

Here is the address of my Clinic in East Grinstead:

Ashdown Court
53 Tower Close
East Grinstead
RH19 3RT
West Sussex

Click here to get the map:

<http://maps.google.co.uk/maps?f=q&hl=en&geocode=&q=rh19+3rt&sl=53.800651,-4.064941&ssp=10.208301,12.436523&ie=UTF8&ll=51.132643,-0.010943&spn=0.009937,0.020385&z=15>

DIRECTIONS:

By Train:

There are 2 trains per hour from Victoria Station in London (normally 23 and 53 min past the hour) going to East Grinstead, which is at the end of the line. It takes about 55 minutes by train.

If you walk from the station, turn left, then walk up Station Road (Esso Petrol station on your right). When you get to the main road (London Road), cross the road towards the fire station and turn right. You will soon see a car park on your left (just after a bus stop). Cross the car park and the building facing you is a three-floor building called "Ashdown Court".

You won't see any numbers at the front of the building, so walk around the left of it, through a little path and you will then find the main entrance.

Please ring the bell at number 53 (Name: "Casalini").

By Car:

From London, take the M25 and look for directions to Gatwick. Leave the M25 at junction 6, then take the A22.

Cross South Godstone, Blindley Heath, then you will arrive in East Grinstead.

Carry on straight towards the town.

You will see "Homebase" on your left, then "Carpet Right" on your right. Slow down and keep in the left hand lane. Pass the Fire Station on your left.

At the traffic lights (church in the corner), turn left into Moat road, then take the next left into Tower Close. Pass the garages on your right.

Pass "Tower Car Sales" on your left, keep right.

Park in front of the first three-floor building on your right called "Ashdown Court", see a small yellow sign on the pavement "Private 53".

Follow the little path in front of you and you will find the main entrance.

Please ring the bell at number 53 (Name: "Casalini").

P.S: If you arrive early, the slot 53 may not yet be free. In this case, as it is not a controlled parking area, you could park anywhere except on any other private slots, you could also park in the public car park or on ALDI's car park, both are opposite the building.

Best Wishes,

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