

### Marie Stopes International Essex Centre

88 Russell Road Buckhurst Hill Essex IG9 5QB  
Tel: 0845 300 8090

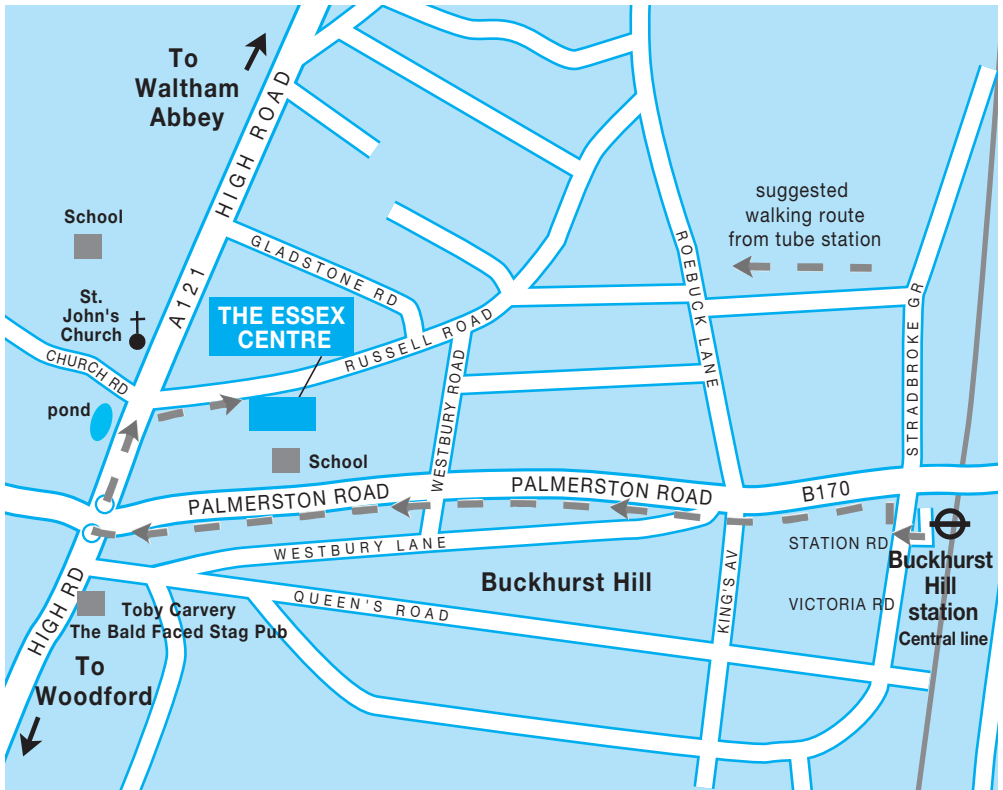
The **Essex Centre** is situated at 88, Russell Road, a pleasant residential area. Please use the rubbish bins provided outside the centre for any litter. Parking restrictions apply 10am to 2.30pm but alternative parking is available on other streets not far away.

**By Underground and Bus:** **Central Line** towards Epping to Buckhurst Hill 35 minutes from Oxford Circus. 10-15 minutes walk or No.549 bus (only once an hour) from station yard to St. John's Church opposite Russell Road. Bus signposted Loughton.

**Victoria Line** to Walthamstow Central 25 minutes from Oxford Circus.  
Bus No.20 runs from Debden to Walthamstow and stops on the high road.  
Bus No.167 starts from Ilford and runs to Buckhurst Hill Station.

**By Taxi:** Get off the Underground at Woodford Station and take a taxi from Masons (outside station entrance). Ask them to take you to The **Marie Stopes Essex Centre** - approximate cost £3.00.

**From M25:** Leave at Junction 26. Take the A121 to the roundabout then take the A104 Epping New Road.



Close up of the walking route as outlined on cover.

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### By foot from Buckhurst Hill tube:

Turn right out of the station. Then turn left into Palmerston Road - walk to the top of the hill, turn right along the High Road and then turn right again into Russell Road.

The Marie Stopes Centre is on the right.



**MARIE STOPES  
INTERNATIONAL**  
Essex Centre