



Appointment Only Clinics  
 Sexual Health Clinic  
 Phlebotomy  
 Baby Clinics  
 Walk in Clinics  
 Newholme Surgery  
 Ormskirk House Surgery  
 Central Surgery  
 Parkfield Surgery  
 GPs  
 and details.

Please telephone 01744 624999 for clinic information times and details.

01744 624880  
 01744 627660  
 01744 624808  
 01744 621730

Children's Podiatry  
 Smoking Cessation  
 0845 1550156

Men's Health  
 Paediatricians  
 Physiotherapy  
 Podiatry  
 Primary Care Mental Health  
 Pulmonary Rehab  
 Starting Point Outreach  
 Treatment room sessions  
 Weight Management,  
 Dietetics, Diet & Nutrition

Lifestyle Clinics  
 Health Visitors  
 Healthy Living  
 Language Therapy  
 Children's Speech and  
 Child immunization  
 Children's Eye Clinic  
 Children's continence clinics  
 Children's Audiology  
 Blue badge medicals

## Information for Patients

## Information for Staff

Need help with travelling to work? Workwise Merseyside may be able to help you.

### Workwise Travel Card

Up to a month's free public transport ticket is available to eligible applicants to travel to a new job.

### Workwise Wheels

The provision of a bicycle with equipment for eligible applicants to travel to employment.

### Scooter Commuter

To enable applicants to travel to jobs when no public transport is available you may be eligible for a six month loan of a 50cc scooter.

### Car share

Difficulties getting to work, why not give car sharing a try? Someone else may work nearby and be willing to car share. Register your details at [www.MerseyCarShare.org](http://www.MerseyCarShare.org) to find out more.

For further information call Workwise on 0151 330 1150 or visit [www.workwisemerseyside.org](http://www.workwisemerseyside.org).

### PCT Pool Bikes

Get fit, reduce your carbon footprint and beat rising fuel prices! Pool bikes are now available for PCT staff on a short term basis for travel between sites.

For more information contact the Health Improvement Library at Cowley Hill on 01744 626667.



### Top Tips for travelling by public transport

- Allow plenty of time for your journey
- Obtain an up to date timetable from your local travel centre
- Be aware that evening and Sunday services may differ from weekday services
- Ensure that you have the sufficient fare for your journey or the appropriate travel pass
- Purchasing a day rider ticket may be more convenient and cheaper than two single tickets. Ask your bus driver for details

If you require further information on public transport routes, timetables or fares please contact the **St Helens Neighbourhood Travel Team** on **01744 21123**.

Limited Car Parking is available on site but these spaces are strictly for patients **ONLY**.



# How to get to Lowe House Healthcare Resource Centre

103 Crab Street  
St Helens  
WA10 2DJ

PCT MAIN RECEPTION: 01744 624999

[www.workwisemerseyside.org](http://www.workwisemerseyside.org)



# How to get to Lowe House Healthcare Resource Centre



Buses calling at North Road:  
32, 32A, 32C, 137, 138, 152, 197

Buses calling at Duke Street:  
37, 38, 39, 60, 70, 137, 138,  
194, 195, 339, 356, E12

**Lowe House Healthcare  
Resource Centre**

**Key**

- Railway
- Bus Stations
- Bus Stops
- Railway Stations
- Bus Stops

**Walking distances to Lowe House (approx):**  
St Helens Bus Station – 10 minutes  
St Helens Central Rail Station – 12 minutes

For further information on public transport services phone the Travel Line on 0871 200 22 33 or go to [www.merseytravel.gov.uk](http://www.merseytravel.gov.uk)