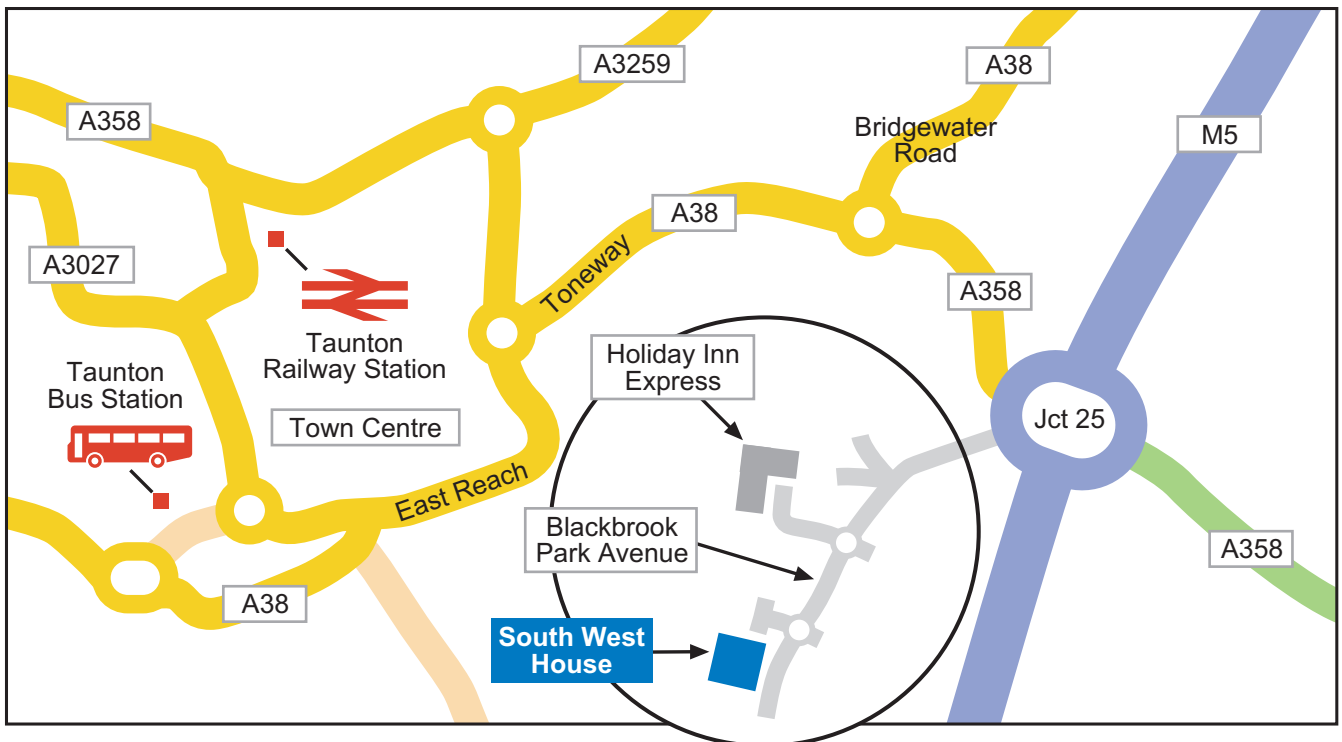


## How To Find Us

The *South West Strategic Health Authority* encourages our visitors to walk, cycle and use public transport where possible, as part of a healthy lifestyle.

The *South West Strategic Health Authority* is based about one and a half miles from Taunton train station, on a business park near the M5 motorway.



## On foot

This is a mostly flat walk that takes about 35 minutes.

The main road immediately outside the station is called Station Road. Turn left along this road and keep going until you get to a junction with Priory Bridge Road, turn left. Walk along this road until the roundabout. Bearing right, turn into Priory Avenue, follow the cycle path into the corner and turn right going alongside Victoria Parkway. The cycle path will lead into Alfred Street, go to the end of this street and cross at the lights into Hamilton Road. Go along to the lights at Ilminster Road and turn right into Ilminster Road. Go straight on to the roundabout, go straight ahead along a bus only lane. You have reached the Blackbrook Business Park. Turn right past the Express at Holiday Inn and straight on at the first roundabout, then right at the second roundabout. You have arrived at South West House.

## By Bicycle

You can follow the same route as for walking, much of which follows the cycle path. However, at the lights to go into Hamilton Road, the cycle path takes you through and around Hamilton Gault Playing Fields and through the housing estate exiting alongside the river at Blackbrook Way. The cycle path continues into the Blackbrook Business Park to Blackbrook Park Avenue. Turn left and go over the bridge and left at the first roundabout. You have arrived at South West House.

## By Public Transport

Taunton is served by First Great Western and Cross County Trains. For more details on timetables go to [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

From the train station take bus Number 1 operated by First Bus, heading in the direction of Calder Crescent. Ask for the Blackbrook Business Park. The route goes through the centre of the town, via the Parade and then out to the Business Park. It takes about 20 to 30 minutes depending on traffic conditions.

From the train station buses leave at 09 and 39 minutes passed the hour. From Blackbrook Business Park they also leave at 09 and 39 minutes passed the hour. The bus stop is on the bridge on Blackbrook Way and serves buses going in both directions.

The bus usually has a few minutes stop in the centre of town before proceeding, depending on its schedule.

Other buses do go to or near the Business Park from the Bus Station. The 21a will take you to the end of Hamilton Road and you have a five minute walk down Ilminster Road onto the Park. The 54 will take you to the business park itself, stopping at the bus lane. You then have a few minutes walk as above.

## By Car

The direct route to South West House is the M5 to Junction 25. Depending on direction of travel, if heading north, take the first exit from the roundabout at this junction into Blackbrook Park Avenue. If heading south, go around the roundabout and under the M5 and take the first exit on the left into Blackbrook Park Avenue.

From here, go straight ahead through the first roundabout past the Express at Holiday Inn and turn right at the second roundabout, you have arrived at South West House.

Sometimes our car park is full. If you have come for a meeting you should have been sent with your agenda an "NHS South West" logo. This can be displayed on your dashboard and you can park in the Express at Holiday Inn. If you do not have one, reception at South West House will help you.

If you are using the A38, take this road into Taunton. At the lights at Creech Castle, the junction with the A358, turn left towards the M5. Go straight on through the first roundabout and up to the junction with the M5. Go under and around the M5 and exit left into Blackbrook Park Avenue and follow the instructions above.