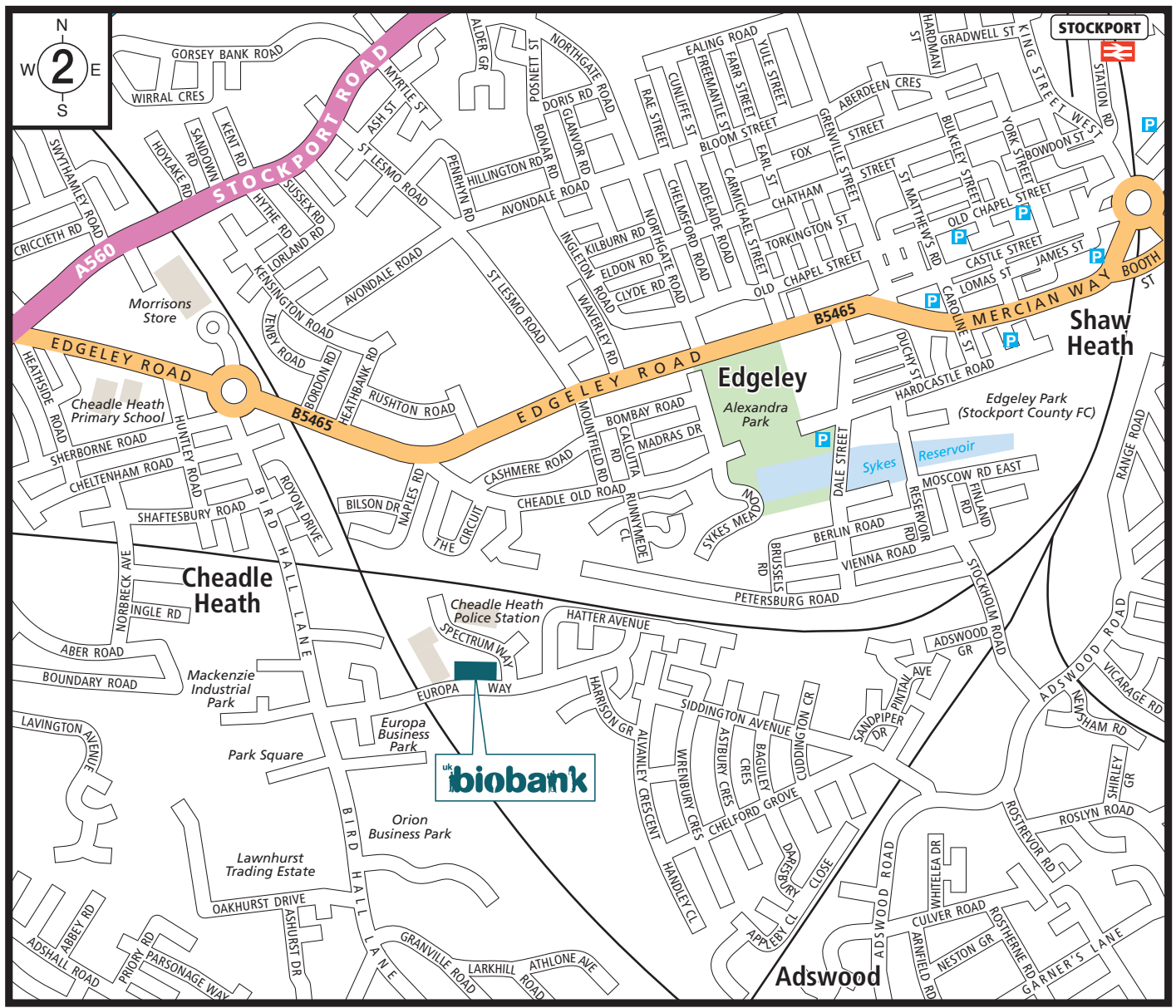
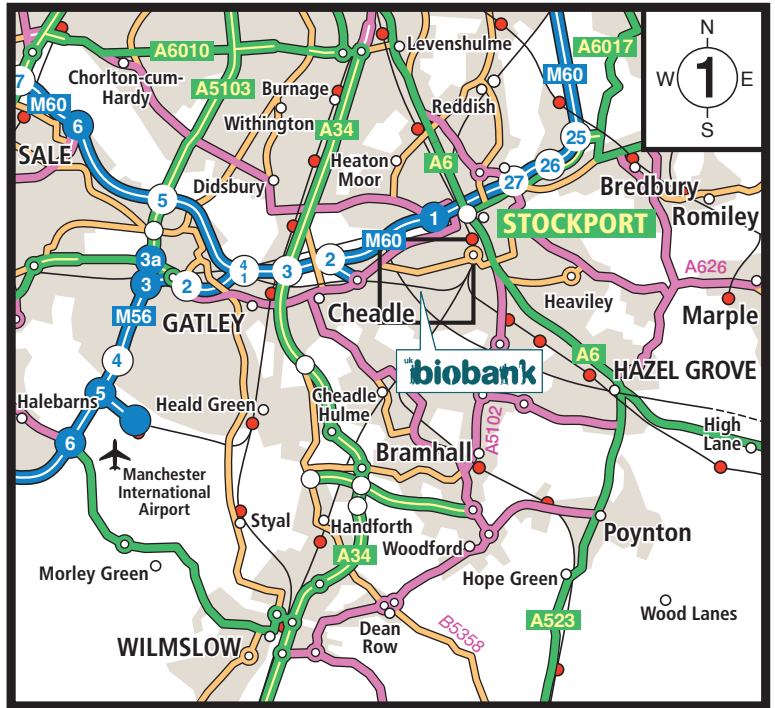


