

# Getting to Conquest Hospital

The Ridge, St Leonards-on-Sea, East Sussex, TN37 7RD

## Travelling by car

Conquest Hospital is on The Ridge (B2093) to the north of Hastings Town Centre. The main car park is on the left of the entrance. There is an additional car park on the right next to the Richard Ticehurst Surgical Unit. There are also some spaces outside the hydrotherapy pool, the medical outpatients entrance and the Egerton entrance, most of the spaces in these areas are reserved for blue badge holders.

Patients or visitors may be taken to or collected from the main entrance at the drop off points but vehicles cannot wait in these areas.

The main car park operates a pay-on-foot system - the first 30 minutes is free. The smaller car parks operate a pay-and-display system. The tariff and discounted ticket prices are available on our website - [www.esht.nhs.uk](http://www.esht.nhs.uk) - they are also displayed on site.

Concessions are available for patients and their relatives attending cancer/oncology clinics (we follow the national Macmillan guidelines); relatives of patients on the Liverpool Pathway (palliative care).

### Blue badge holders

Registered blue badge holders can park free of charge in the designated blue badge parking bays for a maximum of 3 hours if they display a valid blue badge in the vehicle. Blue badge holders who park in the pay-on-exit car parks will have to pay the full parking charge.

**Contact the Parking Office for more information - Tel: (01424) 755255 Ext: 7235.**

## Travelling by bus

Conquest Hospital has regular bus services every day from all directions. For local bus times or if you are travelling from further afield, please contact your local bus company for more information.

**Stagecoach - [www.stagecoachbus.com](http://www.stagecoachbus.com) - Tel: 08456 00 22 99** - for bus timetables of services in Bexhill, Eastbourne, Hastings and St Leonards.

**Renown - [www.renowngroup.co.uk](http://www.renowngroup.co.uk) - Tel: (01424) 210744** - operate buses from Bexhill to Conquest Hospital.

### Community transport

If you have mobility problems or find it difficult travelling by bus, community transport operators may be able to help you. You can find details of all community transport operators on the East Sussex County Council website - [www.eastsussex.gov.uk/communitytransport](http://www.eastsussex.gov.uk/communitytransport) - Tel: **0345 60 80 190**.

## Travelling by train

The nearest railway stations to Conquest Hospital are Hastings or St. Leonards Warrior Square. Buses leave Hastings Station from either directly outside the station or from the nearby Priory Meadow shopping centre - about 5 minutes walk from the station. Buses from St. Leonards Warrior Square leave from nearby London Road.

Rail services between Eastbourne, Bexhill and Hastings run approximately three times an hour at peak times Monday to Friday. Services between Eastbourne and Hastings stations take

between 20 and 25 minutes. Rail services from Tonbridge Wells, Wadhurst and Battle run approximately two times an hour at peak times Monday to Friday. Rail Services between Rye and Hastings run every hour at peak times Monday to Friday. For train times and more information visit - **Southern Railways** - [www.southernrailway.com](http://www.southernrailway.com) - Tel: 08451 27 29 20 or **Southeastern** - [www.southeasternrailway.co.uk](http://www.southeasternrailway.co.uk) - Tel: 0845 000 2222.

### **Bicycles on trains**

If you are travelling between Eastbourne and Hastings, ordinary bikes are allowed at any time if space is available. For more information about bicycles on trains, please check with the station ticket office or the train companies website.

### **Walking or cycling**

From Hastings Station it is approximately 3 miles, often up hill, to Conquest Hospital. From the station turn left onto Station Approach, turn left onto Devonshire Road and then left onto South Terrace. Turn right onto Braybrooke Road and then left onto Lower Park Road. Turn right onto Dordrecht Way and then left onto St Helen's Road (A2101). Turn right onto Ghyllside Drive and then left onto Ghyllside Avenue. At Grange Avenue turn right and then left onto Parkstone Road and then left onto Hillside Road. Turn onto The Ridge (B2093). Keep on The Ridge and Conquest Hospital is on your left.

From St. Leonards Warrior Square Station it is approximately 3.5 miles, mostly up hill, to Conquest Hospital. Turn left onto St John's Road and then left onto Chapel Park Road. Turn left onto Bohemia Road (A21), continue onto London Road (A21) and then onto Sedlescombe Road North (A21). Turn right onto St Helen's Road (A2101) and then right into Parkstone Road. Continue to the top, turning right into Hillside Avenue. Continue to the top and turn left onto The Ridge. Conquest Hospital is a short distance along on the left.

### **Other helpful websites**

[www.traveline.org.uk](http://www.traveline.org.uk) - Tel: 0871 200 22 33 - for journey planning by bus and train.  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk) - Tel: 0845 48 49 50 - provides comprehensive train and travel information.  
[www.maps.google.co.uk](http://www.maps.google.co.uk) - has comprehensive travel information.  
[www.theaa.com/route-planner](http://www.theaa.com/route-planner) - provides comprehensive travel information for drivers.  
[www.mapmyride.com](http://www.mapmyride.com) - for help planning a journey by bicycle.  
[www.hastingsurbanbikes.org](http://www.hastingsurbanbikes.org) - for information about cycling in Hastings.  
[www.bespokecyclinggroup](http://www.bespokecyclinggroup) - for information about cycling in Eastbourne.

### **Other useful information**

**Expenses** - patients who are receiving certain state benefits may be entitled to obtain reimbursement of public transport fares. You will need to produce proof of your entitlement i.e. benefit book or letter, and your travel tickets. Your clinic clerk will be able to explain the claims process when you attend clinic.

**Ambulance transport** - travel by hospital transport can only be authorised by your GP for your first visit if you are assessed as medically unfit to travel by public transport, private car or taxi. For subsequent appointments, the authorisation is based on the trust policy regarding patient transport.

**Patient assistance** - if you are a carer/escort for a patient and you require a wheelchair please ask at the hospital Information Desk. Unfortunately our receptionists and porters are unable to assist patients getting in or out of cars.