

SHOPPING FACILITIES

Cumberland Gate is well situated for shopping. Fratton Road for local shops is a few minutes walk away, Commercial Road with larger retail shops is just under a 20 minute walk away.

CHILDCARE FACILITIES

There are many parent and toddler groups in the area. Portsmouth Chat has information about all aspects of childcare, from parent and toddler group, pre-schools, nurseries, crèches, after school provision, holiday schemes and child minders.

Further details can be found by contacting Portsmouth Chat on 023 9269 5000 or visiting www.childcarelink.gov.uk

The site also gives information on job vacancies, leisure activities, family support and other information in your area.

LEISURE FACILITIES

PRIORY SCHOOL SPORTS CENTRE - Priory School is a few minutes walk from the Cumberland Gate Development, this offers easy access to leisure facilities. The sports centre is available to the public in the evenings and at weekends. There is a programme of activities during the school holidays.

The Sports Centre offers a wide range of activities including a mixture of martial arts classes, yoga, aerobics and for children offers trampolining, gymnastics and tennis coaching. There is also a drama club based at the centre.

For further details of classes and facilities telephone 023 9286 3035.

ST LUKE'S COMMUNITY SPORTS CENTRE - St Luke's Community Sports Centre is 15 minutes walk from the Cumberland Gate development, offering easy access to leisure facilities. The Sports Centre is available to the public Mon - Fri 5-10pm, Sat - Sun 8am-6pm and during the school holidays 8am-10pm. The centre also provides a holiday playscheme during school holidays for 4-14 year olds.

The centre has inclusive fitness facilities with disabled access and specialised exercise equipment, a 20m swimming pool, dance studio, fitness studio, 4 court sports hall and outdoor multi-purpose area.

For further details of classes and facilities telephone 023 9283 8798.

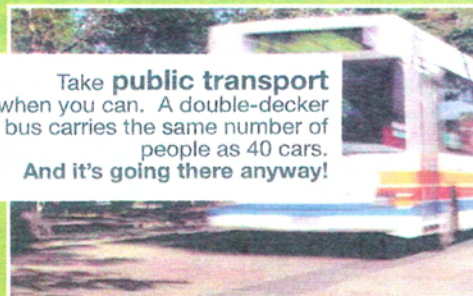
Fratton Community Centre 023 9275 1441.

AGE CONCERN

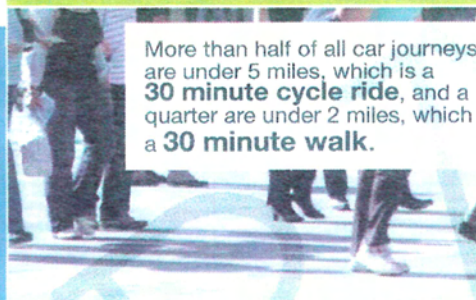
Age Concern have details of lunch and social clubs run in the local area. For further details telephone 023 9286 2121 or visit the website www.ageconcernportsmouth.org.uk

DOCTORS SURGERIES

Somerstown Health Centre and Sunnyside Health Centre are both a 10 minute walk from Cumberland Gate.



Take **public transport** when you can. A double-decker bus carries the same number of people as 40 cars. **And it's going there anyway!**



More than half of all car journeys are under 5 miles, which is a **30 minute cycle ride**, and a quarter are under 2 miles, which is a **30 minute walk**.

Downland Housing Association
t: 0845 688 7177 w: www.downland.org.uk

Drum Housing Association
t: 01730 403200 w: www.drumhsg.co.uk

Portsmouth Housing Association
t: 0845 055 1122 w: www.portsmouthha.co.uk

Portsmouth City Council Corporate Initiatives
t: 023 9283 4670 e: housing.corp.initiatives@portsmouthcc.gov.uk

023 924 6176 • info@habea.gov.uk



Mulvany Court



Priory View



Collins Place

GOOD LOCATION

Cumberland Gate has easy and direct links to the M275 motorway and also mainline railways to London and Southampton.

Within one mile of Cumberland Gate is the main Ferry Port, Train Station, Hovercraft Station (Isle of Wight), Southsea seafront and piers, Gunwharf Quays outlet shopping with the Spinnaker Tower and the War Museums.

PUBLIC TRANSPORT

TRAIN - Cumberland Gate is a few minutes walk from Fratton railway station with great links to Southampton, Brighton and London.

BUS - Portsmouth has an extensive network of bus routes. 95% of Portsmouth households are situated within a five-minute walk of a bus route.

Access to Cumberland Gate by bus is extremely good with routes from all over the city stopping close by. Buying tickets for longer periods saves money. For further details contact First t: 023 9286 2412 www.firstgroup.com Portsmouth City Council produces a public transport map. For a copy telephone City Help desk 023 9283 4092 or visit www.portsmouth.gov.uk and click on the link below Travel Information, then select getting around by bus, then Public Transport route map for a copy.

Jobs, shopping, leisure facilities and amenities are all easily accessible by public transport.

Walking and cycling are realistic options in this central location. Living in Cumberland Gate will help you reduce the need to travel by car.

WALKING

A good form of exercise that causes no pollution, and it's free!

Local shops, schools and amenities are all within close walking distance.

Southsea seafront is a 25 minute walk away from Cumberland Gate. The seafront at Southsea is one of the most popular areas in Portsmouth. The beach stretches along the whole southern end of Portsea Island from Old Portsmouth to Eastney. With its wide promenade, this area is lovely for uninterrupted walks. With Southsea Castle, D Day Museum, the Bandstand, Skate Park and numerous gardens and open spaces, the seafront has lots to offer people of all ages.

CYCLING

Portsmouth City Council produces a free map of cycle routes. For a copy telephone 023 9284 4590 or visit www.portsmouth.gov.uk and click on the link below Travel Information, then select cycling around Portsmouth, then click Portsmouth cycle map for a copy.

CYCLE PARKING AT CUMBERLAND GATE - Mulvany Court and Collins Place have space in the flats for cycle storage. Priory View has a bike store.





CUMBERLAND GATE

- KEY**
- BUS STOP
 - TRAIN STATION
 - PEDESTRIAN CROSSING
 - CYCLE PATH
 - SHOPPING AREA
 - SCHOOL
 - HEALTH CENTRE
 - PARK/OPEN SPACE
 - TRAIN LINE
- Cumberland Gate**
- MULVANY COURT - Drum Housing Association
 - PRIORITY VIEW - Downland Housing Association
 - COLLINS PLACE - Portsmouth Housing Association

'WALK THE TALK' ROUTES

Lower your carbon footprint and follow one of the 'walk the talk' routes.

STEPS	DISTANCE (KM)	CALORIES	TIME (MINS)
1553	0.94	54	15
720	0.44	24	6
446	0.27	12	4
462	0.28	15	5
1821	1.10	63	17

Southsea seafront is a 25 minute walk away.
Pedometer concept derived from artist Jeannie Driver's step data project.

getting around the healthy way