

PAUL WILDE

Counselling | Psychotherapy | Supervision

Address:

Rebalance Therapy Centre
40 High Street
Sutton Coldfield
B72 1UP

Telephone:

07922 070119

HOW TO FIND US

By car

Sutton Coldfield is on the A5127 between Birmingham and Lichfield, with easy access from North Birmingham, Walsall, Lichfield, Tamworth and surrounding areas.

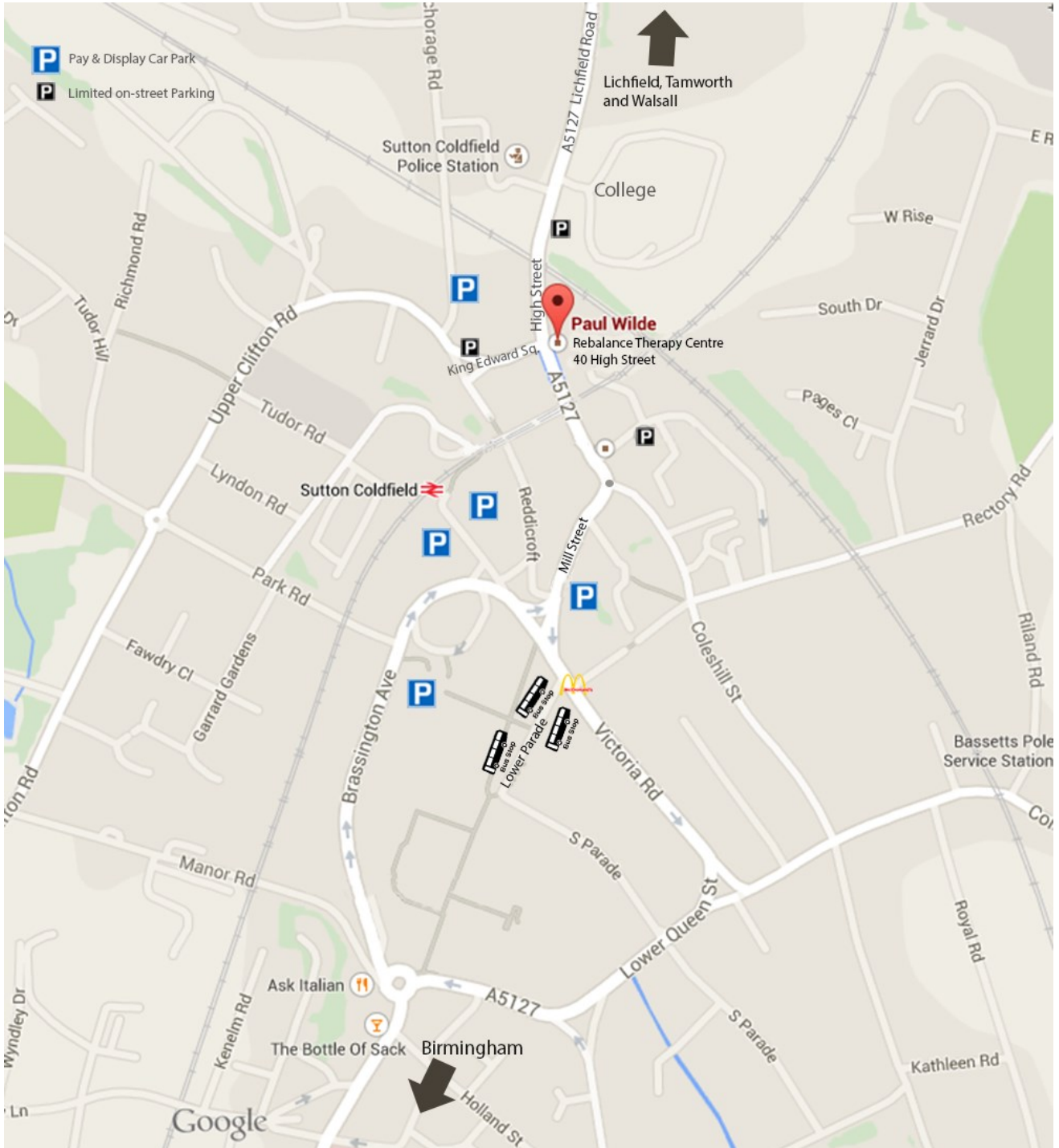
Parking is well provided for in the area with plenty of car parks and some limited on-street parking, however there is no parking directly on the High Street.

