

# Instructions for the new therapy room

**Strathclyde Business Centre, Room 11  
120 Carstairs Street  
Glasgow  
G40 4JD**

There is a free car park available through the gates if you're driving. If you're taking the train, the nearest train station is Dalmarnock, which is a five minute walk from the office.

Once you've arrived, please find the Reception entrance and ring the buzzer, informing them that you have an appointment with Clyde Therapy Services. Reception will then let you in through two different doors, and you can walk up the stairs to the mezzanine floor. Our therapy room is the only one on the mezzanine floor, and can be identified by its red double door, and a "Clyde Therapy Services" sign next to the door.

If you arrive earlier than 5-6 minutes before your scheduled appointment time, please respect the confidentiality of the ongoing session before you by either sitting on the chairs on the first floor (up the stairs) or the central atrium waiting area on the same level. Toilets are available on each floor at the end of the corridor.

Within 5-6 minutes of your appointment time, please proceed to our private waiting room, which is exclusive to our practice, through the double red doors, and help yourself to tea, coffee, or water while waiting for me to invite you in at the time of your appointment.

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From Dalmarnock Train Station:



As you exit the train station, turn left and then slightly left and walk past the OVO Bikes station, and proceed on the walkway - see picture.



At the end of the walkway you will see the former school building (now Strathclyde Business Centre) in the middle of the picture.



Follow the sign to Reception, and go through the main gate



Use the main gates if you either walk or drive

