

Directions

Road access to iPS Physiotherapy Clinic, within the Sports Centre on the site of Cardiff University Sports Training Village (also known as Talybont Student Residences site), is only possible via Western Avenue.

To ensure you arrive at the correct entrance to Cardiff University Sport Training Village, use the post code of the McDonald's restaurant (**CF14 3AT**). Keep to the right and you will see the University sign on the lane which runs alongside the river and leads to security gates. When you get to the security gates, press the buzzer for 'Sport' advise that you have come for physio, and the gates will open.

Parking / Access

PARKING FOR PATIENTS ATTENDING PHYSIOTHERAPY IS FREE (UP TO 4 HOURS).

Follow the road to the far end of the site. You will pass a football pitch on your left, continue driving beyond the large car park and then you will see signs for iPS as you travel around the back and side of the sports centre. Once at the entrance to the sports centre, you will see 2 disabled parking bays immediately outside the entrance and a small car park to the right of the building for about 15 cars. If there are no spaces, you may need to continue to the main car park (only 20-30m further) to park there and walk back to the sports centre.

What to do on arrival

Once you have parked, remain in your car and text 07706839852 to announce your arrival and wait for the text to confirm you can enter the clinic. This mobile number is ONLY used for patients to announce their arrival.

If you are running late / get lost

Please call our admin office on 03456 252 252 and they will either pass on a message to your physio or give you directions.

Consent:

You will receive an email prior to your appointment that will include any consent form/s that need completing. These must be completed and returned electronically before your appointment, or you will not be able to attend.

Kindest regards - The IPS Team