**Directions to MS Research Treatment and Education office at:**

**The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ**

**Tel: 0117 958 6986. Email:** **info@ms-research.org.uk**

**Please note** if you are using GPS/Satellite navigation aid or any of the internet based mapping utilities the Vassall Centre postcode BS16 2QQ may be **wrongly sited** some 400ft to the East of where it should be. The correct position for the postcode is mid-way between Willow Bed Close and Vassall Road on Gill Avenue please use postcode **BS162NB.**

**Travelling by bus:** First Bus service No. 5 (Bristol City Centre to Downend). Alight on Gill Avenue for the Vassall Centre. First Bus service No 4, 48 and 49 pass close by. Alight in Fishponds and the Vassall Centre is about five to ten minutes’ walk away.

**Travelling by train:** Bristol Parkway is the nearest mainline railway station. Bristol Temple Meads is the main Bristol railway station. There are taxis available at both stations – ask the driver for the Vassall Centre, Gill Avenue, Fishponds. For information on wheelchair accessible taxis, please phone MS Research Training and Education: 0117 958 6986.

**By car from the M4**. From junction 19 on the M4 head south on M32. Take the first exit (junction1) and turn left (first exit) at roundabout on the **Avon Ring Road A4174**. Carry straight on at the traffic lights. Take the second exit at the roundabout **(right turn, sign post: Downend, Kingswood, A4017**) into **Bromley Heath Road**. Straight on at the second set of traffic lights (right hand lane) into **Overndale Road**. Turn right at the double mini roundabout into **Frenchay Road**. Take the third left into **Gill Avenue**. MS Research is at the Vassall Centre on the right 200ft after the mini roundabout.

**By car from Bristol Town Centre**: Head north on the M32. Take the first exit off the M32 signposted Fishponds. Take third exit (turn right) at roundabout into **Muller Road**. Turn left (first exit) at mini roundabout into **Fishponds Road (A432**). After approximately two miles, near the top of Fishponds Road, just after right hand bend past **Manor Road**, turn left into **Straights Parade (this road has a row of shops set back from the main road)**. The road bears round to the right. Turn left into **Vassall Road** (by Co Op store). The road bears right into **Gill Avenue**. MS Research is at the Vassall Centre 200ft on the left.

**Coming from the east of Bristol**: Follow **Fishponds Road**, going out of town, through the centre of Fishponds. Take second left after the park, turning into **Straights Parade**, which runs parallel to **Fishponds Road**. Just before the Co Op food store turn left into Vassall Road ( there is a sign on right to turn left to Vassall Centre). The road bears round to the right becoming Gill Avenue, the Vassall Centre is 200ft on the left.