



Pre-appointment information

Updated: March 2025

How to Find Us

Our main clinic is now located at:

Office 5

Kesteven Business Centre
Kesteven Street
Sleaford
NG34 7DT

On Your First Appointment

- Upon arrival, please use the main entrance marked Reception on the side of the building
- An intercom and buzzer system is in place. Press the appropriate number for assistance.
- A member of the team will open the door for you.
- 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 as your therapist may still be with another client.
- If you do arrive early and the weather permits, there may be outdoor seating available near the entrance.

Waiting Area

- There is no seating available in the reception waiting area, but you may wait there upon arrival.
- Your therapist will come to meet you at the scheduled time.

Parking

- There is no on-site parking available.
- Nearby parking is available at Eastgate Car Park, where you can park for up to 1 hour free of charge (*please check machines for details*).



Disabled Parking

- Disabled parking is available in the bays opposite the main building on Kesteven Street.

Accepting Your Appointment

- Once you complete the online referral form, you will receive an electronic appointment confirmation via email.
- Your appointment will not be secured until you respond via email, confirming your agreement to the initial booking terms and your attendance.