of missed or delayed transport, getting lost, communication difficulties with strangers, or other unexpected mishaps. The emergency contact information should be kept somewhere it can be found if needed (e.g. front pocket of your suitcase, bedside table).

How to contact Autescape

Before Monday, 9th August	Monday 9th – Friday 13th August
Autescape 24 Anson Road Upper Cambourne Cambridgeshire CB23 6DQ Phone or text: 01606 41200 (Kalen) Phone or text: 07801 400 723 (Peter) Email: info@autescape.org	Autescape Ammerdown Centre Radstock, Bath BA3 5SW Phone or text: 07801 400 723 (Peter) Phone or text: 0775 400 5873 (Trish) Email: info@autescape.org

Personal contact information

Yourself:

Name: _____

Home address: _____

Phone number(s): _____

Someone to phone

Contact information for someone you can call, or ask another person to call for you in case of problems:

Name: _____

Address: _____

Phone number(s): _____

Emergency Contact (if different from someone to phone)

Name: _____

Address: _____

Phone number(s): _____

Relationship (e.g. friend, parent): _____

Travel Notes

Transport

For each flight, train or bus you'll be taking:

Route name or flight number	From	To	Departure Time	Arrival Time

Alternative trains, buses, etc. in case you miss one: _____

Other transportation information: _____

Stops along the way

If arriving somewhere else before Autescape or meeting others along the way:

Stop 1

Name of accommodation (e.g. hotel name): _____

Address: _____

Phone number(s): _____

Stop 2

Name of accommodation (e.g. hotel name): _____

Address: _____

Phone number(s): _____

Packing List

For those not familiar with the English climate: It is temperate. Summer is usually cool to warm, but not hot (typically 16°C to 23°C). It rains often and can change very quickly from warm and dry to cool and wet. Bring clothing suitable to a range of weather, including something you can put on if it gets cool and take off if it gets too hot.

Suggested things to bring

- ☐ Personal toiletries (shampoo, soap, unscented deodorant, etc.)
- ☐ Summer clothes for warm days
- ☐ Jacket or jumper (sweater)
- ☐ Swimsuit
- ☐ Alarm clock
- ☐ Sensory equipment (earplugs, sunglasses, music player with headphones, stim toys, whatever helps you)
- ☐ Mobile phone (please turn off during sessions)
- ☐ Handheld or laptop computer & games
- ☐ Books or other entertainment
- ☐ Money and/or cheque book (there is no cash machine in walking distance of Ammerdown and there will be merchandise for sale)

For activities or sharing at Autscope

- ☐ Musical instruments (& sheet music for accompaniment if applicable)
- ☐ A geometric compass (for drawing mandalas)
- ☐ Recorded music
- ☐ Board games you wish to share
- ☐ Videos or DVDs, especially autism-relevant ones

Please do NOT bring:

Candles, incense, or other materials to burn

Perfumes, colognes, other scented personal care products

Hair spray

Cooking equipment, e.g. camp stove or barbecue

Alcoholic drinks

We look forward to seeing you at Autscope and hope that you enjoy the experience. Please do not hesitate to contact us (info@autscope.org) if you have any questions or queries no matter how trivial you may think they are.