

Transport & Directions

sara Lee



A number of low cost transport services are available locally for people who find it difficult or impossible to use public transport.

Bexhill Caring Community Transport

Dial-a-ride service: 01424 224278

The current suggested donation (as of September 2014) is £8.50 return with an escort travelling free. **Services are free to Sidley residents.** Bookings are taken between 8:30am and 3:00pm, Monday to Friday. Outside office hours an answerphone is in operation. Booking should be made at least 48 hours ahead.

Hastings Community Transport

Dial-a-ride service: 01424 436868

Bookings to be made a few days ahead. Minimum charge £4.50 for return journey. Journeys within Hastings & St Leonards.

Brede Voluntary Car Scheme

Telephone: 01424 882123

Brede and Broad Oak residents only. Bookings to be made a few days ahead. Not able to accommodate wheelchairs but can accommodate walking aids. No charge for journeys.

Rye & District Community Transport

Dial-a-ride service: 01797 227722

Bookings to be made at least 24 hours ahead. £1 a mile for journey travelled (with a 3 mile minimum). Able to accommodate wheelchair users. For passengers within the Rye & District area, travelling as far as Bexhill.

Other Transport Information

Macmillan Grants - Means-tested one-off Macmillan Grants can be used for travel costs.

Average amount granted: £380. Call 0808 8080000

Road (vehicle) tax exemption - You may be able to get free or reduced road tax if you are disabled. For more information, call 0300 123 4321, use textphone 0300 790 6201 or visit gov.uk. You can also get renewal forms from your local Post Office.

Motability Scheme - Under this scheme, you may be able to get help to buy or hire a car, scooter or powered wheelchair if you are disabled. Contact the Motability Scheme to apply, www.motability.co.uk

Blue Badge - If you are a driver or a passenger with a disability that affects your ability to walk you may be eligible for a disabled parking badge (Blue Badge) to help you park closer to where you want to go. Call 01323 464244 or visit www.eastsussex.gov.uk/socialcare/transport



Bus passes for older and disabled people – Free bus passes are available for people with disabilities and those of a pensionable age. To find out more, call 0300 33 09 471 or visit www.eastsussex.gov.uk/roadsandtransport/public/concessionaryfares/buspass

Home Visits - If you are unable to get to our therapy rooms for your appointments we may be able to provide you with home visits. Please call our office on 01424 456608 to find out more.

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Visiting Us

The Sara Lee Therapy Centre

Address: 54 Ninfield Road, Bexhill on Sea, TN39 5BD

Telephone number: 01424 547517

Our Therapy Centre is hidden away from the busy main road and can be found behind our charity shop in Ninfield Road. It has a counselling room, complementary therapy room and group space on the ground floor, along with facilities, including a disabled toilet. The upstairs multipurpose space can be used for group activities and complementary therapies. To the rear of the building is a small walled garden with outdoor seating and delightful planting for colour, scent and interest all year round.



Parking information: Free parking is available in the public car park on the other side of the street, directly opposite Lidl. The Therapy Centre has a small car park, with spaces prioritised for those with restricted mobility.

Bus routes: 95, 97, 98 stop close to the Centre.

Our therapy rooms at St Michael's Hospice

Address: 25 Upper Maze Hill, St Leonards on Sea, TN38 0LB

Telephone number: 01424 456608

Our counselling and complementary therapy rooms are on the ground floor at St Michael's Hospice, close to the reception area. The counselling room is suitable for one-to-one work and small group sessions of up to five people. Our complementary therapy room has a consultation area and a therapy/changing area which is screened for privacy. Disabled toilets are available close to the therapy rooms and off the main reception.



Parking information: There is visitor and disabled parking at the Hospice, as well as free on-street parking in the surrounding roads within a short walking distance.

Bus routes: 23, 23a, 26, 26a stop close to the Hospice.

Our therapy room at The Rye, Winchelsea & District Memorial Hospital

Address: Peasmarsch Road, Rye Foreign, Rye TN31 7UD

Telephone: For appointments call our patient line on 01424 456608
For information about Rye Hospital, call the hospital on 01797 224499

Our first floor complementary therapy room is accessible by lift or stairs. There is a small seating area for consultations, and a comfortable massage couch. A disabled toilet is available off the main reception.

Parking information: There is ample free parking on site.

Bus routes: 293, 312, 313, 326, 342 stop close to the Hospital.

