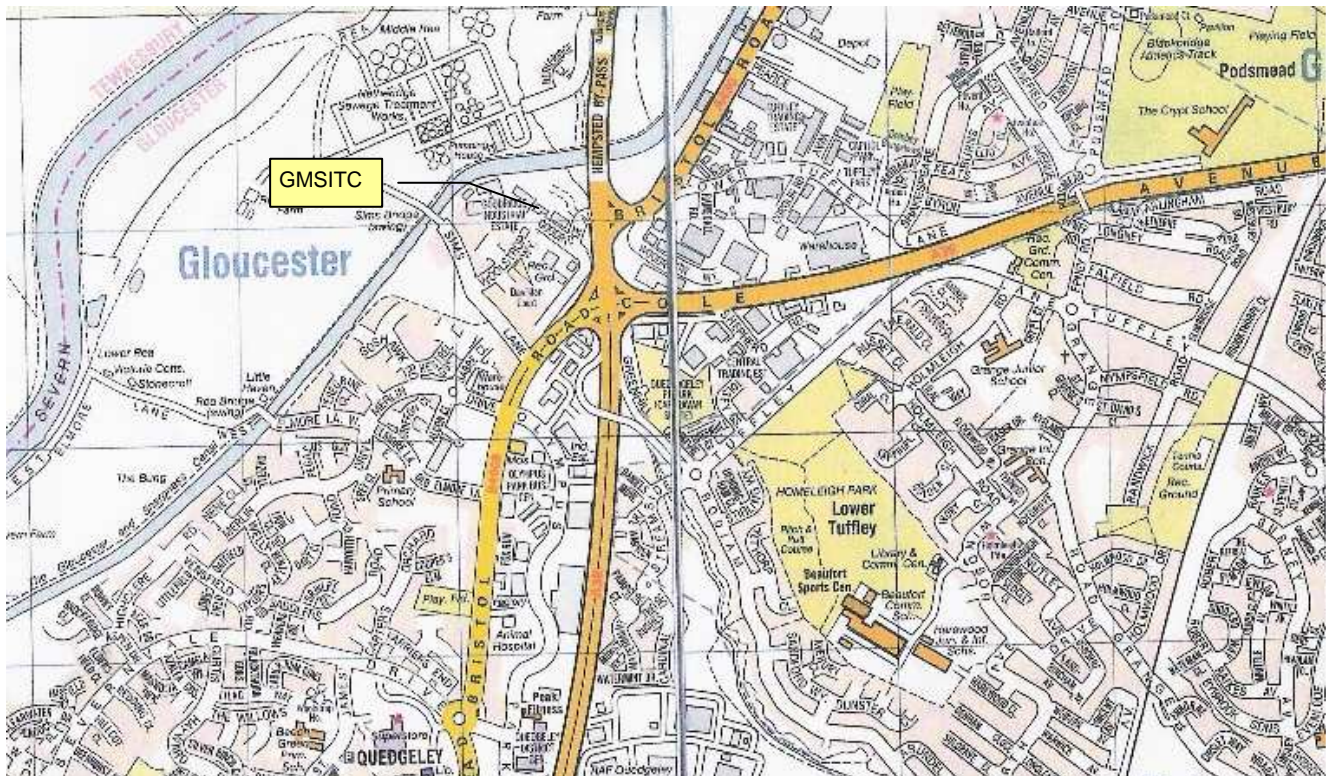




# How to find us

GMSITC is just off the Gloucester ring road in Quedgeley at the junction of the Bristol Road with Cole Avenue. Free car parking is in front of the building. Please do not park close to the door unless you need to. If you need help, please honk your horn and someone will come out to you.



Gloucestershire Multiple Sclerosis  
Information and Therapy Centre  
Goodridge Avenue  
Gloucester  
GL2 5EA

Phone: 01452 419246



### **From the centre of Gloucester**

- Take the Bristol Road (A38) and follow it to the traffic lights at the end.
- Follow the Centre signs through the lights to Goodridge Ave. This will bring you into the industrial estate behind the Kentucky Fried Chicken building.
- Turn right and follow the road through the red gates. The Centre is on your left.

### **From the M5**

- Exit at Junction 12 and follow the signs to Gloucester.
- At the second set of lights get into the Ross lane. Go straight through the lights and follow the Centre signs to fork left towards the Kentucky Fried Chicken building.
- Turn right and follow the road through the red gates. The Centre is on your left.

### **From the A38 South of Gloucester**

- Take the road through Quedgeley towards Gloucester town centre and docks.
- At the multiple traffic lights turn left, stay in the Ross lane, and follow the signs for the Centre to fork left down towards the Kentucky Fried Chicken building.
- Turn right and follow the road through the red gates at the end. The Centre is on your left.

### **From the Forest of Dean and Tewkesbury**

- Turn off the Gloucester by-pass and onto the A417 towards the centre of Gloucester.
- At the traffic lights turn right towards Hempsted, Quedgeley and M5. Follow this road a couple of miles to the end staying in the right hand lane.
- At the multiple traffic lights turn right, following signs for Goodridge Ave and the Centre. The slip road takes you down towards the Kentucky Fried Chicken building. At the end of the slip road turn right and follow the road through the red gates. The Centre is on your left.