



Location

LIFE-FORCE Centre
3 East Hill
Colchester
CO1 2QL

For a map please see <https://ianrattraytherapy.com/counselling-co1/>

There is a door code for the building. After entering the code, push the door to open.

When you come in there is a large waiting room on the left where I will come to meet you at the appointment time. If this room is not free please use the chairs or the area at the bottom of the stairs.

Parking

Priory Street Car Park

Priory Street is a one-way street, which is on the left halfway down Queen Street. The closest part of the car park to East Hill is at the far end.

All Saints House

Located on Roman Road, just off East Hill.

Grey Friars Car Park

Located on Castle Road, accessed via Roman Road off East Hill.

Britannia Car Park

Located at the bottom of Queen Street off St. Botolph's Roundabout.

Street Parking

Street Parking in East Hill and Roman Road is permissible Monday – Saturday after 6pm and Sunday anytime.

Disabled Parking and Access

Disabled parking is permissible outside the building on East Hill for up to 3 hours. Please note there are 3 steep steps up from the pavement to the main entrance into the building. If you are unable to manage the front entrance steps, you can use or be dropped off at the rear of the premises, accessed via Priory Street, and come down the disabled ramp. Approaching from Priory Street, between the far end of Priory Street car park and East Hill turn left into a red-bricked driveway just past an office building. The rear entrance is at the top on the right.