

# Health Assessment Advisory Service

## Swansea Assessment Centre



### Address

Frigate House  
Quay West  
Quay Parade  
Swansea  
SA1 1SR

### Opening times

9:00am to 5:00pm

### Notes from this Centre

You will enter the building through the main entrance, which has a ramp available via the car park entrance at the back.

Please let the receptionist know you have arrived for your appointment. All assessment rooms are located on the ground floor and there is an accessible toilet available.

The centre is a red brick building with blue doors and window frames, and it occupies the same unit as Swansea Family Court.



## Directions by train

Swansea Central Station (SA1 1NJ) is approximately 0.5 miles or a 10-minute walk from the centre.

Exit the station, follow High Street to Welcome Lane, then turn onto the Strand. The red-brick building with blue doors is on your right.

For train service details, visit:

<https://www.nationalrail.co.uk/stations>.



## Directions by bus

The nearest bus stop is Sainsbury's stop on Quay West (SA1 1SR), approximately 150 metres (500 feet) from the venue.

Bus routes serving this stop include 6, 8, 8X, 31, 32, 33, 44, 57, 58, 84, 965, T6, X1, X3, X5A and X55.

For bus information, visit: <https://www.traveline.info>.



## Directions by car

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

It is directly opposite Sainsbury's. Free parking is available for up to 2 hours at Sainsbury's (SA1 8JA), less than 500 feet from the centre.

Pay and Display parking is also available on the Strand (SA1 2AE), approximately 0.1 miles from the centre. There is limited Blue Badge parking available on the Strand.

Details correct at the time of print, September 2025.

The Health Assessment Advisory Service provided by Capita on behalf of the Department for Work and Pensions



[www.haas.capita.co.uk/en](http://www.haas.capita.co.uk/en)