

# TANDEM 2011 USEFUL INFORMATION

## Organiser's Mobile Telephone Numbers 07812 424319 & 07890 353619

### MEDICAL SERVICES

#### Doctors

Croase Orchard Surgery, Kingsland ----- 01568 708214  
Westfield Surgery, Health Centre, Westfield Walk, Leominster ----- 01568 612229  
The Marches Surgery, Westfield Walk, Leominster ----- 01568 612084

#### Hospitals

Leominster Community Hospital (minor injuries only) ----- 01568 614211  
County Hospital Hereford ----- 01432 372991

#### Dental Practices

Leominster Dental Access Centre, Dishley Street, Leominster ----- 01568 614211  
Church Street Dental Practice, Leominster ----- 01568 612085

#### Pharmacists in Leominster

Boots, Corn Square, 612721. Lloyds, West Street, 615429. Rees, High Street, 612306  
Westfield Walk, 610399. Dispensary at Croase Orchard Surgery, Kingsland, 708214

### CYCLE SHOPS

Phil Protheroe Cycles, 91 Etnam Street, Leominster ----- 01568 611222  
Pearce Cycles, Fishmore Road, Ludlow ----- 01584 876016  
Coombes Cycles, 94 Widemarsh Street, Hereford ----- 01432 354373

### SHOPPING

#### Village shops

Yarpole Community Shop and P.O. 2.3 miles ----- 01568 780148  
Orleton Stores and P.O. 4.5 miles ----- 01568 780263  
Shobdon Village Stores and P.O. 3.2 miles ----- 01568 708338

#### Supermarkets

Leominster:- Morrisons on A44 out of town GR: 483585. Go via Kingsland.  
Aldi and Co-op in town centre. Tesco, Aldi and Co-op in Ludlow centre.

#### Markets

Leominster on Friday, Ludlow on Monday, Wednesday, Friday and Saturday

### SWIMMING POOLS

Leominster, Ludlow, Tenbury and Presteigne

### EATING OUT

Bell Inn Yarpole 780359. Corners Inn Kingsland 708385. Angel Inn Kingsland 708355.  
Watering Hole Café Aymestrey 708326. Riverside Inn Aymestrey 708440. Boot Inn  
Orleton 780228. Three Indian, One Italian and One Chinese in Leominster!

### PUBLIC TRANSPORT

Virtually none – get on yer bike!!