



The Independent Physiotherapy Service (IPS) - Within Talybont Sports Centre

Address: IPS within Talybont Sports Centre, Bevan Pl, Cardiff CF14 3AT

Contact: 02920 547210

Website: www.theips.co.uk

Directions: Please Note: Road access is off Western Avenue only. Please also be aware that some sat navs may direct you to the wrong location if you use the postcode of the Sports Centre. We recommend using the postcode CF14 3AT, as it will get you to the correct entrance gate. Turn onto Excelsior Road at the Tesco Extra traffic lights. Follow signs for Talybont Student residences, which will take you first left of the mini roundabout and then first right towards McDonalds. There is a small road in the shadow of big trees, on the right-hand side opposite McDonalds car park, which leads to security gates. Drive up to the gates and press 'Sport' on the intercom. The security will open the gates within a few seconds. Follow the road up and alongside the large astroturf pitch (which will be on your left), drive through the traffic calmer, which will get you to a large car park (the sports centre is the big building in front of you, behind the orange-surfaced multipurpose pitch). Drive straight on and following signs for Southgate House. When you arrive at Southgate House, you are at the back of the sports centre. Now follow signs for the Sports centre. When you get around the corner, you will see a big building with large red signs, 'Cardiff University Sports'.

Parking & What To Do On Arrival: Disabled parking space and small car park are just to the right of the entrance. Parking is free for our clients. Please park in the car park, remain in your car and text **07706839852** to announce your arrival. Please do not enter the main building unless asked to do so. This mobile number is **ONLY** used to announce your arrival. Please call our admin team on 02920547210 for any other enquiry.