



## **DIRECTIONS TO MCCBT**

### **8A Framingham Road, Brooklands, Sale, Manchester M33 3SH**

**MCCBT** is in premises above **TOTAL HAIR CONCEPT Hairdressing Salon**, located **at the end of a parade of shops** at the Brooklands Road/Framingham Road junction.

**PLEASE NOTE:** There is also an **8a Brooklands Road**, near a Bookmakers shop, near to the Metrolink Station).

**Access** is via the door from street level between TOTAL HAIR CONCEPT and the Mini Market next door. The Centre is very discreet and there is no indication that it is a Therapy/Counselling service

#### **ON ARRIVAL:**

Please ring the doorbell and await response to release the door lock. Proceed up the stairs to the **first floor RECEPTION** office and Waiting Room. Please wait here for your therapist.

If possible please arrive just **A FEW MINUTES BEFORE YOUR PLANNED APPOINTMENT TIME**. If you are early for your appointment and you receive no response to the door bell we suggest you telephone your therapists mobile number in order to alert them that you are waiting downstairs.

#### **ARRIVING BY METROLINK TRAM FROM MANCHESTER:**

Metrolink trams run frequently from Manchester city centre (Piccadilly Station, Piccadilly Gardens, St Peters Square etc.). Ensure you board a tram on the **ALTRINCHAM ROUTE**.

**Alight at the BROOKLANDS** station tram stop (the stop **AFTER SALE**). Walk out of the station and you will see **WILLANS PROPERTY SERVICES** ahead of you and the start of a parade of shops. Follow the shops around the corner to the end and you will then be at MCCBT.

#### **ARRIVING BY METROLINK TRAM FROM ALTRINCHAM:**

Metrolink trams run frequently from Altrincham Station to MANCHESTER.

**Alight at BROOKLANDS** station tram stop (the stop **AFTER TIMPERLEY**). Walk out of the station **VIA THE STEPS/LIFT** and turn right to walk past the old station buildings to the traffic lights. **TURN RIGHT AGAIN** and proceed down Brooklands Road you will see

**WILLANS PROPERTY SERVICES** on your right hand side and the start of a parade of shops. Follow the shops around the corner to the end and you will then be at MCCBT.

#### **ARRIVING BY CAR:**

**M60 motorway** is 5 minutes away. Check for directions before setting off on your journey. Exit motorway for **SALE**.

**M56 motorway** is 10 minutes away – exit from M56 onto M60 West (clockwise) and keep in the left lane – exit at Sale junction. Check directions before setting off on your journey.

#### **CAR PARKING:**

There is usually some on street car parking available directly outside the parade of shops. Otherwise you will need to drive down **FRAMINGHAM ROAD** until you can locate a car parking space (possibly turning left onto **WOODBOURNE ROAD** where there are sometimes other spaces). This may result in a 5-10 minute walk back to the MCCBT Centre.

#### **ARRIVING BY BUS:**

Buses from Manchester and Altrincham stop near the Brooklands Metrolink station - including bus # 99.

Buses from Manchester and Altrincham stop on Washway Road (near the junction with Marsland Road) including bus # 263 - you would need to walk up Marslands Road towards Brooklands Metrolink station (approximately 5-10 minutes walk).



#### **FIND US ON GOOGLE MAPS:**

TYPE IN POSTCODE M33 3SH

<http://maps.google.co.uk/>

#### **FIND US ON STREETMAP:**

TYPE IN POSTCODE M33 3SH

<http://www.streetmap.co.uk/>