

## Directions

Our therapy room is at the following address:  
6 Green Oak Road, Totley, Sheffield, S17 4FP. Tel. 0114 2351985

### Bus route from Sheffield city centre

Catch a 97 'Totley' bus (avoid the 98 'Totley Brook' bus as it's a different route!) From town you can catch a 97 at the Markets, High Street, Peace Gardens and Moorfoot). Ask for 'Totley Rise shops'.

You will travel out of town via London Rd, then Abbeydale Rd, then Abbeydale Rd South, Millhouses, Beauchief Hotel (on your left) and Abbeydale Garden Centre (on your left). When you reach Tesco Extra and Spar (on your right) you are almost there. Prepare to alight immediately when you see Totley Rise shops - the row of shops on your left that begin with Blow hair salon. They also include the Mohul Indian Restaurant and Abbey Friar chip shop... [If you miss this stop get off at the next stop after the Sheffield Animal Hospital (\*details below)]... Walk left as you alight the bus, back towards the shops. Just before you reach the shops, without crossing the road, double back on yourself to your right. This is Glover Road and begins with a steep bank on your right. When you come to the cross roads go straight across onto Green Oak Road. A concrete retaining wall runs in front of the houses on your right. Number 6 is the last house to have a front wall.

\*If you got off at the second stop, as you step off, walk to your right. On the left you will come across some concrete bollards where a road comes to a dead end. Walk down this road as far as you can. At the end you will come to a T junction. Walk to your left (along Mickley Lane) and down the hill. You will come to a crossroads. Turn right onto Green Oak Road. A concrete retaining wall runs in front of the houses on your right. Number 6 is the last house to have a front wall.

### By car from Sheffield city centre

Most routes require you to join the bus route (detailed above) at some point. The simplest route is to come from city centre along London Road then Abbeydale Road and Abbeydale Road South. You will eventually see a Tesco express and Spar on your right and Baslow Road starts here. You then pass Totley Rise shops on your left and turn left at the traffic lights at the end of this row of shops (before you reach Sheffield Animal Hospital). The road, Mickley Lane, bears immediately right. Continue to the crossroads and go straight across. A concrete retaining wall runs in front of the houses on your right. Number 6 is the last house to have a front wall.

### By car from the A6102 ring road

Head for the roundabout where Bochum Parkway, Meadowhead, and Chesterfield Rd South meet. Go straight on onto Greenhill Main Rd (B6054) following the sign for Bradway. This road soon becomes Greenhill Parkway. Go straight on at the next roundabout. You will eventually pass a fire station on your left and Bradway shops on your right and you will pass over a zebra crossing. Continue straight on until you get to a tight right hand bend showing signs to Totley. Follow the bend around to the right and continue to follow the road down the long, winding hill into Totley ('Prospect Road'). Go right down to the T-junction at the bottom (with Shepley Spitfire Pub facing you). Turn right. Take the first left onto 'Green Oak Road'. A concrete retaining wall runs in front of the houses on your right. Number 6 is the last house to have a front wall.

### By car from A61/Chesterfield area

From the Chesterfield area you need to get onto the A61 to Sheffield (Dronfield Bypass). Take the first exit at the roundabout onto Chesterfield Road South. Take the first exit at the next roundabout onto Greenhill Main Rd (B6054) following the sign for Bradway. This road soon becomes Greenhill Parkway. Go straight on at the next roundabout. You will eventually pass a fire station on your left and Bradway shops on your right and you will pass over a zebra crossing. Continue straight on until you get to a tight right hand bend showing signs to Totley. Follow the bend around to the right and continue to follow the road down the long, winding hill into Totley ('Prospect Road'). Go right down to the T-junction at the bottom (with Shepley Spitfire Pub facing you). Turn right. Take the first left onto 'Green Oak Road'. A concrete retaining wall runs in front of the houses on your right. Number 6 is the last house to have a front wall.