

## How to Find Us

### By Bus

From Ilford train station No's 123 and 179  
Ask for the Cocked Hat Toby Carvery on the  
Woodford Avenue.

### By Tube

Central Line to Gants Hill Underground Station.  
Take the Woodford Avenue exit then bus 123/179  
or Central Line to Redbridge Station. Mini cab office  
outside station or 1mile walk along Roding Lane  
South.

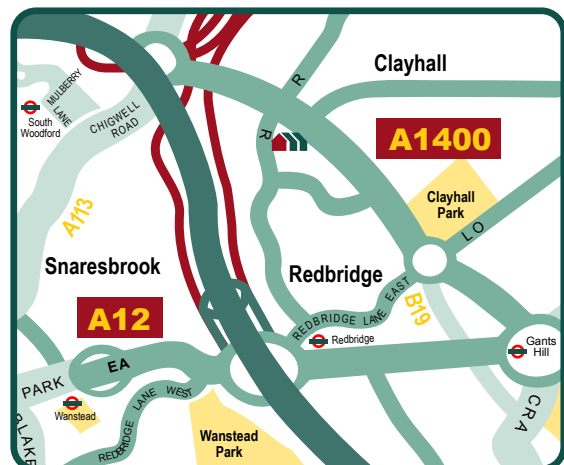
### By Train

Liverpool Street - Ilford  
From Liverpool Street take the mainline to Ilford  
station and take the bus as indicated above.

### By Road

Using the Redbridge roundabout is the easiest way  
to find us. The Redbridge roundabout is situated at  
the Junction of the A12 and the A406 North Circular  
Road. It is also the start of the southern section of  
the M11. The exit you require from the roundabout  
is Redbridge Lane East, within 20 metres of this exit  
the first turning on the left is Roding Lane South,  
with the Redhouse Pub/Hotel complex on your left.  
Proceed along Roding Lane South for approx. 1  
mile, (past the BUPA Hospital on your left, through  
the width restriction and down a slight gradient), the  
entrance to our car park is located on the right hand  
side of Roding Lane South just before you reach the  
Woodford Avenue.

The building is Teresa Gavin House, and has blue  
and yellow Mulalley logos on the exterior.



In the event that you need further assistance please contact our main switchboard on Tel: 020 8551 9999