



Are pleased to invite you to their

FSH GET TOGETHER

2015

Saturday 5th September 2015

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Registration 9:15 am-10 am

10 am -4:30 pm

The Beacon
Westgate Road
Newcastle Upon Tyne
NE4 9PQ

Presentations: Research, FSHD Registry, Professor Hanns Lochmuller, Professor George Dickson and Muscular Dystrophy UK,

We look forward to meeting you

For more information Email: fshgroup@hotmail.com

Book Now Limited Places available

Book before 31 July 2015 for the early bird rate of

£21.00 per person

£25.00 per person for late bookings



Booking Form FSH Get Together 5th September 2015

Name: _____

Address: _____

_____ Postcode: _____

Telephone number: _____

Email*: _____ Please contact Liz Tel: 01280 840456 if you do not have an email address. *Email address is required to contact you with the final agenda prior to 5th September 2015.

Names of your Carer/s/Guests: _____

Special Dietary Requirements: _____

How many wheelchair uses will be in the party?

How many will be using walking aids?

I/We will require _____ tickets for the "Summer Get Together"

£21.00 per person and I enclose a cheque for £ _____ in full payment.

Bookings made after 31st July 2015 will be charged at £25.00 per person.

£25.00 per person and I enclose a cheque for £ _____ in full payment (if booking after 31st July)

I am/we are unable to attend this event but would like to make a donation of £ _____ in support of the group. (Thank you, your support is greatly appreciated)

I am/We are unable to attend this event but would like to be contacted and informed of any future events.

Please book before 31st July 2015 to avoid disappointment.

Please make cheques payable to: FSH-MD Support Group UK and return booking form to:

FSH-MD Support Group UK

C/o Liz Williams

27 Lawyers Close

Evenley, NN13 5SJ



VENUE AND TRAVEL INFORMATION

FSH-MD Support Group Summer Get Together

The Beacon, Westgate Road, Newcastle upon Tyne, NE4 9PQ

DIRECTIONS TO THE BEACON

If you have Sat Nav, the postcode is:

NE4 9PQ

From Newcastle Central Station

From the Central Station (NE1 5DL) head East on Neville Street towards A186

Turn left onto Neville Street / A186 and continue to follow the A186

Turn Right onto St James' Blvd / A186 / A189

Continue along St James' Blvd and take the 2nd Left feeder lane onto Westgate Road A186

Continue along Westgate Road for a mile (passing Newcastle General Hospital on your Right) until you come to a mini roundabout in the road where you will see The Beacon building with Barclays Bank opposite.

Go straight over the roundabout and take an immediate left into our free car parking facilities

Our main entrance is opposite the mini roundabout at the front of the building and is served by a revolving and automatic doors

From the A1 Motorway

On the A1 Motorway heading North or South, take the exit for the A184 for Gateshead/ Newcastle

Continue going straight along the A184 until you see sign posting for the A189

Continue onto the A189 St James' Blvd which will take you over the Redheugh Bridge which crosses the River Tyne

When you have crossed the Redheugh Bridge, remain on the A189 St James' Blvd and bear right with the road but stay in the left hand lane

Continue straight ahead at the first set of traffic lights then take the 2nd Left feeder lane onto

Westgate Road A186

Continue along Westgate Road for a good mile (passing Newcastle General Hospital on your Right) until you come to a mini roundabout in the road where you will see The Beacon building with Barclays Bank opposite.

Go straight over the roundabout and take an immediate left into our free car parking facilities

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Hotels

The FSH-MD Support Group UK has reserved disabled accessible rooms at the

Holiday Inn Express

Newcastle City Centre

Waterloo Square

St James' Boulevard

Newcastle Upon Tyne

NE1 4DN

This is at a guaranteed price of £75 per room if booked before 31 July 2015, however you may well find a cheaper price booking online. Please quote FSH-GROUP at time of booking to book an accessible room.

The telephone number for Holiday Inn Express Newcastle City Centre is Tel: 0191 22468502

We have been allocated

5 x Double accessible rooms

2 x Twin accessible rooms

3 x Standard Double rooms. All rooms will be allocated on a first come first served basis and are available at the price of £75.00 per room until 31st July 2015.

If you have any particular requirements we advise that you contact the hotel directly, particularly regarding accessible rooms.

There is a multi-storey car park adjacent to the hotel; Grainger Town Multi-storey, NE1 4DN

Parking is free if you display a blue badge otherwise this is a pay and display car park.

There are many hotels in the local area if you prefer to find your own accommodation.

Please do not hesitate to contact me '(Liz Williams) on 01280 840456 if you require further information.

We are really excited to be holding this event in Newcastle Upon Tyne. If you live in the area and have never attended one of our days before, we do urge you to make use of this opportunity as we do not know when we will be able to return.

Liz Williams