VISITING US:

**Underground:**
Frequent Metropolitan and Piccadilly line trains operate to Uxbridge from Central London (allow 45-60 minutes). On arriving at Uxbridge Station, exit from the main station entrance (directly ahead when exiting the ticket barriers) turn left along the High Street, with the Intu Shopping Centre on your left and LloydsTSB Bank on the right. In approximately 100 meters turn right into Vine Street. LHC is on the right, directly opposite Randall's.

**Bus:**
Uxbridge Bus Station is located next to the Underground Station. This is a central hub for local bus services and a number of routes provide access from Heathrow Airport. Visit: www.tfl.gov.uk for details.

**Overground Train:**
Uxbridge is not served by an overground train service. The nearest stations are West Drayton (local trains from London Paddington and Reading directions) and Denham (local trains from London Marylebone and High Wycombe directions). Both stations have regular bus services that connect to Uxbridge Bus Station. Use bus numbers 222 or 214 from West Drayton and 331 from Denham.

**Taxi:**
Alltime Radio Cars (Uxbridge): 01895 234234
Heathrow Taxis: 020 3178 8923

**Car:**
Uxbridge is easily accessed from the M4, M40 and M25.

**Parking:**
The nearest parking to LHC is the Intu Car Park, next to the Intu Shopping Centre, accessed via Chippendale Waye (post code UB8 1LA). Take the lift from the car park to the Lower Ground Floor (Lower Mall) of the Intu Shopping Centre. On exiting the lift, turn right and leave Intu on to the High Street by continuing straight ahead between Debenhams and New Look. Turn right and take the next left over the zebra crossing (Flora Fountain Pharmacy is on the corner) into Vine Street. LHC is on the right opposite Randall's.