

## Directions

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### Methold House BN11 1DU

Methold House is located just off the North Street, a circa 10 minutes' walk from the Worthing train station and a 3 minute walk from the Worthing Town Hall where buses no. 1, 23, 11, 5, 16, 85, 7 and 10 stop. A Compass Bus running towards the city centre stops just across from Methold House.

### Ashdown Centre

Ashdown Centre is located just a minute away from Guild Care's headquarters (Methold House), along Ashdown Road. It can be reached by foot from the Worthing train station (circa 12 minutes) and is a short walk away from Worthing town centre.

### Caer Gwent Care Home BN11 4TA

Caer Gwent is located a circa 8 minutes' walk from the West Worthing train station. Buses no. 9, 743, 700, X5 and Pulse are stopping on Mill Road, just 2 minutes from the care home. A journey from Care Gwent to Worthing town centre takes approximately 16 minutes by means of public transport and 23 minutes by foot.

### Irene House BN13 1EN

Irene House is located a circa 7 minutes' walk from the West Worthing train station. The care home is located just off the South Street Tarring where buses no. 7 and 743 stop. A journey from Irene House to Worthing town centre takes approximately 20 minutes by means of public transport and 30 minutes by foot.

### Linfield House BN11 4JD

Linfield House is located a circa 15 minutes' walk from the Worthing train station. The care home is situated within an easy reach of Worthing town centre: it takes circa 13 minutes to walk the distance and around 5 minutes on the bus. Buses no. 9 and Pulse bus are stopping just a minute away from Linfield, along Wykeham road (the closest bus stop is located opposite Amelia Park). The Pulse bus towards town centre runs every 10 minutes during the week and on Saturdays (up until 6 pm).

### Haviland House BN12 6FE

Haviland House is located 10 minutes walk from Goring-by-Sea station. The trains run circa every 10 minutes.

The bus service is as follows:

Number 9 towards Shoreham by Sea (bus stop 3 minutes on foot from Haviland) – in total 24 minutes to the Worthing city centre. During the day the bus runs every 10 minutes but less often in the evenings with the last one at 19.19pm

Number 10 towards Worthing (bus stop 9 minutes on foot from Haviland) – in total 32 minutes to the Worthing city centre. The bus runs every 10 minutes during the day but less often in the evenings. The last bus towards Worthing leaves at 19.10pm.

Number 700 towards Worthing (bus stop 14 minutes on foot from Haviland) – in total 27 minutes to the Worthing city centre. This bus runs circa every 30 minutes from this area. There are two different bus stops each of which are 14 minutes away from Haviland House. The last buses towards Worthing leave at 22.30 pm and 23.00 pm