**UK Biobank  
Assessment Centre  
3 Spectrum Way  
Adswood  
Stockport  
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SK3 0SA**

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# How to get to the UK Biobank Assessment Centre, Stockport

The UK Biobank Assessment Centre is on the ground floor located at 3 Spectrum Way, Adswold, Stockport, Cheshire SK3 0SA. When turning left onto Spectrum Way from Europa Way, UK Biobank is the first building on the left, opposite the Cheadle Heath Police Station. Please let us know if you need any special assistance. Plenty of free parking is available outside the centre. On arrival, please report to the Assessment Centre Reception.

**By Foot:** We are a short walk from Bird Hall Lane. If approaching from the “Morrisons” end of Bird Hall Lane, turn left onto Europa Way. Continue over the hill (railway bridge) and turn left onto Spectrum Way. UK Biobank occupies the first four units on the left-hand side, opposite Cheadle Heath Police Station.

**By Bus:** Buses from Stockport (numbers 368 and 369) run every 30 mins and the nearest stop to UK Biobank is on Bird Hall Lane. The journey takes approx. 12 mins and you should alight at the 2nd stop on Bird Hall Lane and walk ahead until reaching Europa Way (the first turning on the left-hand side). Turn left onto Europa Way and continue over the hill (railway bridge) before turning left onto Spectrum Way. The Assessment Centre will be on your left, opposite Cheadle Heath Police Station.

**By Rail:** Stockport railway station is approximately 2 miles away from UK Biobank and most intercity trains (Avanti West Coast and Cross-country) stop there, as well as local services to and from Manchester. For details of train times or journey planner please visit National Rail enquiries web site [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or telephone 08457 48 49 50.

**By Cycle:** Advice on cycling in Stockport can be found by visiting <https://www.stockport.gov.uk/cycling-in-stockport>

**By Car: For SatNav use postcode: SK3 0SA what3words ///finger.lived.serve**

**Via M56 / M60 East:** From M56 at Junction 3, take the left-hand lane and continue on the M56, signposted Ring Road (M60 S & E). Merge onto the M60 and exit at Junction 2. At the roundabout take the 2nd left exit onto Stockport Road, signposted Stockport A560. Proceed through pedestrian lights (you will see a Tesco express on your righthand side) and at the next set of traffic lights turn right onto the B5465 Edgeley Road. Turn right at the roundabout (3rd exit) into Bird Hall Lane (you will see Morrisons supermarket on your left when you approach the roundabout). After approx. 0.2 miles you will go under a railway bridge and after a further 0.2 miles, turn left onto Europa Way. Continue over the hill (railway bridge) and turn first left onto Spectrum Way. Proceed along Spectrum Way, past Cheadle Heath Police Station on your right and the turning for UK Biobank is the first turning on the left.

**Via M60 West:** Exit M60 at Junction 1, on the exit slip road stay in the middle lane - marked Cheadle A560 and take the first exit. Turn right at 2nd set of traffic lights onto A560. Continue for one mile. You will pass a Morrisons supermarket on your left and just past the supermarket car park entrance you will come to a set of traffic lights, turn left at these traffic lights onto the B5465 Edgeley Road. Turn right at the roundabout (3rd exit) onto Bird Hall Lane (you will see Morrisons supermarket on your left when you approach the roundabout). After approx 0.2 miles you will go under a railway bridge and after a further 0.2 miles, turn left onto Europa Way. Continue over the hill (railway bridge) and turn first left onto Spectrum Way. Proceed along Spectrum Way, past Cheadle Heath Police Station on your right and the turning for UK Biobank is the first turning on the left.

Free car parking is available on-site.

**If you require any special assistance to attend, please let our Participant Resource Centre know by phoning free of charge on 0800 0 276 276.**

