

Directions to Outlook South West's head office at 2D Restormel Estate, Lostwithiel, Cornwall PL22 0HG

The Outlook South West head office is situated in Restormel Estate, Lostwithiel (the old milk factory), just off the main A390 road through the town. As you enter the estate, there is a red brick building on your left with a car park at the front of it. **The Outlook South West therapy room is located on the ground floor**, administration offices are located on both the ground and first floor. Access to the first floor is by stairs only, there is no lift.

From Liskeard

On the approach in to Lostwithiel from the A390, as you cross the bridge, turn left into Restormel Industrial Estate.

From St Austell

Follow the A390 road into Lostwithiel. Continue straight through traffic lights. Pass the community centre on your right, go over the bridge, then take the next turning on the right into Restormel Estate.

Via Bodmin, Launceston

If you are coming from Launceston/Okehampton, as you come off the slipway from the A30, turn left by the Nissan Garage at the top of Launceston Hill onto Cooksland Road. (If coming from the town, Asda will be on your left on Launceston road, turn right at the crossroads onto Cooksland Road immediately after.)

At the junction, turn left onto the A38. Take the first exit from the roundabout. At the mini roundabout, take the third exit heading onto B3268 Lostwithiel. At the mini roundabout take the first exit; follow the road for approximately 3 Miles. At the T-junction by the vets, turn left. As you enter Lostwithiel, continue straight through traffic lights. Pass the community centre on your right, go over the bridge, then take the next turning on the right into Restormel Estate. Our offices are in the red brick building on the left as you enter the Estate.

Parking

There is ample free parking at the front of the building.

Therapy room location

The therapy room is located directly in front of you as you enter the front door of the building. **There is no waiting area, so please ensure you arrive for your appointment at the set time** – the therapist will meet you at the room.



For any further information, please contact the Outlook South West head office on 01208 871414.