



★ New premises - Norwich Practices Health and Walk-In Centre - Rouen House

● Old premises - Timber Hill Health Centre - Castle Mall

- | | |
|--------------------------|-------------------------|
| ① Rouen Road Car Park | ⑤ Mountergate Car Park |
| ② John Lewis Car Park | ⑥ Norwich Bus Station |
| ③ Castle Mall Car Park 1 | ⑦ Norwich Train Station |
| ④ Castle Mall Car Park 2 | ⑧ Castle Meadow |

The new location is about 200 meters away from the existing site, approximately 2 minute walk.

Disability Access and Parking



Spaces outside the health centre are reserved for blue badge holders. Entrances to the Health and Walk in Centre have easy access for the disabled and wheelchair owners.

This leaflet is also available in large print and online

Accessing the new NORWICH PRACTICES HEALTH AND WALK-IN CENTRE Opening Monday 1st June 2015

Rouen House
Rouen Road
NORWICH
NR1 1RB

NEW TELEPHONE NUMBER 01603 677500

OPENING HOURS

Registered Patients 8am – 8pm
Walk in Patients 9am – 7pm

Please note the Health and Walk-In Centre at
Timber Hill will close permanently from 8pm
Sunday 31st of May 2015

The Health Centre and the Walk in Centre are operated by

Norwich Practices Ltd

On the 1st of June 2015 Timber Hill Health Centre will be moving to Rouen House with the new name of Norwich Practices Health and Walk-In Centre. Timber Hill Health Centre will be permanently closed as of the 31st of May from 8pm.

All patients with booked appointments from the 1st of June will be seen in our new premises at Rouen House.

Patient who use the Walk-In Centre should be aware that there will be a 'phased opening' of this service. This means patients may have to wait longer than usual at the Walk-In Centre for the first few months from the 1st of June, until it gets fully up and running in mid august.

Remember the Walk-In Centre is one of a number of services available. Instead you could:

- Look after yourself
- Seek advice from a pharmacist
- Make an appointment with your GP
- Call 111 for medical help and advice

Getting to the Norwich Practices Health & Walk in Centre



By Car

The nearest car park is Rouen Road car park which is 50 yards from the Walk-In Centre. From Ber Street turn right into Thorn Lane then turn right to the Car Park.

There is also meter parking close by along Rouen Road, and Ber Street.

Rouen Road car park has 4 disabled spaces and blue badge concession (buy 1 hr and get another hr free).

Please see back page for Car Parks close to The Health and Walk-In Centre.



Train

Walk over the junction to Prince of Wales Road, keep left on to Rose Lane, keep left up Cattle Market Street. With the Castle Mall on your right hand side. When you are past the Mall, at the traffic lights turn left into Rouen Rd. The Health & Walk-In Centre is 50 yards in on your left.



Walking

The new location is about 200 meters away from the existing Castle Mall site, approximately 2 minute walk.

There is easy access to Rouen Road by several accessible routes

- From Riverside, cross the Novi Sad Friendship Bridge. Turn right. This will lead you on to Rouen Road, the Health and Walk-In centre is 500 yards on the right hand side.
- From the Castle Mall Shopping Centre leave by the Rose Lane entrance, walk up the hill to the traffic lights cross over and walk down Rouen Road. The Health and Walk-In Centre is on your left.
- From Norwich Bus Station, leave by Surrey Street entrance, turn right. At traffic lights turn left at the cross road, walking alongside John Lewis, which should be on your right. Cross at traffic lights and keep right. Walk past Eastern Evening News Building and cross at traffic lights, keep right. The Health and Walk-In Centre is on your left hand side.
- From Carrow Road turn into King Street, keep left. You will then walk into Rouen Road. You will pass Rouen Road car park on your left. Cross over the road and continue up Rouen Road on your right until you reach the Health and Walk-In Centre.



Bus

Most of the bus routes either stop on Castle Meadow or in Norwich Bus Station. The Health and Walk-In Centre is approximately 7-10 minutes' walk from either of these stops. Many buses entering the city from Chapelfield/Newmarket Road & Outer ring roads stop in St Stephens Street. This is approximately 7-10 minutes' walk to the Centre.

There are 6 Park and Ride sites around Norwich serving the city centre:

Airport Park and Ride

Costessy Park and Ride

Harford Park and Ride

Postwick Park and Ride

Sprowston Park and Ride

Thickthorn Park and Ride



Bicycle

Norwich is a compact city and has well signposted cycle routes with good provision for parking your bicycle. There are secure bicycle racks immediately outside the Health and Walk-In Centre.