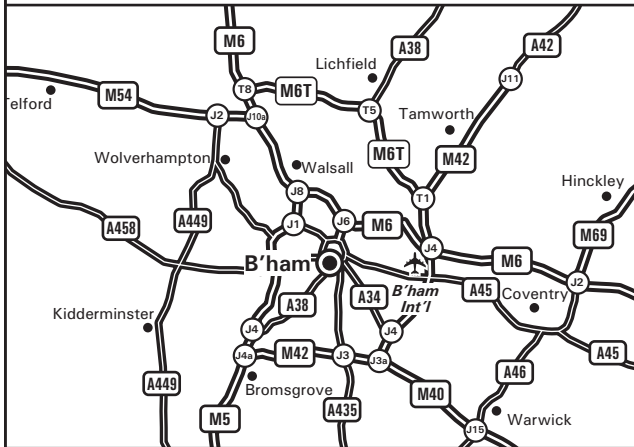




**RED Training**  
3rd Floor - 9 Frederick Road  
Edgbaston  
Birmingham B15 1TW  
Tel: 0121 454 3888 - Fax: 0121 454 2008  
www.redinstructortraining.com



Located in the Five Ways area of Edgbaston, 2 minutes walk from the shopping centre. RED Instructor Training can be found easily when you arrive in the area, and can be reached from far afield by using Motorway and Trunk Road network.

#### FINDING THE COLLEGE

- When travelling towards the Five Ways on Lee Bank Middlesway/Islington Row Middlesway, Frederick Road is the left turn immediately after George Road.
- When travelling from all other directions by car, Frederick Road can be accessed via the Five Ways roundabout. From the roundabout take Calthorpe Road which is signposted: Skin & Nerve Hospital - Harborne - Moseley, then take the first left into St. James Road. The next left is Frederick Road.

#### TRAVELLING BY:

- Rail - Five Ways BR Station is approx 5 minutes walk.
- Bus - Five Ways Shopping Centre is on numerous local bus routes.
- Car - Birmingham is surrounded by the M5, M6 and M42, and is reached easily from The South via the M40. We are just 3 minutes drive from the A38.

#### PARKING:

- Inexpensive on-street parking is available on Tennant Street.
- There is also a public car park in Tennant Street (see map)

#### Please note:

- Your initial visit to RED Instructor Training will last approx 1½ hours.
- We therefore recommend that you avoid parking in Frederick Road itself as the free on-street parking is restricted to 1 hour.
- When you arrive at 9 Frederick Road please press the entry phone button and wait to be buzzed in. Take the lift or stairs to the 3rd floor.
- Please note that on-site parking is restricted to building occupants only.

