



Local Amenities Map



Shops

- ① Sainsburys
- ② Tesco Metro
- ③ Boots

Café/Restaurants

- ④ Caffe Nero
- ⑤ Changos Burrito Bar
- ⑥ Chilangos
- ⑦ Fresco Deli
- ⑧ McDonalds
- ⑨ Nudo Sushi Box
- ⑩ Patisserie Valerie
- ⑪ Philpotts
- ⑫ Pizza Express
- ⑬ Pret A Manger
- ⑭ The Paramount Wetherspoons
- ⑮ Turtle Bay

Useful Resources

- ⑯ Samaritans
- ⑰ Central Library
- ⑱ Post Office
- ⑲ ATMS
- ⑳ Photocopying

Shops

① Sainsburys – local supermarket

Usual opening times:

Monday	07:00 - 23:00
Tuesday	07:00 - 23:00
Wednesday	07:00 - 23:00
Thursday	07:00 - 23:00
Friday	07:00 - 23:00
Saturday	07:00 - 23:00
Sunday	08:00 - 22:00

② Tesco Metro – local supermarket

Usual opening times:

Monday	06:00 - 23:00
Tuesday	06:00 - 23:00
Wednesday	06:00 - 23:00
Thursday	06:00 - 23:00
Friday	06:00 - 23:00
Saturday	06:00 - 23:00
Sunday	06:00 - 23:00

③ Boots – health & beauty, pharmacy, lunch options

Usual opening times:

Monday	08:00 - 18:00
Tuesday	08:00 - 18:00
Wednesday	08:00 - 18:00
Thursday	08:00 - 18:00
Friday	08:00 - 18:00
Saturday	08:00 - 18:00
Sunday	CLOSED

Café/Restaurants

④ **Caffè Nero** – Hot and cold drinks, breakfast and lunch options – eat in or takeaway

⑤ **Changos Burrito Bar** – Mexican food – made to order, eat in or takeaway

⑥ **Chilangos** – Mexican food – made to order, eat in or takeaway

⑦ **Fresco Deli** – sandwich shop – made to order, eat in or takeaway

⑧ **McDonalds** – burgers, fries, etc. – eat in or takeaway

⑨ **Nudo Sushi Box** – Sushi, hot and cold options, eat in or takeaway

⑩ **Patisserie Valerie** – café with options for breakfast or lunch, eat in or takeaway

⑪ **Philpotts** – range of hot or cold food for breakfast or lunch, takeaway only

⑫ **Pizza Express** – Italian pizza restaurant, eat in only

⑬ **Pret A Manger** – café with options for breakfast or lunch, eat in or takeaway

⑭ **The Paramount Wetherspoons** – pub which serves hot food throughout the day, eat in only

⑮ **Turtle Bay** – Caribbean restaurant, eat in only

Useful Resources

⑯ **Samaritans** – Confidential Listening Support service. Face-to-face calls 8am – 9pm; 24 hour Freephone telephone number 116 123

⑰ **Central Library** – access to computers, Wi-Fi, printing, scanning, photocopying

Opening times:

Monday	09:00 - 20:00
Tuesday	09:00 - 20:00
Wednesday	09:00 - 20:00
Thursday	09:00 - 20:00
Friday	09:00 - 17:00
Saturday	09:00 - 17:00
Sunday	CLOSED

⑱ Post Office

Opening times:

Monday	09:00 - 18:00
Tuesday	09:30 - 18:00
Wednesday	09:00 - 18:00
Thursday	09:00 - 18:00
Friday	09:00 - 18:00
Saturday	CLOSED
Sunday	CLOSED

⑲ **ATMS** – free to withdraw cash

⑳ **Photocopying** – photocopying available for a fee, opening times vary.