

## Directions to Outlook South West's locality base at Parade House, The Parade, Liskeard, PL14 6AF.

Our Liskeard office is situated in the centre of Liskeard. It is a large cream building with white pillars outside, "Parade House" above the door, and an OSW plaque on the outside of the building.

### From Bodmin/St Austell

Take the exit off the A38 into Liskeard and follow the road ahead. At the mini roundabout (beside Spar) take a left. This will take you through The Parade, with the Co-op and Lloyds bank on the left and the Post Office on the right. Take a left by Barclays Bank and Parade House will be in front of you.

### From Callington

When you approach Liskeard, at the first roundabout take the 2<sup>nd</sup> exit and follow the road ahead to the town centre. You will then come to a double roundabout, go straight across both and follow the road. There is then a mini roundabout by Barclays Bank, go straight across and then take the turning on the right. Parade House will be in front of you.

### From Plymouth

Take the exit off the A38 into Liskeard. At the roundabout take the 2<sup>nd</sup> exit and then take the 1<sup>st</sup> exit at the next roundabout. Follow the road into the town. At the mini roundabout (by Barclays Bank) take a left and then take the turning on the right. Parade House will be in front of you.

Please press the Outlook South West buzzer at the front door and a therapist will come and open the door for you.



### Parking

There is a Pay and Display car park behind Parade House where there is plenty of parking.

### By train

The nearest train station is Liskeard station, which is a 15 minute walk away and has branch services for Looe.

### By bus

The Parade is served by the following routes: 80B (Torpoint), 236 (Launceston), 260 (St Austell), 283 (Plymouth) 536, 573 (Looe), 574 (Callington), 575 (St Neot), 581 (Torpoint), 592 (Plymouth), 593 (Newquay). Please note not all of these services run daily.