

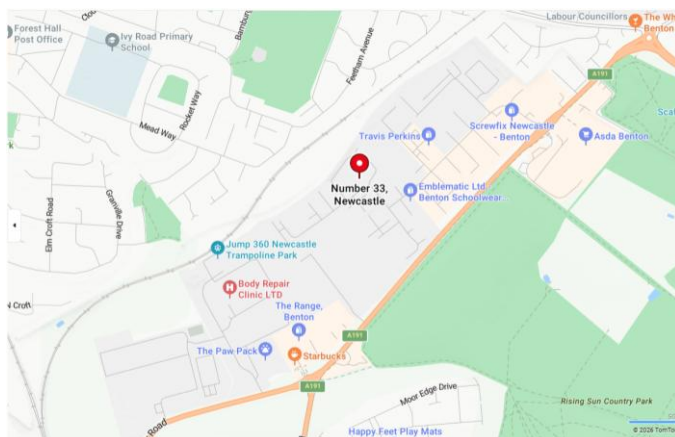
A GENTLE PACE - BEFORE YOUR APPOINTMENT

LOCATION

A Gentle Pace
33 Bellingham Drive,
North Tyne Industrial Estate,
Benton
NE12 9SZ



THERAPY FOR CHILDREN & ADULTS
PERFORMANCE · HABITS · SLEEP · CONFIDENCE



PARKING

Free Parking is available outside the premises.

LOCAL TRANSPORT

There are excellent transport links to our premises:

Public Transport

Palmersville Metro is a short walk away as are two bus stops either side of the Asda roundabout taking you in every direction.

From the A19

Leave the A19 at the junction signposted to A191 and A186. Depart the roundabout at the exit signposted A191, Holystone Way (fourth exit from A19 heading south or first exit from A19 heading north). Proceed along Holystone Way for approximately 1 mile passing two roundabouts. At the third roundabout, take the first left signposted A191 to Newcastle. At the next roundabout, take the third exit onto North Tyne Industrial

Estate. Follow the road for approximately half a mile until you reach a T-junction. Take a right-hand turn and Number 33 is first on your right.

From the Coast Road (A1058)

Leave the A1058 at the junction signposted to Benton & Wallsend (A186). At the roundabout take the exit signposted Benton A186 (third exit from A1058 heading into the City, first exit from A1058 heading towards

the Coast). Follow the A186 up the hill, passing several roundabouts until you reach the top of the hill where you will see The Range. Leave that roundabout at the third exit onto the A191. Travel approximately three quarters of a mile until you reach the next roundabout where you take the first left onto North Tyne Industrial Estate. Follow the road for approximately half a mile until you reach a T-junction. Take a right-hand turn and Number 33 is first on your right.

Arrival

Reception is open 9am-5pm Monday to Friday. Outside of this we will collect you from the front door.