



Hospital Familiarisation

Preferred Routes Summary

Hospital Familiarisation (HF) runs are now focussed on visiting the sites, regardless of the route taken.

These slides are a supplement to the new structure of the HF visits and intended to summarise the main characteristics of the preferred routes.

The full preferred routes with the street view instructions are still available at Hospital/RV Details from your website dashboard dropdown (dropdown <https://serv-obn.org.uk/hospitals/>) and a master .gpx & .gdb file are maintained at "Dropbox\Rota\SERV OBN Routes" for use in private vehicles, which matches the fleet satnav contents.



Why Preferred Routes? Consignment onboard

The preferred routes have been researched with the consignment and volunteer in mind.

- They utilise primarily main roads which are:
 - Frequently used
 - Better maintained
 - Often lit
 - As direct as possible
- If an incident were to occur, rescue is more likely on a preferred route

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The routes are often consistent with the routes Ambulances would take

Preferred routes are routes with consignment on board and can be found under Custom Routes/Trip Planner/Apps – depending on the model of Satnav.



Preferred Routes ("\\Dropbox\Rota\SERV OBN Routes")

- As a Rider/Driver you should familiarise yourself with the Preferred Routes to be used with a consignment on board.
 - If you need to use an alternative route for ANY reason, please ensure the Controller is made aware – for your own safety.
 - If using a private vehicle, the .gpx file is available as above
 - As a Controller you should familiarise yourself with the basics of the preferred routes so that you can aid the volunteer if they need to use an alternative route for any reason.
 - <https://one.network/> is a source for identifying planned roadworks/closures

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Standard abbreviations are assigned to each serviced destination, e.g. JR for John Radcliffe Hospital Oxford, WBCH for West Berk Community Hospital, ... so you should get to know the standard abbreviations.
For Controllers, the routes are summarised on a sheet within Rider ETA spreadsheet



Getting to know Preferred Routes

- All Fleet Satnavs are loaded with the same navigation information
 - **Favourites** contain all destinations serviced by SERV OBN - plus frequently used BP Fuel Stations, Fleet vehicle Service locations and other repeat use items.
 - **Trip Planner** contains all point A to point B journeys with a consignment on board - plus other training journeys such as for Hospital & Vehicle Familiarisation rides
- The preferred routes are all documented, with Street View Images of the final mile(s), at <https://serv-obn.org.uk/hospitals/>
- These slides only provide the summary/overview of each route

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NOTE: Use of Favourites will calculate what it thinks is the fastest route; **BEWARE** – it is likely to treat a single track road at NSL as faster than a 30mph limit through a section of main road. E.g. A415 between Abingdon & Witney is much safer than suggested by use of favourites, especially on a dark wet, cold night.

You are advised to get to know the geography of each location we service and review the associated preferred routes as not all are featured here

The sequence of routes below is North to South, of the Main hospitals for Blood & platelet deliveries, rather than being in any priority order



John Radcliffe (JR) to Kettering General (KGH)

- JR to KGH: A34, M40, A43, M1, A45, A43, A14



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Majority of route is in common with that for NGH

A43 is subject to ongoing roadworks which may trigger an operational update providing alternative routing, e.g. A43, A421, A422, A508, A45

Summary:

To get to Kettering General Hospital (KGH) follow the sat nav route (in Trip Planner) from John Radcliffe (JR) to KGH

This will lead you out onto the A40 and up to Wolvercote Roundabout.

Turn right onto the A44 to the Pear Tree Roundabout

Turn right onto the A34 to the Wendlebury Interchange

Take the first exit onto the M40 North for one junction to exit 10

Take the ramp off then turn right onto the B430 towards Cherwell Valley Services

Cross over the M40

Turn left onto the A43 to Northampton, Brackley, Milton Keynes and Silverstone

Continue on the A43 until you reach the M1

Take M1 South for one junction to exit 15

Turn left onto A45

Continue on A45 to Nene Valley and on past the turn to Northampton General Hospital

At the following exit take the A43 to Kettering and Mkt Harboro' (A508)

Follow the A43 through a number of roundabouts until you get to the junction with the

A14

Turn left onto the A14.



