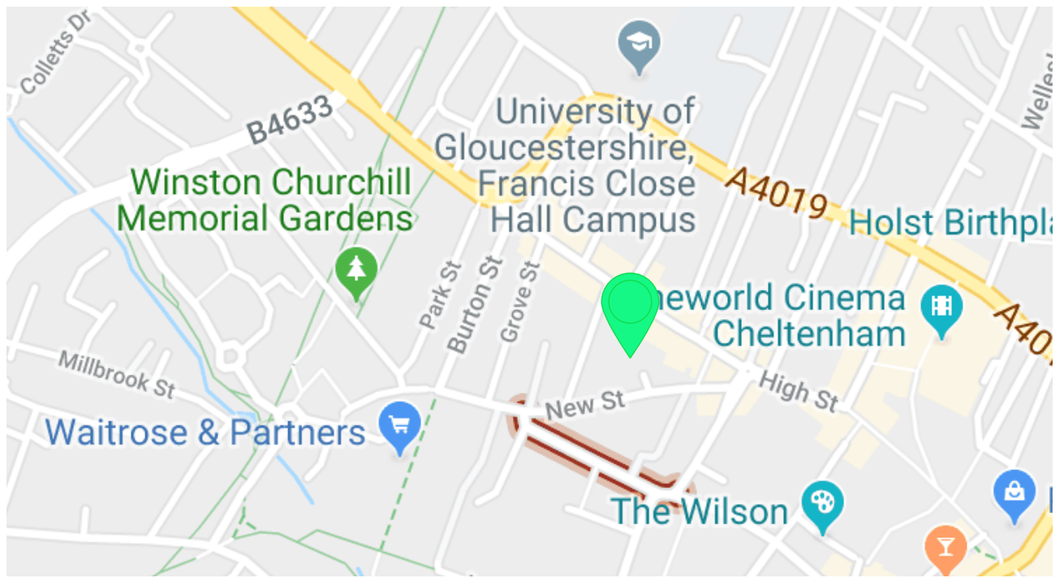
Directions to Essential Space

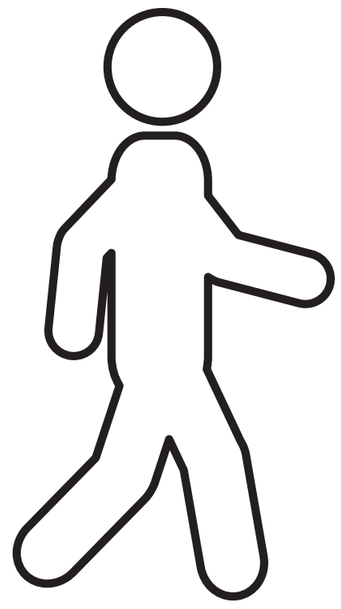
Cheltenham Town Centre location

You will find us at Alleyne Lodge, Unit A, Knapp Road, Cheltenham, GL50 3QH

Alleyne Lodge is split into two lodges, Unit A is Essential Space and Unit B the RSPCA.

We are a 3 minute walk from the town centre. When walking from town, proceed towards the bowling green on Ambrose Street or The Wilson/Cheltenham Library on Clarence Street, Knapp Road is just off a roundabout that joins both of these streets.







Chapel Arts Roundabout

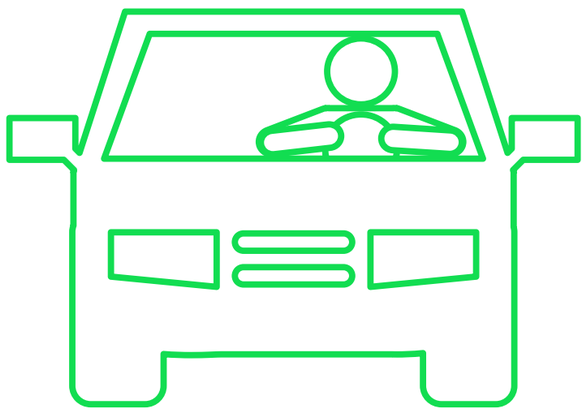


Entering into Knapp Road



Alleyne Lodges, RSPCA & Essential Space - Unit A

Parking can be found on the surrounding streets, all are between 1 to 3 minutes walk. Some have payment metres and an option to pay using the MIPERMIT app, the location number on St James Square is 705652. St James also has an open public car park where you can park for a longer period of time.



We also recommend parking at Waitrose, Honeybourne Way, Cheltenham GL50 3QW. This is only a 4-minute walk and has free parking for 3 hours. It is best to park on the top floor/far left-hand side, there is a footpath to the road and you will see a tyre workshop on the left. Keep walking towards the Railway Inn pub and follow the road round until you have the pub behind you. Cross over and you will now be at the top of Knapp Road, continue walking past an old Victorian building on the right which is the back of St Gregory's School. Keep going and we are on the right, next door to the RSPCA.



Our building is not a manned clinic with a reception, you will be asked to only attend at the time of your appointment as there is no waiting area. Your therapist/trainer will tell you in advance which room to find them in, or they will greet you at the front entrance..