

Ainsdale Centre for Health and Wellbeing
164 Sandbrook Road, Woodvale, Southport. PR8 3RJ
Telephone (01704) 387130
Pain Clinic direct line (01704) 387158

Car park for 26 cars including 4 disabled with nearby on road parking.

Ainsdale train station is approximately 1 mile (1.6km) away. Trains run every 15 minutes.
Bus number 49, 49A, From Ainsdale train station to within 50 metres of the Centre. (Run approx. every 20 minutes)

Local Taxi telephone numbers:

Yellow Top (01704) 531000 (wheelchair friendly– ask when booking)
All White Taxis (01704) 537777
Central Cabs (01704) 544414

Bus Routes:

Arriva; 47,48,48A run every 30 minutes to and from Liverpool/Southport and stop on Liverpool Road (About a 200 metre walk to the Centre via Sandbrook Way– see map)
Stagecoach also run the X2, 2X To and from Liverpool /Southport.

Times and bus numbers have been obtained from www.merseytravel.gov.uk Please check before travelling. **Traveline (Public Transport Information)- Telephone 0871 200 22 33**

If you have internet access, try www.transportdirect.info This website allows you to enter a to and from postcode destination which includes public transport. It also contains useful travel information for disabled people.

