

Gentle Touch Healing Centre

Wrest Park Enterprise Centre/House, Silsoe, Beds. MK45 4HS
Telephone: 01525 863906

Healing Opening Times

By appointment – Tel: 01525 863906

Monday to Friday from 10:00 am to 4:00 pm
Thursday evenings from 7:30 pm to 9:00 pm
Saturday mornings from 10:00 am to 1:00 pm

Drop-in Clinics (no appointment)

Tuesday evenings from 7:30 pm to 9:00 pm
Sunday afternoons from 2:00 pm to 4:00 pm.



QR Map for directions link

GPS users – please use your GPS to get you to Wrest Park but thereafter please use the directions below - otherwise your GPS may take you to the wrong part of Wrest Park.

By Car: From London or The North, M1 to junction 13, then take the A421 towards Bedford, then take the A6 towards Luton. Then look for the village of Silsoe in Bedfordshire – just off the A6 between Barton le Clay and Clophill. Turn off A6 to Silsoe and follow the brown signs for Wrest Park. In the High Street by the church, turn into and drive down "Park Avenue" into Wrest Park. Go past the mansion and then turn left at the 1st road on your left. Turn 2nd right and then follow the signs for the Wrest Park Enterprise Centre car park. Entrance to our Healing Centre at rear of the Enterprise Centre by the disabled parking signs. Please ring the bell on right hand side of the rear door. Disabled car parking at rear of the Enterprise Centre/House by our entrance. Visitors car park also available outside the front of Capability House - the building directly opposite the front of the Enterprise House building.

By Bus: Luton/Bedford = Bus 81 - leave the bus at Silsoe at the bus stop by the Church and walk down "Park Avenue" into Wrest Park (about half mile walk to our Healing Centre) follow the above instructions to our Healing Centre.



Wrest Park Enterprise Centre – Building 52 – **our entrance at rear of building**
Disabled Parking and Entrance to Healing Centre at rear of building
Please ring door bell – right hand side of door.