

## NRGDS outpatient clinic

### **The address where your appointment will take place is:**

OutREACH Cumbria  
2 Long Lane  
Carlisle  
Cumbria  
CA3 8TA

### **Directions to site:** See next page

OutReach Cumbria is situated near the top of Long Lane which runs off Castle Street. Long lane is a narrow pedestrianised lane, Fisher Street runs along the bottom of Long Lane.

The nearest car park is the Fisher Street Car Park, the post code is CA3 8RF. The car park on Fisher Street is located at the bottom of Long Lane.

The building entrance is situated opposite 'Cakes & Ale'. There is a wrought iron gate at the entrance, the building has a sign saying 'Caritas Care' on the outside. Entry is through a brown front door with a doorbell. On arrival please ring the doorbell and you will be greeted by a member of staff. The staff member will have a list of people attending and they will direct you to the waiting area and tell the clinician you are here. The clinician will come and collect you. There are toilet facilities within the building in the foyer, please ask the staff member and they will direct you to the facilities.

### **Phone number/email to contact us about the appointment:**

Direct Line: 0191 287 6130  
Fax No: 0191 287 6131  
E-Mail: [NRGDS@ntw.nhs.uk](mailto:NRGDS@ntw.nhs.uk)

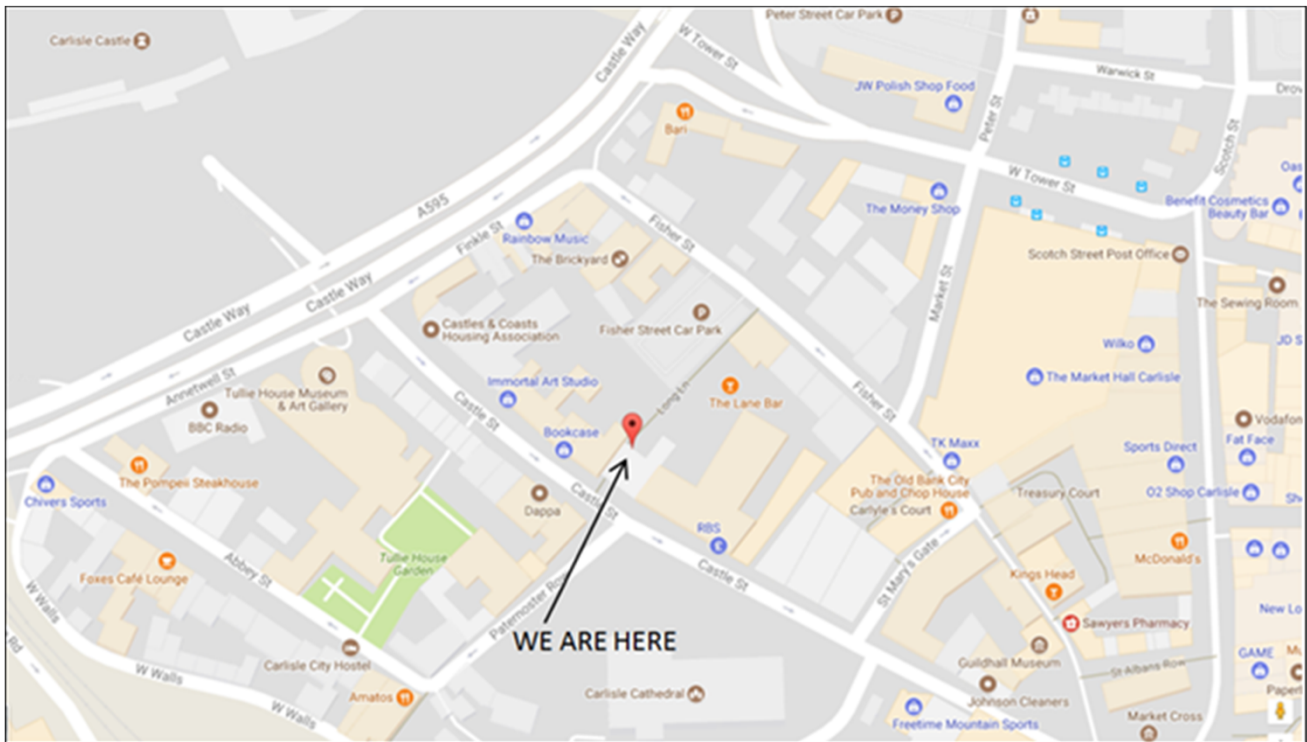
### **Our postal address and where our admin staff are based if you need to reach us:**

Northern Region Gender Dysphoria Service  
Benfield House  
Walkergate Park  
Benfield Road  
Newcastle upon Tyne  
NE6 4QD

If you have any particular mobility or access needs please discuss with our admin staff in advance of the appointment



OutREACH Cumbria  
2 Long Lane  
Carlisle  
Cumbria  
CA3 8TA



### **M6 from the South**

Travelling from M6 to Castle Street via A69.  
From the M6, take the A69 to Carlisle/Hexham/Newcastle at Junction 43. At Rosehill roundabout, take the 1st exit onto Rotary Way (continuing to follow A69). Turn right onto Victoria Place (A69). Turn right onto Georgian Way (A7). At the roundabout, take the 1st exit onto Castle Way (A595). Take the exit towards the City Centre and then merge onto West Tower Street. Turn right onto Market Street then turn right onto Fisher Street. On your left is a carpark called Fisher Street Car Park which is next to Long Lane. Parking costs £1.50 for 2 hours.

### **By Train**

The office is approximately a 10 minute walk from the Carlisle Train station. From the station, start out on Court Square Brow heading north-east. After 100ft turn left onto English Street. Continue on English Street until you can turn left onto Castle Street and then turn right to continue on Castle Street. Continue on Castle Street for approximately 420ft where you will see the shop 'Bookends' on your right. The walkway for Long Lane is here.

### **By Bus**

The office is approximately a 7 minute walk from the Stagecoach Bus station. From the station, walk west on Lonsdale Street which will lead you to Lowther Street. Cross the road and continue down Bank Street. At the end of the road turn right on to English Street. Continue on English Street until you can turn left onto Castle Street and then turn right to continue on Castle Street. Continue on Castle Street for approximately 420ft where you will see the shop 'Bookends' on your right. The walkway for Long Lane is here.

