

Saltdean Therapy Space



Address

Ashdown Room, 48 Ashdown Avenue, Saltdean, Brighton,
East Sussex, BN2 8AH

How to Find Us

By Car: Saltdean is on the coast and is 5 miles east of Brighton,
18 miles west from Eastbourne, and 9.5 miles south of Lewes.

Car Parking

There is ample free parking on the street.

Where to go



On arrival, go down the steps and turn left, around the corner is the door to the clinic room (which is separate to the main house). The room is independent of the property and has its own bathroom. On arrival, please press the doorbell and your therapist will come and greet you.

Waiting area

We do not have a waiting area, so you are asked to arrive at the exact start time of your appointment, thank you. For parents/carers who need to wait, you are asked to wait in your car or you are welcome to go on a short walk to a local café.

Our Therapy Room



This is the Saltdean therapy room.

We take great care in creating therapy spaces that feel warm and welcoming for everyone who visits us.

