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Your appointment will take place at:

**Chimes Chiropractic Clinic**  
**50 Chigwell Road , South Woodford, London E18 1LS**

Useful Telephone Numbers:

Head Office - Appointments / General  
Queries **0114 237 6166**

Emergencies/Directions/Problems on the  
day **020 8989 3330 (the clinic)**

Dr Vohra's Mobile **07778 475181** (last  
resort)



**From the East**

Take the A12 towards the A406. At the 'Charlie Browns' roundabout take the first exit towards Wanstead. The clinic is 200 yards up on the right.

**From the West**

Take the North Circular (A406). Take the exit for Gants Hill, at the roundabout take the 3rd exit towards Wanstead. The clinic is 200 yards up on right.

**From the City**

Take the Leytonstone High Road to the Green Man roundabout. Take the exit after Whipps Cross Road called Hollybush Hill. Take a right fork into New Wanstead, go straight across the lights into Hermon Hill (becoming Chigwell Road). The clinic is on the left on the corner of Albert Road before the large roundabout called 'Charlie Browns'.

**Parking**

Parking is free in the road opposite the clinic called Onslow Gardens. You may also be able to park on the pavement outside the clinic if spaces are available.

• **Bus or Train**

**Tube**

Nearest tube: South Woodford

Come out of the station and walk down George Lane to Chigwell Rd 'T' junction. Turn left and the clinic is 50 yards down on the left.

**Bus**

Bus stops are located within 20 yards of the clinic:

- 179** Chingford - Woodford Green - South Woodford - Gants Hill - Ilford - Barking
  - 301** (Monday - Saturday evenings only) South Woodford - Loughton
  - 549** Loughton - Buckhurst Hill - Roding Valley - Woodford - South Woodford Station - Epping - Ongar
  - W13** Leytonstone - Cambridge Rd - Wanstead - South Woodford - Woodford Green
  - W14** Leyton - South Woodford - Woodford Bridge
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