

The Coborn Centre for Adolescent Mental Health
Glen Road, Cherry Tree Way
Plaistow, Newham
London
E13 8SP

Tel: 020 7540 6789
Fax: 020 7540 6799

Enquires by e-mail to: james.atkinson@eastlondon.nhs.uk

By Rail

The nearest mainline Railway Stations are:

- Liverpool Street
- Stratford
- West Ham

By London Underground

The nearest London Underground Stations are both in **Zone 3**:

- Upton Park (District Line) – RECOMMENDED FOR PEDESTRIAN ACCESS
- Plaistow (District Line)
- Prince Regent (Docklands light railway)

By Bus

Bus services

- 262, 376, 473, 300, 147

For further information regarding public transport please contact Transport for London: www.tfl.co.uk

Parking

Parking is **extremely** limited at all of the Trusts premises. A parking space cannot be guaranteed.

Unfortunately Ordnance Survey are yet to update maps of the area. On arrival at Newham General Hospital please follow signs for Newham Centre for Mental Health (the Coborn Centre is situated behind this building and is marked-up from the car park).

Pedestrian access is easier when approaching from Upton Park Tube (as much of the pavement has been removed when approaching from Glen road via Newham General Hospital).

