



East of England Cytology Training Centre
Westbrooke House
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Newmarket
Suffolk
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Addenbrooke's Hospital 
Cambridge University Hospitals NHS Foundation Trust

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Introductory Course in Cervical Cytopathology

This is a four-week Course (either as a continuous course or over five weeks, with the middle week for the students to return to their own laboratory).

It is expected that participants will have between six weeks and six months experience of cervical cytopathology before commencement of the Course.

Before attending the Introductory Course, trainees should become familiar with:

- 1) Basic microscopy
- 2) Health and Safety requirements for laboratories with specific reference to specimen reception and departmental safety policies
- 3) The general purpose and organisation of a cytopathology laboratory
- 4) Basic cell structure and function.

In order to make best use of the workshops and microscopy sessions it is also useful if students have built up the amount of time they can spend at a microscope. Generally, the microscopy sessions start off at a comfortable pace but they do increase in length as the Course progresses.

It is also useful if participants have a copy, or have seen a copy, of the Cervical Cytopathology Training Log, as this covers the syllabus and the range of entities with which the student will become familiar. The Course will cover a lot of the background as well as normal and abnormal features.

We have a lecture room in which coffee/tea is available throughout the Course and a separate microscopy room. Each student will have an Olympus BX45 microscope for the practical components. Case discussion and morphology teaching takes place around a multiheader microscope. We have a large slide bank that will provide hours of fascination.

Comprehensive notes will be provided but these should be augmented with standard texts available in the students own laboratory.

At the end of each week, there is an assessment. These will be marked and each component will be discussed; this is useful for the student as it helps to monitor progress and for the Centre, can highlight areas that may need to be recapped.

A specimen programme is available in advance of the Course and a copy is provided when you arrive. We try not to make too many changes, but sickness

or other unavoidable circumstances may mean we have to rearrange the order of lectures and workshops.

At the end of the Course, students will receive individual verbal feedback. A written report will be sent out after the Course.

While a four-week Course can seem quite intimidating for some participants, particularly those at a very early stage of training, the Training Centre has taught a wide range of students with differing abilities. Experience shows that as the Course progresses the students do enjoy their time with us and are keen to keep in touch with other participants and look forward to the Follow-up Course!

For students who wish to find accommodation close to the Centre, we have a brief list, although none of the accommodation has been checked by the staff of the Centre. Details of how to find us and a map are also available.

If you should require any more information then feel free to contact us.

ACCESS

By Car

The Training Centre is readily accessible by car, situated close to the A14, equidistant from Cambridge and Bury St Edmunds. (A map is attached, or you may use the route planners on e.g. the AA (www.theaa.com) or RAC (www.rac.co.uk) web pages. For satellite navigation, the mark location is N52°15.662' E00°23.885').

From the M11 and Cambridge direction on the A14, take junction 37 (A142), at T-junction turn right (signposted 'Newmarket'). At roundabout (note Burger King ahead), take the 1st exit on to the A142 (signposted 'Town Centre'). Just after the carwash turn right, into the estate. Drive ahead for about 20 yards and Westbrooke House is at eleven o' clock. Parking is best at the far side of the building in any of the spaces marked 'cyt'.

From Bury St Edmunds / Ipswich / Norwich on the A14, take junction 37 (A142). At T-junction turn left A142 (signposted Newmarket). At roundabout (note Burger King ahead) take the 1st exit on to the A142 (signposted Town Centre). Just after the carwash turn right, into the estate. Drive ahead for about 20 yards and Westbrooke House is at eleven o' clock. Parking is best at the far side of the building in any of the spaces marked 'cyt'.

By Rail

There is a railway station in Newmarket situated about two miles from the Training Centre. There is a regular but limited service from Cambridge and Bury St Edmunds.

By Taxi

For those without transport we are a short taxi ride from the both the railway station and the centre of Newmarket.

By Bus

An express bus service from Cambridge (Drummer Street) stops at Tesco, which is adjacent to Westbrooke House. Travelling time is approximately one hour.

National Express (www.nationalexpress.com for details, times and prices) links all of the London airports with Newmarket.

By Air

Stansted Airport (www.stanstedairport.com), in Essex, is situated close to the M11 (and then via A11 and A14 to Newmarket) and is about an hour by car – *depending on volume of traffic*.

National Express (www.nationalexpress.com for details, times and prices) links all of the London airports with Newmarket.

FACILITIES

Westbrooke House is situated adjacent to Tesco, on Fordham Road in Newmarket. There is a range of shops and facilities (including a cash point) close to the Centre. We have ample free car parking next to the building. Newmarket has the usual range of shops and banks expected in a large market town. Market days are Tuesday and Saturday. Larger shops, cinemas, theatres etc can be found in Cambridge and Bury St Edmunds, both being about 17 miles away.

Please note that the Training Centre, as part of Addenbrooke's Hospital, is now a smoke-free site.

If you should require any more information then please feel free to contact the Training Centre.

ACCOMMODATION

A range of accommodation is available in and around Newmarket. Details can be found on www.a1tourism.com/uk/newmarket.

TOURIST INFORMATION

The Tourist Information Centre is located at

Palace House
Palace Street
Newmarket
Suffolk
CB8 8EP

Tel: 01638 667200
Fax: 01638 667415

Email: tic.newmarket@forest-heath.gov.uk

ANY PATIENT INFORMATION, WHICH COURSE PARTICIPANTS MAY ENCOUNTER, WILL BE TREATED AS STRICTLY CONFIDENTIAL.