

Directions to Outlook South West's therapy rooms at 16 Wendron Street, Helston, TR13 8PS

Our two therapy rooms can be found on the first and second floors of the building next to The Mustard Seed cafe. The entrance is on the right hand side of the archway and there is a buzzer entry system in place. Please note that there may be a delay in someone answering the door. On entering the building please make your way to the waiting room on the second floor. Please note there is no disabled access to these rooms.

To minimise disruption to ongoing therapy sessions may we kindly request that you do not arrive more than ten minutes prior to your allotted appointment time.



From Penzance

Join the A30 leaving Penzance, at Newton Roundabout take the second exit onto A394 signposted Helston. At the next roundabout continue straight, stay on this road until you reach Helston. At the double roundabout turn right towards the town Centre. Follow this road around to the right, you are then on Coinagehall Street. At the traffic lights continue straight onto Wendron Street. The office will be on your left opposite the cinema.

From Lizard

Head towards Helston on A3083, at the first roundabout turn left onto Meneage Road signposted town centre. Continue straight at the mini roundabout until you get to the Volkswagen Garage where the road forks, take the left fork. At the traffic lights turn right, the office will be on your left opposite the cinema.

Parking

The nearest car park is on Wendron Street and charges 50p for 1 hour. This car park is less than a 1 minute walk from the Mustard Seed Café.

By train

Helston does not have a train station, the nearest stations are Hayle, St Ives and Camborne.

By bus

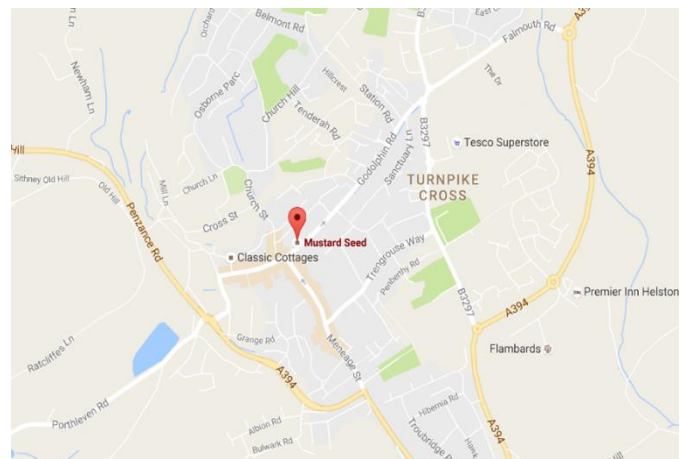
First Buses run between:

2 – Falmouth – Helston – Penzance

37 – Redruth – Helston – Lizard

39/45 – Camborne – Helston

The nearest bus stop is on Coinagehall Street outside The Original Factory Shop.



For any further information, please contact the Outlook South West head office in Lostwithiel on 01208 871905.