JR to Northampton General (NGH)

- JR to NGH: A34, M40, A43, M1, A45



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Same basic route initially as for KGH except for last stretch to NGH hospital; same alternative if A43 issues:
e.g. A43, A421, A422, A508, A45

Summary:

To get to Northampton General Hospital (NGH) follow the sat nav route (in Trip Planner) from John Radcliffe (JR) to NGH

This will lead you out onto the A40 and up to Wolvercote Roundabout.

Turn right onto the A44 to the Pear Tree Roundabout

Turn right onto the A34 to the Wendlebury Interchange

Take the first exit onto the M40 North for one junction to exit 10

Take the ramp off then turn right onto the B430 towards Cherwell Valley Services

Cross over the M40

Turn left onto the A43 to Northampton, Brackley, Milton Keynes and Silverstone

Continue on the A43 until you reach the M1

Take M1 South for one junction to exit 15

Turn left onto A45

Continue on A45 to Nene Valley following signs to Hospital, A&E

Ignore exit to Brackmills



KGH/NGH to Birmingham NBS

- Usually aim to Rendezvous at M6 Junction 2 (RDV M6 J2)



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Rendezvous (RV/RDV) may be arranged with Midlands Freewheelers or Warwickshire & Solihull Blood Bikes (WSBB)

To get to either NBS Birmingham (BIR) or the RDV at Tesco on the M6 at Junction 2 (RDV M6 J2) follow the sat nav route (in Trip Planner) from KGH to Birmingham NBS or KGH to RDV M6. Both routes are illustrated here as they follow the same path. If no relay is organised you don't need to stop at Tesco. As routes from both Kettering and Northampton join together at the junction of the M1 and M6, only the section from Northampton to the M6 is illustrated as from that point to either RDV Tesco or the NBS Birmingham the are the same as those from Kettering.

FROM KETTERING

Leave the hospital and join the A4300 North back to the junction with the A14
 At the roundabout take the 3rd exit to The Midlands (M1 North, M6)
 Follow the A14 until it becomes the M6
 Continue on the M6 either to RDV Tesco M6 J2 or NBS Birmingham

FROM NORTHAMPTON

Leave the Hospital keeping left (straight) on Cliftonville to the T junction with Billing Road

Turn left on Billing Road and continue until the junction with the A5123 which is the first traffic light

Turn right onto the A5123 and follow it until it becomes the A4500

Continue on the A4500 following the signs to the M1

When you come to the end of the road turn right still following the A4500

Continue on the A4500 until you reach the M1. Turn North (right) on the M1

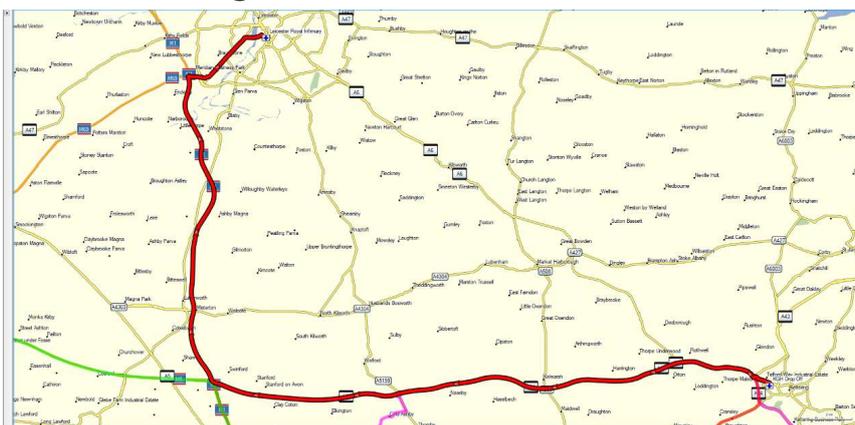
Follow the M1 until you reach the M6

Continue on the M6 either to RDV Tesco M6 J2 or NBS Birmingham



KGH to Leicester Royal Infirmary (LRI)

