


## HOW TO FIND US

In addition to families who live locally we also see families who travel to us from all across the UK. We also see children who live abroad and come to TCT for assessment and/or blocks of intense therapy.

Please note: Total Children's Therapy operates across two locations:

### **Total Children's Therapy Westbourne**

 *DPGP Building, 7 Poole Road, Westbourne, Bournemouth, BH2 5QR*  
*Specialist Services:*

- Speech and Language Therapy
- Physiotherapy
- Occupational Therapy
- Music Therapy
- Sleep Practitioner Support
- Educational/Academic Support
- Post-Diagnosis Support

### **Total Children's Therapy Ashley Cross**

 *DPGP Building, 41 Church Road, Ashley Cross, Parkstone, Poole, BH14 0NN*  
*Specialist Services:*

- Paediatrician Clinic
- Diagnostic Pathway Assessments
- Educational Psychology
- Clinical Psychology
- Family Therapy

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### **Directions to TCT Westbourne**

We are conveniently placed on the border of Poole and Bournemouth in Dorset for easy access by various means of transport:

#### **BY CAR**

We are easy to find from all directions (for satnav use BH2 5QR). The clinic has plenty of parking including both disabled and parent and child spaces.

### **From Wessex Way/A35:**

- Head northeast on Wessex Way/A35
- At the roundabout, take the 2nd exit onto Cambridge Rd/B3066
- At the roundabout, take the 3rd exit onto Poole Rd.
- TCT is on the left based within Poole Road Medical Centre opposite to the Holiday Inn Hotel.

### **BY BUS**

More Buses serve the bus stops directly outside the clinic.

### **BY AIR**

- Bournemouth Airport (7 miles – 13 mins)
- Southampton Airport (34 miles – 35 mins)

### **BY TRAIN**

- Bournemouth Train Station (2 miles – 5 mins)
- Poole Train Station (5 miles – 14 mins)

### **BY NATIONAL EXPRESS COACH**

- Bournemouth Coach Station (2 miles – 5 mins)
- Poole Coach Station (5 miles – 13 mins)

### **BY FERRY**

- Lymington Port (20 miles 42 mins)
- Poole Port (6 miles – 20 mins)
- Portsmouth (50 miles – 60 mins)

**NB: A video guiding you into TCT is available on the 'Our Practice' page of the TCT website, please [see here](#).**

[totalchildrenstherapy.co.uk](http://totalchildrenstherapy.co.uk)

**Postal Address:** Total Children's Therapy Ashley Cross, DPGP Building, 41 Church Road, Ashley Cross, Parkstone, Poole. BH14 0NN

Tel: 079 394 10048 Email: [info@totalchildrenstherapy.com](mailto:info@totalchildrenstherapy.com)

## Directions to TCT Ashley Cross

We are conveniently placed in Poole, Dorset for easy access by various means of transport:

### BY CAR

We are easy to find from all directions (for satnav use BH14 0NN). There is plenty of parking at TCT Ashley Cross either side of the building, including two blue badge spaces. If it is ever too busy, and you cannot wait for a space, there is 2-hour parking available on many of the surrounding roads.

If you wish to stay in the area after your appointment there is a large pay and display car park (Commercial Road Car Park) 5-minutes' walk away from the clinic.

### From Wessex Way/A35:

At Bournemouth West Roundabout, take the 2nd exit and stay on Wessex Way/A338

At County Gates Gyratory, exit onto Poole Rd/A35 - **Poole town centre, A35 Parkstone**

At Pottery Junction roundabout, take the 1st exit onto Bournemouth Rd/A35

Travel straight down this road, through the 2nd set of traffic lights.

You will start to travel downhill - there is a speed camera on your left.

You will come to some shops (Running Free in your left, post office on your right)

At the next set of lights Turn right onto Church Rd the sharp left to stay on Church Rd

We are then just on your right

Arrive: Church Road, Poole BH14 0NN, UK

(We do also have a carpark entrance off Springfield Road)

### BY BUS

More Buses serve the bus stops a 2 minute walk from the clinic.

### BY AIR

- Bournemouth Airport (8 miles – 25 mins)
- Southampton Airport (36.5 miles – 50 mins)

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## **BY TRAIN**

- Parkstone Train Station (0.5 miles – 5 to 10 min walk)
- Poole Train Station (2 miles – 10 mins car)

## **BY NATIONAL EXPRESS COACH**

- Poole Coach Station (1.6 miles – 6 mins)

## **BY FERRY**

- Lymington Port (22.5 miles 50 mins)
- Portsmouth (56 miles – 1 hour 10 mins)

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