

# How to get to



**Cumberland Ave  
London NW10 7EW**

## **Hanger Lane Station (Central Line)**

(15 mins walk)

Take subway exit S2, turn right up ramp, and walk along pavement for about 5 min, taking left fork over bridge. At roundabout in front of the large glass Diageo building, take second exit towards next roundabout (200 m). There take second exit – Rainsford Rd. The long yellow-brick building on your right is HMR. Ignore the car park entrance on Rainsford Rd, and walk on to the next roundabout. Turn right down Cumberland Avenue – the entrance for volunteers is a side gate just around the corner.

## **Park Royal Station (Piccadilly Line)**

(10 mins walk)

Turn right out of station, turn right and go under the subway. Keep going straight, on metal bridge over railway, then under a road bridge. Turn right and go up ramp to roundabout on Coronation Rd, take second exit – Rainsford Rd. The long yellow-brick building on your right is HMR. Ignore the car park entrance on Rainsford Rd, and walk on to the next roundabout. Turn right down Cumberland Avenue – the entrance for volunteers is a side gate just around the corner.

## **From Central Middlesex Hospital**

(7 mins walk)

Walk up to the traffic lights in front of the hospital, near NatWest and Café Royal. Take a right turn up Abbey Road, walking past Café Royal. At the first roundabout take a left down Cumberland Ave. Walk almost to the end of Cumberland Ave – HMR is the brick, 4-storey building on the left.

## **Buses**

**PR2 (westbound)** from Willesden Junction to Central Middlesex Hospital, and **(eastbound)** from Wembley and Stonebridge Park to Central Middlesex Hospital

**95** from Southall to Park Royal Station

**187** from Finchley and Queens Park to Central Middlesex Hospital

**224** from Wembley and Willesden Junction to Central Middlesex Hospital

**226 (westbound)** from Golders Green, Cricklewood and Brent Cross to the Diageo building (Coronation Rd) and **(eastbound)** from Ealing Broadway and Hanger Lane Station to the Diageo building (Coronation Rd)

**260** from Willesden, Shepherds Bush, East Acton and North Acton to Central Middlesex Hospital

**440** from Chiswick, Acton High Street, and Stonebridge Park to Central Middlesex Hospital

**487** from Willesden Junction and South Harrow to Park Royal Station