



## Contact Information

Central Ambulance Training Service  
Suite 1  
Highfield House  
The Hawthorns  
Flitwick  
MK45 1FN

Tel: **0845 1707 999**

Email: [info@catsfirstaidtraining.co.uk](mailto:info@catsfirstaidtraining.co.uk)

## Directions

### By Car

#### From the M1

Exit junction 12 towards Flitwick, travel along the A5120 for approx 3 miles until you come to a roundabout (Tesco superstore is to the left of you) Turn right (third exit), over a railway bridge and forward to another small roundabout turn Left (first Exit) onto Flitwick High Street. Continue up Flitwick High Street and the Hawthorns is on your right. There is some parking around the back of Highfield house. Our main entrance is on the ground floor to the side of the building.

#### From Bedford

Follow the B530 towards Ampthill then follow the Ampthill road towards Flitwick. Forward to a roundabout at the A421, there is a Shell petrol station in front of you. Forward over roundabout. The Hawthorns is approx 1 mile on your left, there is some parking around the back of Highfield house. Our main entrance is on the ground floor to the side of the building.

#### From the A1M

Follow A421 for approx 10 miles, turn left at roundabout signposted Flitwick /Ampthill this is the Ampthill road, forward approx 1 mile the Hawthorns is on your left. There is some parking around the back of Highfield house. Our main entrance is on the ground floor to the side of the building.

## **By Train**

Highfield house is a two minute walk from Flitwick station on the Main line.

Our entrance is to the side of Principles Hairdressers

## **By Bus**

The number **J2** bus will bring you direct from Bedford with a journey time of approx 30 minutes. The bus stop is outside the post office which is next to the station on Flitwick High Street. Exit the bus and walk to, Highfield House is approx a two minute walk.

Our entrance is to the side of principles hairdressers.