

**PHE Seaton House**

City Link

London Road

Nottinghamshire

NG2 4LA

Tel: 0344 225 4524

**Getting here:**

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| C:\Users\claire.harrison\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T8C4P3EH\1410105361[1].png | **Seaton House via train or tram** Nottingham’s tram has 7 park & ride sites across the city with over 5000 FREE car park spaces:<http://www.thetram.net/maps-and-stops.aspx> **Walking directions from the train station and station tram stop** (approx. eight minutes’ walk)**:**1. As you leave the station from the city centre exit, turn right along Station Street passing Tesco Metro, Loxley House and Jury’s Inn.
2. Arrive at the T-junction with London Road and using the pedestrian crossing, cross the road heading towards the Premier Inn hotel opposite.
3. The PHE East Midlands Centre, Seaton House, is situated behind the NHS Urgent Care building, opposite the Premier Inn.
4. Please use the PHE entrance situated at the rear of the building and press the intercom button to gain access.
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|  | **Seaton House via Park and Ride**[The Citylink 2 bus service](https://www.nctx.co.uk/timetables-tickets-maps/buses-lines/bus/C2) runs every 15 minutes (from and to Colwick Racecourse Park and Ride) and stops on Pennyfoot Street which is around a 2 minute walk to Seaton House: <http://www.nottinghamcity.gov.uk/citylink2> **Cycle Routes in Nottingham:**There are a number cycle routes in Nottingham city centre:<http://www.nottinghamcity.gov.uk/cycling> |
|  | **Seaton House via car**   |
|  | **Satnav postcode: NG2 4LA****Google map: https://www.google.co.uk/search?ei=4SpOWuzXBMrGgAbutLGoAg&q=seaton+house+nottingham+map&oq=seaton+house+nottingham+map&gs\_l=psy-ab.12...2065.3815.0.6087.11.11.0.0.0.0.102.832.10j1.11.0....0...1c.1.64.psy-ab..0.5.425...33i21k1j0i13k1j0i13i30k1j0i13i5i30k1j0i8i13i30k1.0.ACKMAdryiEE** **Car parking**There is no visitor car parking available at Seaton House, however there are several nearby carparks:The Premier Inn hotel, approx. 2 minutes’ walk from Seaton House: <https://www.premierinn.com/gb/en/hotels/england/nottinghamshire/nottingham/nottingham-arena-london-road.html?ARRdd=04&ARRmm=01&ARRyyyy=2018&ROOMS=1&ADULT1=1&CHILD1=0&COT1=0&INTTYP1=DB>Motorpoint Arena carpark, approx. 2 – 3 minutes’ walk from Seaton House: <https://www.nottinghamcity.gov.uk/transport-parking-and-streets/parking-and-permits/city-centre-parking/car-parks/motorpoint-arena-car-park/>For other nearby carparks, follow the link <https://www.nottinghamcity.gov.uk/transport-parking-and-streets/parking-and-permits/city-centre-parking/car-parks/> |
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