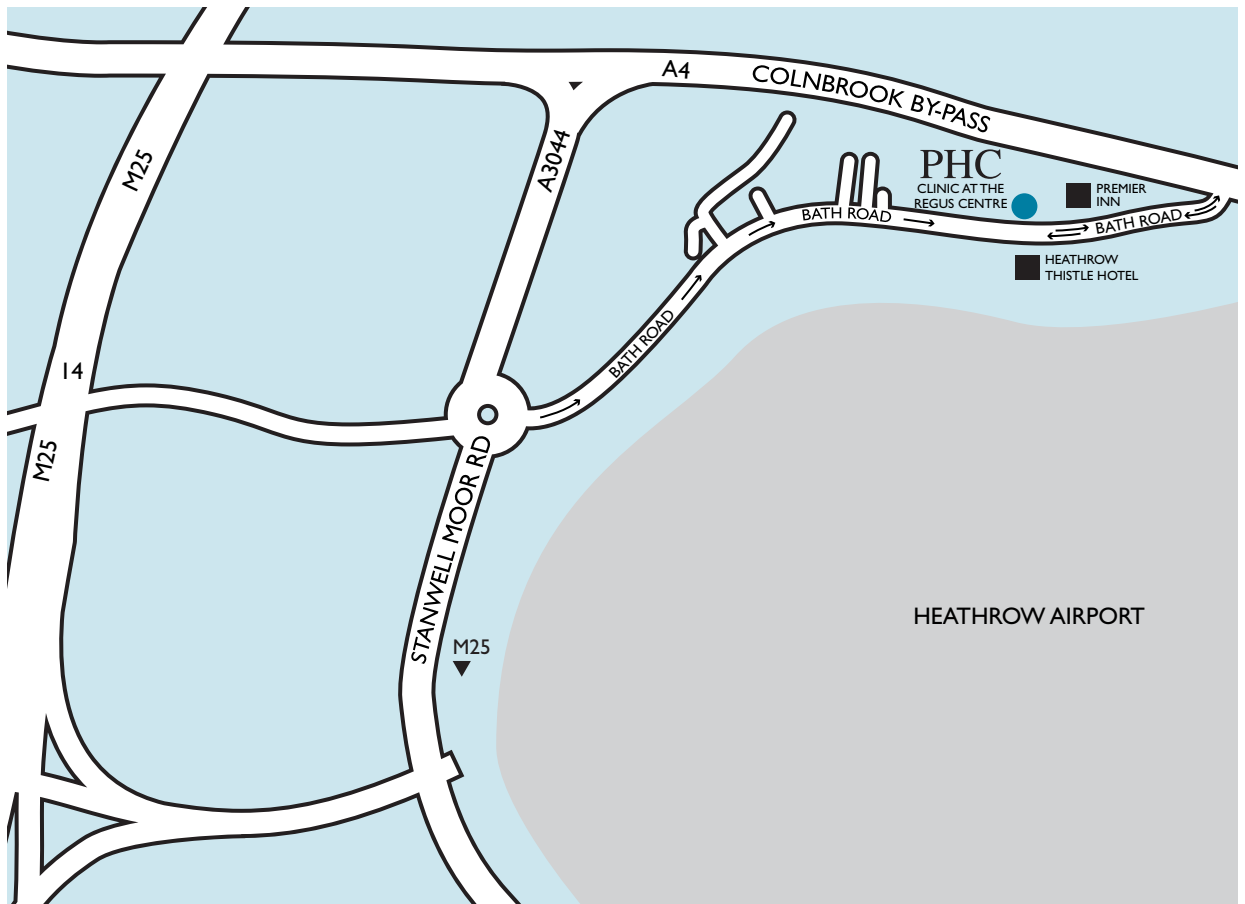


PHC

OCCUPATIONAL HEALTH

PHC Clinic at Regus Business Centre, Abbey House
450 Bath Road, Longford, Middlesex UB7 0EB
visit us at www.phcohealth.com



BY ROAD

Directions by Road From the M25

Leave the M25 at junction 14, follow the signs for Heathrow Terminal 4 at the roundabout above the motorway. Carry on along a dual carriageway to the next roundabout, turn left at this roundabout signposted to Longford, pass the new Terminal 5 building on your right. Carry on under the motorway spur road to Terminal 5 to the next roundabout. At this roundabout, turn right and enter the village of Longford. Carry on through the village. Upon leaving the village, the Regus Business Centre is on the left hand side, immediately before the London Heathrow Thistle Hotel on the right hand side. There is ample car parking facilities in front of the Regus Business Centre. Enter the gates, proceed up the drive and park in the visitors bays in front of reception, if there are no spare bays then park in any numbered bay of choice.

Approaching from the A4 Westbound

Go past the Aurora International Hotel on the right and the blue and white British Airways building on the left. After the next set of traffic lights, take the first spur road to the left immediately before a petrol station signposted Colnbrook and Longford. Past the petrol station on your right, approach the London Heathrow Thistle Hotel on your left, the Regus Business Centre is immediately after the Hotel on the right hand side.

M4 Eastbound

Proceed over the M25 motorway, at the next traffic light junction turn right taking the signs for London Heathrow Terminal 4 and Longford. Proceed to the next roundabout, take the first exit signposted Longford and proceed through the village, the Regus Business Centre is on the left hand side immediately before the London Heathrow Thistle Hotel, which is on the right.

PUBLIC TRANSPORT

The PHC clinic at the Regus Business Centre, Heathrow is accessible by bus. London Transport buses run up and down the A4, there are bus stops close to the Regus Business Centre which is prominently visible from the A4. Ask for a stop nearest the Sheraton Heathrow Hotel. There is pedestrian access to the east of the Regus Business Centre from the A4 into the Business Centre grounds. The main reception to the clinic is on the south side of the building.