# Nuffield Health Fitness & Wellbeing Centre, Nottingham

#### **Address**

Nuffield Health Fitness & Wellbeing Centre Plains Road Mapperley Nottingham NG3 5RH

Telephone: 01158 220 306 www.nuffieldhealth.com

Parking, including disabled parking, is available at the facility.

# **Directions by car**

# From the M1 junction 26

At the roundabout take the A610 signposted to Nottingham. Follow the A610 (over 2 roundabouts) towards Nottingham. Turn left on to the A6514 (Western Boulevard - ring road) signposted towards Mansfield.

Follow this road for 2.5 miles and turn left on to A60 signposted Mansfield - ensure that you are in the right hand side lane when turning left at this junction.

After 100 yards, turn right at traffic lights on to A6211 Thackeray's Lane.

\*At island, take the third exit to continue on A6211 (now becoming Arno Vale Road).

Follow this road for approx 1 mile until you reach the crossroads with Plains road. Turn right at this junction.

Nuffield Health Fitness & Wellbeing centre is 500 yards on the left.

#### From the A1 North

Leave at the Clumber roundabout, following the A614 through Ollerton to the roundabout with the A60.

Then follow the A60 through Arnold and Daybrook past the Home Breweries.

Turn left after Vale Public House traffic lights on to A6211 Thackeray's Lane.

See the previous directions \*

#### From the A1 South

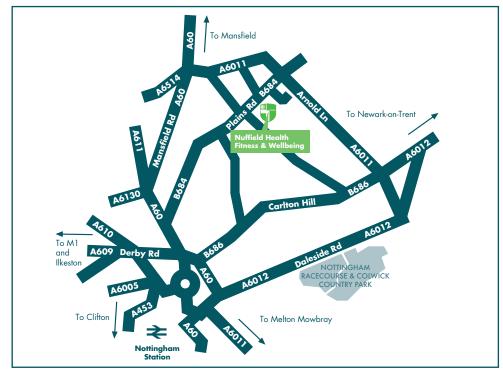
Leave at Grantham following the A52 to Bingham.

Turn right on the A5097 through Lowdham to Oxton, turning left on the B6386 to join the A614 just before the roundabout with the A60.

Then follow the A60 southbound through Arnold and Daybrook past the Home Breweries.

Turn left after the Vale Public House traffic lights onto A6211 Thackeray's Lane.

See the previous directions \*





#### **Our Facilities**

# **Shower Facilities**

Shower facilities and towels are available.

#### **Test Results**

You will usually be able to get your blood test results by the end of your assessment.

# **Mammograms**

Mammograms are not available at this site however we have an arrangement with a local Radiography department at the BMI Nottingham Hospital (15 minutes away) or at The Nuffield Health Hospital Derbyshire (45 mins away, Mondays only).

## Other health club services

Your health assessment is being delivered from our Health Clinic located within our Fitness & Wellbeing Centre. We'd like to offer you a free health club pass so that you can enjoy the facilities while you're here. You can workout in our fully equipped gym, try an exercise class, enjoy a swim or relax in the steam room. We just ask that you avoid strenuous exercise before your health assessment, as it may affect some of the test results.

- Health Events & Seminars
- Wellbeing Advisors
- Complimentary Towels
- Personal Training
- Adults Only
- On-Site GP & Health Assessment Clinic

- On-Site Physiotherapy Clinic
- Fully Equipped Gym
- Free Power Plate®
- Weekly Fitness Classes
- Swimming Pool
- Sauna & Steam Room

- Ice Room
- Relaxation Treatments
- Café
- Physiologists
- Nutritionists

### **Client Feedback**

If you are unhappy with any aspect of our service please let the Integrated Clinical Services Manager know and they will immediately try and solve the issue. If you are not happy with their response you can escalate it to the Group Customer Services Manager. If at any stage during the complaints process you are unhappy with the way Nuffield Health has dealt with your complaint, you may write to the Care Quality Commission (CQC), National Correspondence, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA. Telephone: 03000 616161 Email: enquiries@cqc.org.uk Web: cqc.org.uk. The CQC will not reinvestigate your complaint, but they may review and determine whether the complaint has been managed appropriately by Nuffield Health.

# Enjoy one day free at a Nuffield Health Fitness & Wellbeing Centre of your choice, on us.\*

Name:	
Reception to complete	
Initials: Source: Health assessment referral	Valid until: Campaign: Free pass

<sup>\*</sup> This offer is only applicable to non-chargeable facilities. ID will need to be provided for use of this invitation. Only one invitation per person. Valid up to 4 weeks after your health assessment. Terms and conditions apply.