Parking coming from the South (Birmingham) - as you approach the town centre you will enter the one-way system, this will take you around to back of the Gracechurch shopping centre, House of Fraser and the multi-story car park. After the Multi-story is Sutton Coldfield United reform church (On your Right) as you pass the church turn left off the one-way system into Station Street. Station Street and Reddicroft car parks are on your left and right as you head up toward the Rail Station. Walk up through Reddicroft car park, turn left into Reddicroft, at the top of the road turn right into Railway Road for about 50 yards. High Street is at the end of the road, turn left onto High Street and Rebalance Therapy Centre is about 50 Yards on the opposite side, adjacent to 'Anthony Michael' Hair Salon. Our entrance is adjacent to the salon; ring the bell on the left (look for my card.)
(Please do not arrive too early for your appointment as we may be unavailable to answer the door.)

Parking coming from the North (Lichfield Walsall Tamworth) - if you approach Sutton town centre from the North (Lichfield Road), as you near the town centre you will pass the college on your left, after the college you enter High Street take the first right (King Edward Square) up to the town hall, there is some limited on-street parking here, and a large pay-and-display around to the right in Anchorage Road. Walk back to High Street and turn right, turn left onto High Street and Rebalance Therapy Centre is about 50 Yards on the opposite side, adjacent to 'Anthony Michael' Hair Salon. Our entrance is adjacent to the salon; ring the bell on the left (look for my card.)
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See the enclosed map for further car parks and on-street parking options.

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Trains

London Midland (Cross City Service) Redditch – Birmingham -Sutton Coldfield – Lichfield TV
This service runs approximately every 10 mins. to and from Sutton Coldfield.

On arrival at the station walk up the ramp to the main ticket hall, exit the station and walk up through the drop off parking onto Railway Road, turn right along Railway Road for about 100 yards. High Street is at the end of the road, turn left onto High Street and Rebalance Therapy Centre is about 50 Yards on the opposite side, next to 'Anthony Michael' Hair Salon. Our entrance is adjacent to the salon; ring the bell on the left (look for my card.)
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For timetable details

Visit : <http://www.networkwestmidlands.co.uk/train93/times2.aspx>

Buses

Sutton Coldfield is well served by many bus operators: buses stop in Lower Parade, walk to the end of Lower Parade (towards McDonalds) then walk up the hill (Mill Street) at the mini roundabout turn left into High Street, the Rebalance Therapy Centre is about 75 Yards on the opposite side, next to 'Anthony Michael' Hair Salon. Our entrance is adjacent to the salon; ring the bell on the left (look for my card.)
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All stop in Lower Parade

66A Ladywood – Birmingham - Sutton Coldfield
68A/C (Sutton Coldfield Circular) Sutton Coldfield – Beggars Bush - Erdington
71 Solihull – Chelmsley Wood – Sutton Coldfield
104 Birmingham – Erdington - Sutton Coldfield
105 Roughley – Sutton Coldfield – Birmingham
107 Birmingham – Perry Barr – Sutton Coldfield
110 Tamworth – Sutton Coldfield – Birmingham
111 Erdington – Boldmere – Sutton Coldfield
112 Burton on Trent – Lichfield – Sutton Coldfield - Birmingham
114 Birmingham – Walmley – Sutton Coldfield
115 Birmingham – Walmley – Sutton Coldfield
119 Falcon Lodge – Rectory Park – Sutton Coldfield
167 Erdington – Walmley – Sutton Coldfield
168 Erdington – Walmley – Sutton Coldfield
366 Walsall – Little Aston – Sutton Coldfield
377 Walsall – Streetly – Sutton Coldfield
451 West Bromwich – Scott Arms – Sutton Coldfield
604 Kingstanding – Sutton Coldfield – Mere Green
757 Birmingham Airport – Coleshill – Water Orton – Sutton Coldfield
902 Hill Hook – Sutton Coldfield – Birmingham
904 Birmingham – Erdington – Sutton Coldfield
905 Roughley – Sutton Coldfield – Birmingham
914 Birmingham – Walmley – Sutton Coldfield
915 Falcon Lodge – Sutton Coldfield – Birmingham
S1 Erdington – Streetly – Sutton Coldfield

For timetable details

Call : Traveline 0871 200 22 33

Visit : <http://www.networkwestmidlands.com/bus/busindex.aspx>