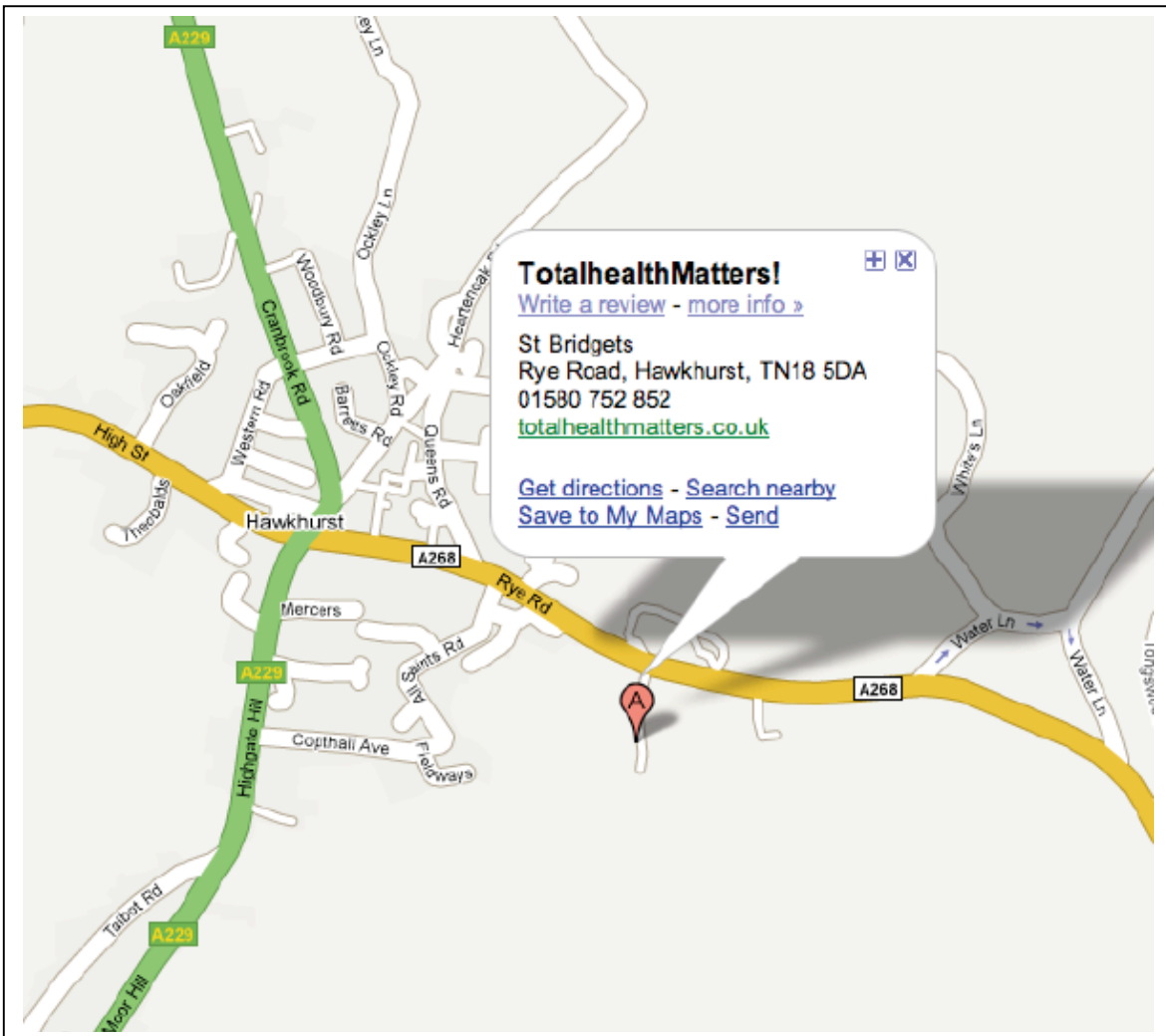


Coming into Hawkhurst from the A21 at Flimwell lights, cross over the lights in Hawkhurst (going towards Rye & Sandhurst),

Coming from Seddlescombe and the Moor turn right at the traffic lights (going towards Rye & Sandhurst)

Then pass the Colonnade of shops on the left, pass the Petrol Station on left, pass the Queens Hotel on left, pass Queens Road on left, pass Car Park & Primary School on left, at this point you will see a long brick wall on your right about 50 yards ahead, at the end of this turn right down a private road. It has our sign TOTALHEALTHMATTERS at the top besides a public footpath sign. Go to the end of this lane, signposted St Bridgets (DO NOT TURN OFF TO THE RIGHT) our gravel drive leads onto our parking area in front of the Clinic Building. Coming into Hawkhurst from Rye/Tenterden or Sandhurst, after the Hawkhurst road sign at about half a mile on look out for a ten foot high decorative iron sign on the left by a bungalow, this is the top of our road, turn left down this road (it has a public footpath sign at the top) we are 50 yards down at the bottom signposted St Bridgets, /TotalhealthMatters, enter our parking area over gravel drive (DO NOT TURN OFF RIGHT IN THIS LANE)



Coming into Hawkhurst from Cranbrook/Staplehurst/Goudhurst/Maidstone at the traffic lights in Hawkhurst turn left Then pass the Colonnade of shops on the left, pass the Petrol Station on left, pass the Queens Hotel on left, pass Queens Road on left, pass Car Park & Primary School on left, at this point you will see a long brick wall on your right about 50 yards ahead, at the end of this turn right down a private road. It has our sign TOTALHEALTHMATTERS at the top besides a public footpath sign. Go to the end of this lane, signposted St Bridgets (DO NOT TURN OFF TO THE RIGHT) our gravel drive leads onto our parking area in front of the Clinic Building.

From Wadhurst/Ticehurst/Crowborough cross over the A21 at the Flimwell lights then to Hawkhurst , cross over the lights in Hawkhurst (going towards Rye & Sandhurst),

Then pass the Colonnade of shops on the left, pass the Petrol Station on left, pass the Queens Hotel on left, pass Queens Road on left, pass Car Park & Primary School on left, at this point you will see a long brick wall on your right about 50 yards ahead, at the end of this turn right down a private road. It has our sign TOTALHEALTHMATTERS at the top besides a public footpath sign. Go to the end of this lane, signposted St Bridgets (DO NOT TURN OFF