



Directions

The Consulting Room is located in The Old Court House adjoining the Police Station by the pedestrian crossing at the Battle end of The North Trade Road.

If driving west from Hastings:

On the A2100 go past Battle train station (on your right) and up the hill to a mini roundabout with The Chequers pub on the left. Turn left and continue along this road. Battle Abbey wall will be on your left and St Mary's Church on your right.

Continue up the High Street to the next roundabout and take the first exit (left). Budgens/Jempsons pay and display car park is on the left. There is also a long stay car park a little further on the left in Abbey Way.

If driving east from Eastbourne:

Coming into Battle along the North Trade Road (A272), the building is on the left hand side just before the end of the road. Turn right at the mini roundabout.

Budgens/Jempsons car park and the long stay car park are on your left as detailed above.

Driving south from A21:

Take the A2100 from the A21. At the end of this road you will come to the roundabout detailed above. The Old Court House will be on your right. Budgens/Jempsons car park is straight over the roundabout.

By train:

Come out of Battle station and turn left. Walk to the end of the road and turn right. Continue up the hill to a mini roundabout with The Chequers pub on the left. Turn left and continue walking straight ahead. You will come into Battle High Street. The building is the opposite end of the High Street as above. About 10 minutes' walk.

Parking:

There is minimal on-street parking near the building

The nearest parking is the pay and display in Budgens/Jempsons as above. Mount Street also has a pay and display car park – turn into Mount Street at Battle House of Flowers and take the first right. There is also parking at the Abbey car park next to the Abbey at the bottom of the High Street.

After parking walk back to the roundabout and into North Trade Road. A little way along there is a pedestrian crossing. Cross on the crossing and enter The Court House grounds by the steps between the two Yew Trees. Turn right at the top of the steps to the front of the building. The door will be unlocked but it is quite heavy so give it a hard push and come in and take a seat in the waiting room on the left.

I look forward to welcoming you.

Elaine Flook
Performance Therapy & Personal Branding

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