

# 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 white 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 white 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 white, 4-storey building on the left.

## **Buses**

**95** from Southall to Park Royal Station

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

**224** from Wembley and Harlesden Station 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