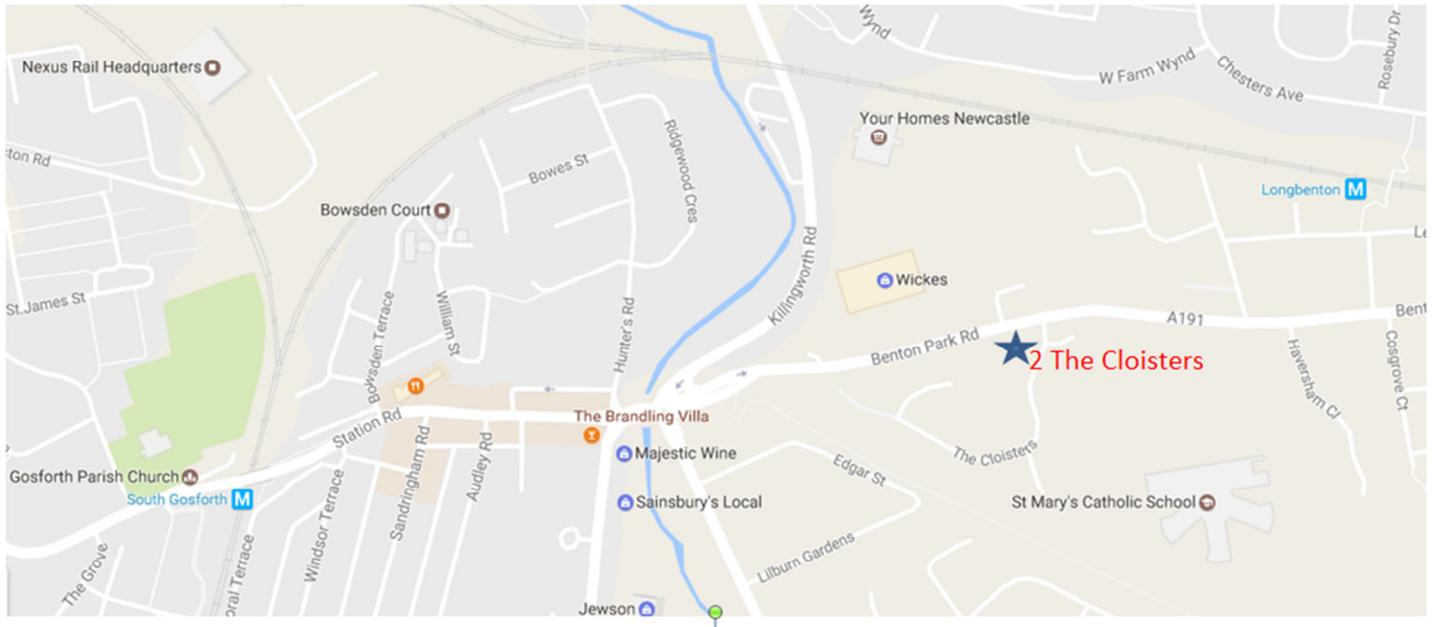


## APPOINTMENTS, LOCATION & TRAVEL

To make an appointment call me on 0191 2847 615 or on mobile 0777 3210 441.  
Alternatively email at christinefowler@yahoo.co.uk.

Therapy sessions take place in the comfort of my therapy room at 2 The Cloisters, South Gosforth, Newcastle, NE7 7LS. The location is very convenient and easily accessible by car or public transport (see map below).



### By Car

From the South (or city centre) drive towards Gosforth, past the Town Moor and turn right at the first roundabout (Blue-house Rbt and onto the A189, sp. Ashington). Follow Haddricks Mill road for about a mile until you come to the two mini roundabouts at South Gosforth. Turn right at the first roundabout then proceed straight across the next and up the bank on Benton-Park Road. This is the A191 leading towards Benton and eventually, on towards Whitley Bay and the Coast.

To get to this point coming from the North, come down the dual carriageway as far as Gosforth High street. About 200m after passing Asda turn left at the traffic lights, down Church road, passing South Gosforth Metro station on your right. This brings you down to the mini roundabouts which you go straight across. Now, with the roundabouts behind you, proceed up the bank, passing the Shell filling station then Wickes DIY store, on the left. Just past the Wickes traffic lights, turn right into The Cloisters. My house is the first on the right (a sharp turn into the drive of number 2 where you will find plenty of room to park).

### By Metro

Coming from the City Centre you can take either the Airport metro or the one for St James via the Coast. If you get off at South Gosforth Metro station and its then an 8-10 minute walk. Turn right and walk down the bank, past the shops, to the roundabouts. Cross the road at the lights and continue in the same direction, walking up the bank with the stone wall on your right. On your left you will pass a Shell filling station, then Wickes store. Then at the Wickes traffic lights, turn right into The Cloisters Estate. My house is the first on the right. Alternatively Coast Trains also drop-off at Longbenton Metro station (slightly shorter). Cross over the metro foot-bridge and go straight out of the station and up to the main road then turn right. You pass St Mary's School on your left and then turn left into the Cloisters Estate. My house is the first on your right.

### By Bus

The 55 bus is very direct and convenient. It runs every 15 minutes to Forest Hall from the Haymarket bus station (City Centre). The 52 also runs from Haymarket via Heaton every half hour. The 32 bus comes down Station Rd from Gosforth High Street and past the Cloisters Estate. All these buses drop-off at the Benton Park Road bus-stop just across the road from my house (which is on the corner opposite). You get off just past Wickes DIY store.