- 45 minute route, so agreement not to need an RV



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Take A14 and merge onto M1 North
 Exit M1 Junction 21 turning right at the roundabout onto A5460
 Large roundabout with Asda opposite, take 2nd Exit Narborough Road South – A5460
 Follow dual carriageway
 Turn right into Upperton Road
 At one-way system that crosses over the river take 3rd exit – Jarrom Street
 Take 3rd right turn into Havelock Street
 50 yards or so before end of road which is T junction with traffic lights you will see the Main entrance to the hospital on the left



NGH to LRI

- Approximate 50 min journey, agreement not to need RV



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Exit NGH turn right on Cliftonville
 At crossroads right onto Cliftonville Road A4501
 At 2nd light turn left onto Bedford Road A428
 At roundabout take 4th exit to A45 towards M1
 Follow A45 to M1 and turn right to join M1 North at junction 15
 Exit M1 Junction 21 turning right at the roundabout onto A5460
 Large roundabout with Asda opposite, take 2nd Exit Narborough Road South – A5460
 Follow dual carriageway
 Turn right into Upperton Road
 At one-way system that crosses over the river take 3rd exit – Jarrom Street
 Take 3rd right turn into Havelock Street
 50 yards or so before end of road which is T junction with traffic lights you will see the Main entrance to the hospital on the left



JR to Milton Keynes General (MKG)

- JR to MKG: A34, M40, A43, A421



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MKG is in North West corner of H8 & V8

Summary:

To get to Milton Keynes General Hospital (MKG) follow the sat nav route (in Trip Planner) from John Radcliffe (JR) to MKG

This will lead you out onto the A40 and up to Wolvercote Roundabout.

Turn right onto the A44 to the Pear Tree Roundabout

Turn right onto the A34 to the Wendlebury Interchange

Take the first exit onto the M40 North for one junction to exit 10

Take the ramp off then turn right onto the B430 towards Cherwell Valley Services

Cross over the M40

Turn left onto the A43 to Northampton, Brackley, Milton Keynes and Silverstone

Continue on the A43 until you reach the Barleymow Roundabout at the junction with the A421 and B4031

Turn right (3rd Exit) and take A421 towards Buckingham and Milton Keynes

Stay on the A421 through 14 roundabouts after which you will fly over the A5



JR to Stoke Mandeville (SMH)

- JR to SMH: A40 towards London, Join A418 before merge with M40



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If HS2 works cause issues with A418, divert often takes A4129 to Longwick, A4009, A4010 to Stoke Mandeville

Leave JR and turn left on B4496 Hedley Way

Continue to traffic light at the junction with A420 Headington Road

Turn left and continue on Headington Road to roundabout

Take 3rd exit to A40 London Road

Continue on the A40 until the sign for the services and With access to (M40)

Take the exit to Aylesbury, Thame, A418. This is the last exit before the M40 to London

Be careful the bend on the exit is quite sharp and can surprise you in the dark, its not a motorway exit so not designed for NSL

Merge with the A418 on your right and continue to the first roundabout where you take the 2nd exit (straight). Oxford services is to your right which has a BP fuel garage

At the next roundabout follow the A418 which is to the right and is the 1st exit if you ignore the golf experience entrance.

Continue to follow the A418 all the way to Aylesbury. This will take you through 4 roundabouts.

As you exit the village of Stone there is a sharp left hand bend (Lower Hartwell).

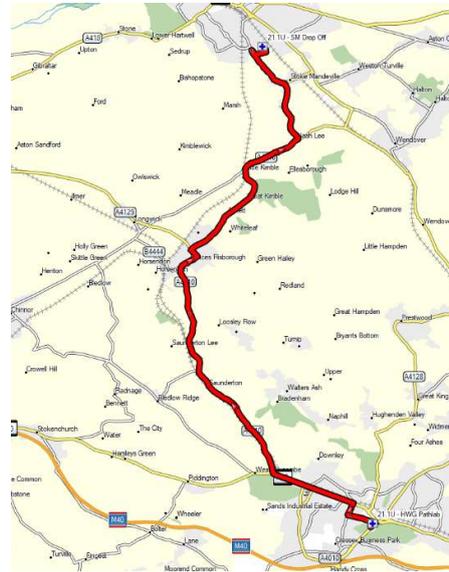
Turn right at the second Roundabout and follow signs for the Hospital.

