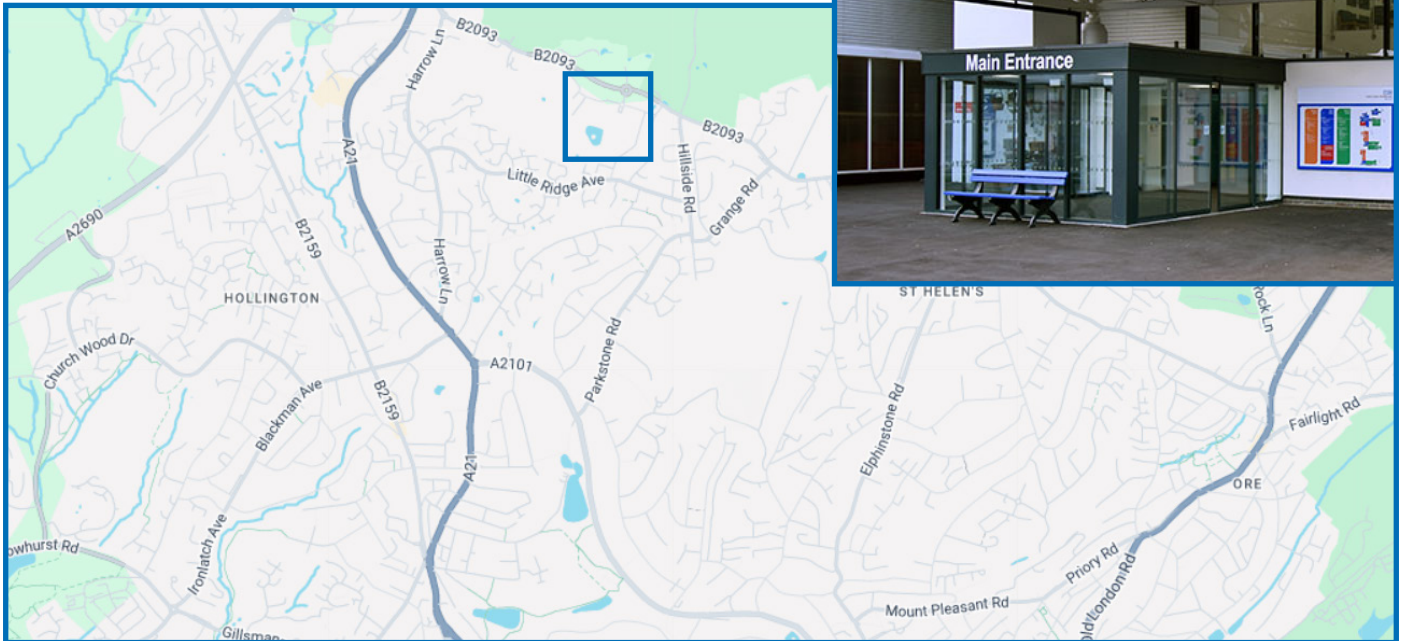


# East Sussex MSK Community Partnership

You will be visiting our MSK community clinic located at:

**Conquest Hospital**  
**The Ridge**  
**St Leonards-On-Sea**  
**East Sussex**  
**TN37 7RD**



<https://eastsussexmsk.nhs.uk>



[esht.esmskhelp@nhs.net](mailto:esht.esmskhelp@nhs.net)



**0300 131 5225 (option 1)**

## How to find us:

Conquest Hospital is on the B2093, The Ridge

## On arrival:

Via the main entrance - Take the first left (by the lifts) then the second right. Go through the Pharmacy double doors. Please check in with the Receptionist (follow signs as you enter the physio area). Our clinician will call you through when available.

Via the Hydro entrance - Go through two sets of double doors, turn left and then the physio reception is the first door on the left.

## What3Words:

///belt.marble.vocal

## By car:

There are paid car parks available to visitors, which can be very busy. Visitors may also be taken to or collected from the main entrance at the drop off point, but cars cannot wait in these areas. Please plan your journey accordingly.

## By bus:

Several Stagecoach and local services stop outside of the hospital at "Conquest Hospital", "Ark Helenswood Academy Grounds" or "Hastings Driving Test Centre" bus stops.

## By train:

Hastings Station and Battle Stations are approximately 3 miles from the hospital. These are connected by local Stagecoach and bus services including the 100, 101 wave, 321 and 323.