

Pre- counselling information

(sent out to all new clients from the office prior to commencement)

How to find us

Our main clinic is based at:

Life in Action
Suite 1
Elmer House
Finkin Street
Grantham
NG31 6QZ

On your first appointment

The entrance is on the side road just around the corner from Charles Dyson estate agents who are at the front of the building. The entrance is through the car park where you will find the main door. To the right there is a intercom and buzzer. Press 1 and enter, this will call a member of the team on duty and they will open the door. On your first appointment you will be met at the door and taken to the counselling room for your session.

Note:

Please avoid arriving early for your appointment as your therapist may be with another client still. There is a beautiful garden and seating area just by the door if you do arrive early you can always sit there if it is sunny and dry.

Waiting Room

If you do arrive early and are able to enter the building, please make your way upstairs and use the small private seating area adjacent to the therapy room 1. At the time of your appointment your therapist will come and meet you if you have not called the door.

Parking

There isn't any parking actually at Elmer House unless your appointments are in the evening where there are spaces sometimes. however close by in Westgate (2 hours free parking) or in the supermarket Morrison's and walk over.

Disabled Parking

By prior arrangement with the office you may be allocated a disabled space on the day of your appointment.

Accepting your appointment

At the time of booking once you have completed the online referral form you will be sent on email electronic appointment confirmation. Your appointment will not be secured unless you respond to this on email stating you agree to the initial terms of booking (discussed with the office at time of booking) and confirmed attendance.