

By Car

Parking is available in the Debenhams Multistorey Car Park opposite our office in Green Terrace.

From South Tyneside

Enter Sunderland on the A1018. Cross the Wearmouth Bridge. At the end of the bridge turn right into St Mary's Way (A183). Take the 3rd Exit at the roundabout continuing along St Mary's Way past the Police Station. At the Roundabout take the first exit turning into St Michael's Way, passing the Travelodge on your left. At the crossroads turn left at the traffic lights. Take the first right into Green Terrace.

From A19 Southbound

Take the slip-road from the A19 at the junction with the A1231 and turn left into Wessington Way. Cross 4 roundabouts. At the next roundabout follow the signs for the City Centre on the A1231, crossing the Queen Alexandra Bridge.

After crossing the Queen Alexandra Bridge take the 2nd exit on the roundabout turning left into Pallion New Road. At the roundabout take the 2nd exit and carry straight on along Trimdon Street with B&Q and PC World on your left. Carry straight on at the next roundabout. At the roundabout take the 2nd exit, turning right into St Michael's Way. Pass the Travelodge on your left. At the crossroads turn left at the traffic lights. Take the first right into Green Terrace.

From A19 Northbound

Take the slip-road from the A19 marked A690 (Durham Road). Turn right at the roundabout following signs for Sunderland City Centre. Carry on down Durham Road. You will eventually come to the Barnes Roundabout with the Barnes Public House on your right. Carry on straight ahead on Durham Road until you come to the roundabout at the junction with St Michaels Way in the town centre. Go straight ahead at the roundabout (2nd exit). At the traffic lights turn left into Green Terrace.

Alternatively

From the A19 take the slip-road marked A183 (Chester Road) turn right at the roundabout following signs for the city centre. Carry on down Chester Road passing the Sunderland Royal Hospital on your left. At the end of Chester Road

you will come to a crossroads with St Michaels Way with traffic lights. Go straight ahead at the traffic lights. Take the first right into Green Terrace.

By Train / Metro

The nearest station is Park Lane or University Metro Stations which are around 5 minutes' walk from the office.

By Bus

The nearest Bus station is Park Lane Bus Station is around 5 minutes' walk from the office.