Enter Hospital Grounds at A&E signed entrance.



High Wycombe General (HWG) to SMH

- HWG to SMH:
Join A40 West,
then follow A4010



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Note High Wycombe General (HWG), Wycombe General (WGH) or plain Wycombe – can be found under H or W on Hospital A-Z

Leave High Wycombe General (HWG) by following the internal one way system and exiting from the hospital onto the A404 Marlow Hill

At the bottom of the hill turn take the 1st exit (left) off both mini roundabouts.

This will turn you into Queen Alexandra Road where you continue straight on past the hospital main entrance

Keep on Queen Alexandra Road the as the road swings to the right turn left (effectively straight on) into Suffield Road

Continue of Suffield Road until the T junction where your turn right on Desborough Avenue

At the mini roundabouts take the 1st exit then the 2nd exit in order to go straight, continuing on Desborough Avenue.

Continue straight, past the entrance to Powerbiking on your right, to the traffic light at the A40.

Turn left onto the A40 West Wycombe Road and follow that out of High Wycombe. This will take you past a BP garage on the left if you need a stop and are not carrying product Continue on the A40 West Wycombe Road to the first roundabout where you take the 2rd exit (right) onto the A4010 Bradenham Road

Stay on the A4010 all the way to Princes Risborough

At the first roundabout in Princes Risborough take the 1st exit (left) and continue on the A4010 Aylesbury, New Road

At the next roundabout take the 4th exit (right) to continue on the A4010 now called Aylesbury Road

Continue on the A4010 all the way to Aylesbury, this takes you through 2 roundabouts. At the first roundabout take the 2nd exit (straight over)

The second roundabout is where we pick up the route in pictures



JR to Royal Berkshire Hosp (RBH)

- JR to RBH: Headington Roundabout, Eastern Bypass to A4074



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Leave JR and turn left on B4496 Hedley Way
 Continue to traffic light at the junction with A420 Headington Road
 Turn left and continue on Headington Road to roundabout
 Take 4th exit to A4142 Eastern By-Pass Road, straight over Littlemore roundabout
 Keep in left lane marked A4074 to traffic light
 Take 2nd exit (first goes to Sainsbury Superstore) to A4074 to Reading
 Straight over 3 roundabouts (Golden Balls, Berinsfield Road, Shillingford)
 At fourth roundabout (Elm Bridge) take 3rd exit (2nd Exit to BP Fuel & McDonalds)
 At next roundabout take 3rd exit to continue on A4074 Port Way (2nd exit is A4130)
 At next roundabout (Mongewell) take 1st exit to continue on A4074 to Reading
 Follow A4074 into Caversham and traffic light at junction with A4155 Bridge Street
 Turn right on to Bridge Street ... now refer to full Preferred Route pdf

Passing RBH main entrance on your right you will notice tall chimney in the distance
 This is your guide in as the entrance we use, C6, is just before the chimney



JR to Wexham Park Hospital (WPH)

- JR to WPH: Headington Roundabout, A40, M40, A355 (south) at J2, B416



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Leave JR and turn left on B4496 Hedley Way
 Continue to traffic light at the junction with A420 Headington Road
 Turn left and continue on Headington Road to roundabout
 Take 3rd exit to A40 London Road
 Continue on the A40 until it merges with the M40 at Junction 8
 Remain on the M40 until exit at Junction 2 to Beaconsfield Services
 Turn right onto A355,
 Turn Left onto B416, follow signs to Wexham Park Hospital



The Queen's Award
for Voluntary Service



Night Community Hospitals (NCH)



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Any or all 4** destinations are possible, so sequence wise it helps to know from where the volunteer is starting and their intended sequence.

