

## Your PIP assessment is at Frigate House, Swansea



### Address

Frigate House,  
Quay West,  
Quay Parade,  
Swansea,  
SA1 1SR

[Click for directions](#)



### Opening hours

Monday to Friday  
09:00 to 17:00



Map and additional info on the next page

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**Important: the directions provided are a guide only, please check your route before travelling**



### By car

The assessment centre is located in **Swansea City Centre** along **Quay Parade** (A4067) heading Northbound.

It is directly opposite Sainsbury's and occupies the same unit as Swansea Family Court. It is a red brick building with blue doors and window frames.



### By bus

The assessment centre is serviced by bus routes on Quay West, Sainsbury's stop (SA1 1SR, 500ft from venue) 6, 8, 8X, 31, 32, 33, 44, 57, 58, 84, 965, T6, X1, X3, X5A, X55.



### By train

The closest train station is Swansea Central Station (SA1 1NJ), 0.5 miles or a 10 minute walk from the centre. **Walk out** of the train station and you will see **The Grand Hotel** opposite.

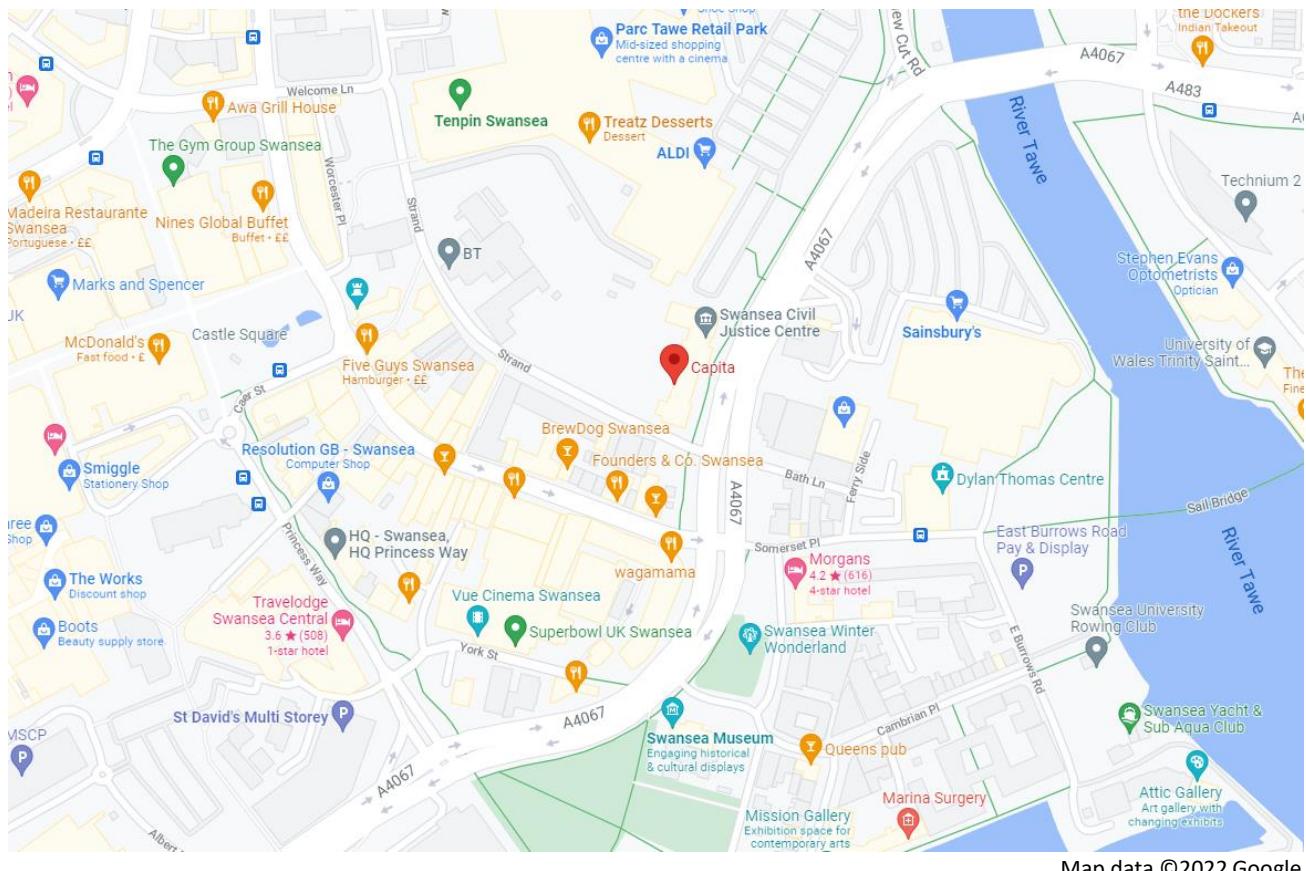
On the right of the hotel is the B4489 (High Street). Follow this road until you come **Welcome Lane** on your left. Turn left there.

Turn right onto the **Strand**, passing **Parc Tawe** and **BT** on your left.

Continue on the Strand passing a car park on your left. There is a turning on your left and the centre is the red bricked building with blue windows and doors to your right.

Capita is the second door from the right as you look at the building.

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Map data ©2022 Google



### Parking

There is 2 hours free parking available at Sainsbury's (SA1 8JA) less than 500ft from the centre. There is also Pay and Display parking on Strand (SA1 2AE) which is 0.1 miles from the centre.

There is limited Blue Badge parking available on Strand.

There are also car parks at Aldi and Sainsburys near the assessment centre.



Remember to bring two forms of ID with you.

Please let the receptionist know you have arrived for an appointment.

### When you arrive

A ramp is available at the back via the car park entrance.

All assessment rooms are on the ground floor and there is an accessible toilet.

### Useful info

