

directions: brighton & hove therapies clinic

location

The Brighton & Hove Therapies clinic is 44 Rutland Road, Hove, East Sussex, BN3 5FF. When you arrive, please ignore the shop entrance, but look for the black door near the corner of Rutland Road and Montgomery Street: this is the entrance to the clinic, and you will find a buzzer marked *Brighton & Hove Therapies*.

by car

the RAC and AA have routefinder services online, or you can visit www.mapquest.co.uk and click on Driving directions, entering your own postcode and the clinic's postcode, BN3 5FF. There is on-street pay and display parking in Rutland Road and in the surrounding streets. Be sure to avoid parking on the *Residents' Parking Only* side of the streets.

by bus

frequent buses run nearby the clinic. The nearest bus routes are numbers 46, 46A, 49 and 49A with stops along Portland Road, and numbers 5, 5A and 5B which stop nearby in Sackville Road. Routes 1, 1A and 6 serve Hove's Church Road, slightly further away.

by train

stations in Brighton & Hove have excellent rail connections from all over the country. **Aldrington** (two stops from Brighton station, average journey time 7 mins from Brighton station) is under 500 metres from our clinic. **Hove** station (one stop from Brighton station and served directly by express trains from London Victoria) is less than 1 kilometre from our clinic and is served by a taxi rank.

trains from London Victoria to Hove station take approximately 60 minutes, depending on time of day and train selected. If you plan to travel to the clinic from London Bridge, Blackfriars, City Thameslink, Farringdon or St Pancras International, change at Brighton for a train heading towards West Worthing and alight two stops later at Aldrington - allow longer for this journey. See www.national.rail.co.uk

by air

London Gatwick airport approximately 46 kilometres (30 miles) north of our clinic. If arriving by air, you can join a train from London to Brighton at Gatwick airport train station, and alight at Hove station (see above).

bicycles

bicycles left chained to suitable railings in the area *are left at your own risk*.

accessibility

the clinic is not suitable for anyone with mobility challenges, as there is a steep flight of stairs up to the clinic. Please contact us immediately if this affects your appointment, and we will make other arrangements.

children

we plan to introduce separate baby-changing facilities in the future, but in the meantime, we can provide a changing mat, nappy sacks and hand-washing facilities if necessary.