

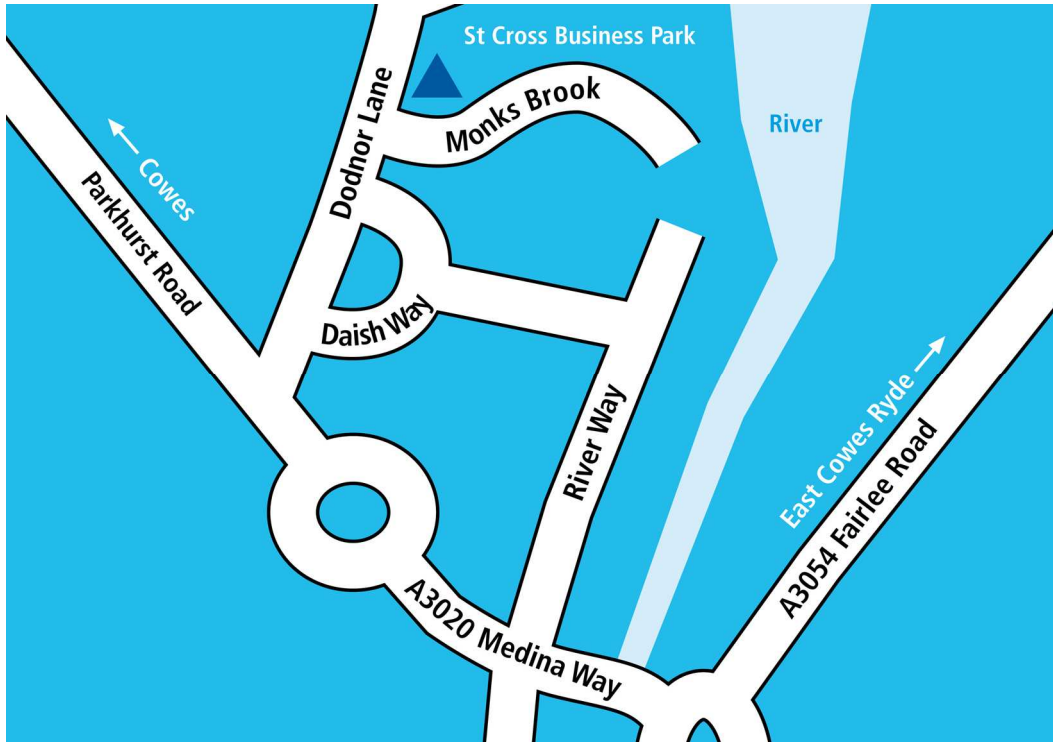
## Newport

The Courtyard, St Cross Business Park, Newport, Isle of Wight PO30 5BF

Tel 0300 303 1772 (Residents) 08456 120 021 (Non residents) Fax 01983 539 040

[www.shgroup.org.uk](http://www.shgroup.org.uk)

### How to find us



#### By train

Southampton and Portsmouth are the mainland stations from London Waterloo. Tickets to the Isle of Wight include the ferry journey. Passenger ferries run frequently from both ports and approximate crossing time is 20 minutes. You can get a taxi from the port to our offices, approximate time 20 minutes.

#### By car

**From Portsmouth** the crossing time to Fishbourne is approximately 40 minutes. At Fishbourne turn right onto the A3054 heading for Newport. At the second set of traffic lights at Newport follow signs right for Cowes and then right into Medina Way. At the roundabout take the third exit, at the next roundabout, take the first exit. Continue along Dodnor Lane straight over the mini roundabout, then round into Monks Brook and the St Cross Business Park is on the left.

**From Southampton** the crossing time to East Cowes is 1 hour. At East Cowes follow signs for Newport along York Avenue and Whippingham Road, A3021. At the roundabout take the second exit for Newport onto the A3054. At the second set of traffic lights at Newport follow directions as from Portsmouth.