All deliver the samples to JR Path Lab

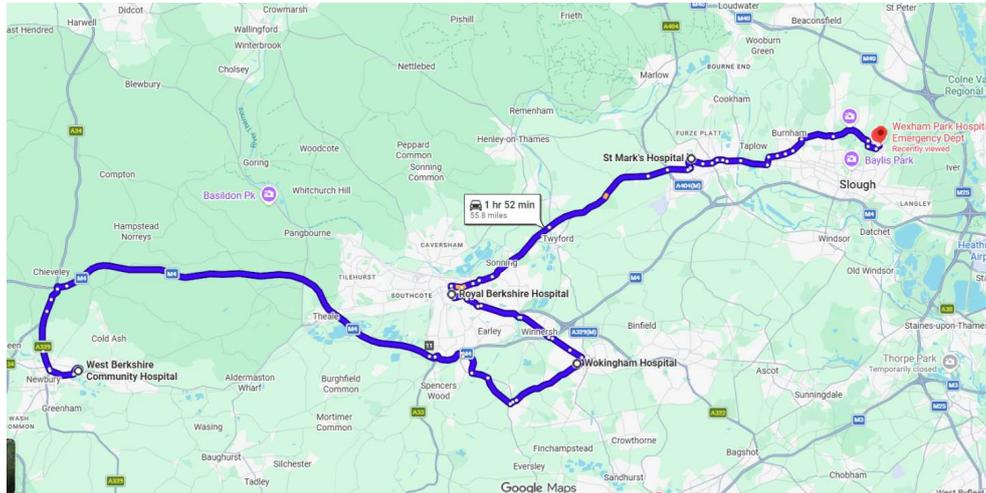
You must turn left out of ACH, can then turn back on next roundabout to head for A34.

**Whether Wallingford or Henley may depend on where the Nurse (H@H/UCR) finishes her round

- Abingdon (ACH) to JR, use A34 and Eastern Bypass – collection from Oxford Stroke Rehabilitation Unit (OSRU)
- Witney (WCH) <> ACH, use A415
- Bicester (BCH) use A40, A34 & A41 from Peartree whether from WCH or to JR
- WCH to JR use A415/A40 – collection from Minor Injuries Unit (MIU)
- Townlands (HCH) to JR, use A4130, A4074 & Eastern Bypass – collection from Reception
- Wallingford (WaCH) to JR use A4074 & Eastern Bypass – collection from St Leonard's Ward



Night Care Homes (NCA)



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Exiting West Berks Community Hospital (WBCH) you are forced to turn left onto A4; if issues on M4 could follow A4 to Theale

If collecting from West Berks Community Hospital (WBCH) you need to know:

- Is it from Newbury Nurses (UCR), or WBCH Donnington Ward
- Is it to be delivered to RBH or WPH

If collecting from The Cottage, at St Mark's Hospital (StMH), deliveries go to Wexham Park (WPH) – NCA rider may be willing/asked to start early (4pm collection) if based Bracknell/Maidenhead rather than Thatcham.



Relays – Handover points

The handover points, rendezvous (RV/RDV) for Rota Duties are normally just off a Motorway or major Trunk Road:

- Cobham Services on M25 (for collection, onward to GWH)
- Great Western Hospital (GWH), Junction 15 M4 (for handover)
- Tesco, M6 Junction 2 (for collection/handover)
- Peartree Services, A34/A44/A40 (normally for internal relay)

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For each of these RVs, make sure you know where to meet your counterpart



Less visited locations

If you are called on to visit these, the details are available at <https://serv-obn.org.uk/hospitals/>

- Frimley Park (FPH), near Farnborough/Aldershot
- Heatherwood (HTHWD), near Ascot



Test your knowledge

- There is a multichoice quiz available at <https://serv-obn.org.uk/courses/hf-refresher-quiz/> to help you maintain your awareness.
- The bank of questions from which the quiz is drawn will continue to be added to.



Thank You for your time