

**DIRECTIONS TO ALL HEALTH MATTERS, E16**

Our building is underneath Silvertown Way flyover

F17 Expressway Studios  
1 Dock Road  
Royal Victoria Dock  
London E16 1AH

T: 0207 511 1155 / 01227 451233



**On arrival, please tell the Receptionist that you are coming to All Health Matters. They may send you straight down to us at F17 or ask you to wait in reception depending on how busy we are.**

By Train

**From: Stratford International – Royal Victoria** (Take the Beckton bound DLR)

- On leaving the train, cross over the footbridge, and follow signs for the “Emirates Airway” cable-car.
- On approaching the road junction, the Emirates Airway terminal building will be across the road on your left, and the ‘Crystal’ (black glass building) will be across the road on your right.
- Cross the road towards the Crystal and walk down between it and the water along the cobbled footpath.
- Follow the path round to the right and see Nakhon Thai Restaurant ahead. Walk past the restaurant, under the arch and our building is on the left. All this takes about 3-5 mins from Royal Victoria DLR.

**From: Stratford International – West Silvertown.**

Turn right onto North Woolwich Road – this becomes Dock Road. Expressway Studios will be found at the top on the right hand side.

**From: London City Airport or Woolwich Arsenal DLR – West Silvertown.**

Turn left onto North Woolwich Road – this becomes Dock Road. Expressway Studios will be found at the top on the right hand side.

By Car \*We discourage travelling by car as parking is very limited. Should you need to travel by car, please see following page for important parking information\*

**From Kent via Blackwall Tunnel.** Follow A1020 and signs for the Excel. At the roundabout at the bottom of the Lower Lea Crossing, go all the way around the roundabout and turn into Dock Road. Expressway Studios will be found on your left a little way along.

**Head Office: Castle House, Orchard Close Mews, Orchard Street, Canterbury CT2 8AP Tel: 01227 451233**

London Office: Expressway Studios, 1 Dock Road, London E16 1AH Tel: 0207 511 1155

 [www.allhealthmatters.co.uk](http://www.allhealthmatters.co.uk) [admin@allhealthmatters.co.uk](mailto:admin@allhealthmatters.co.uk)

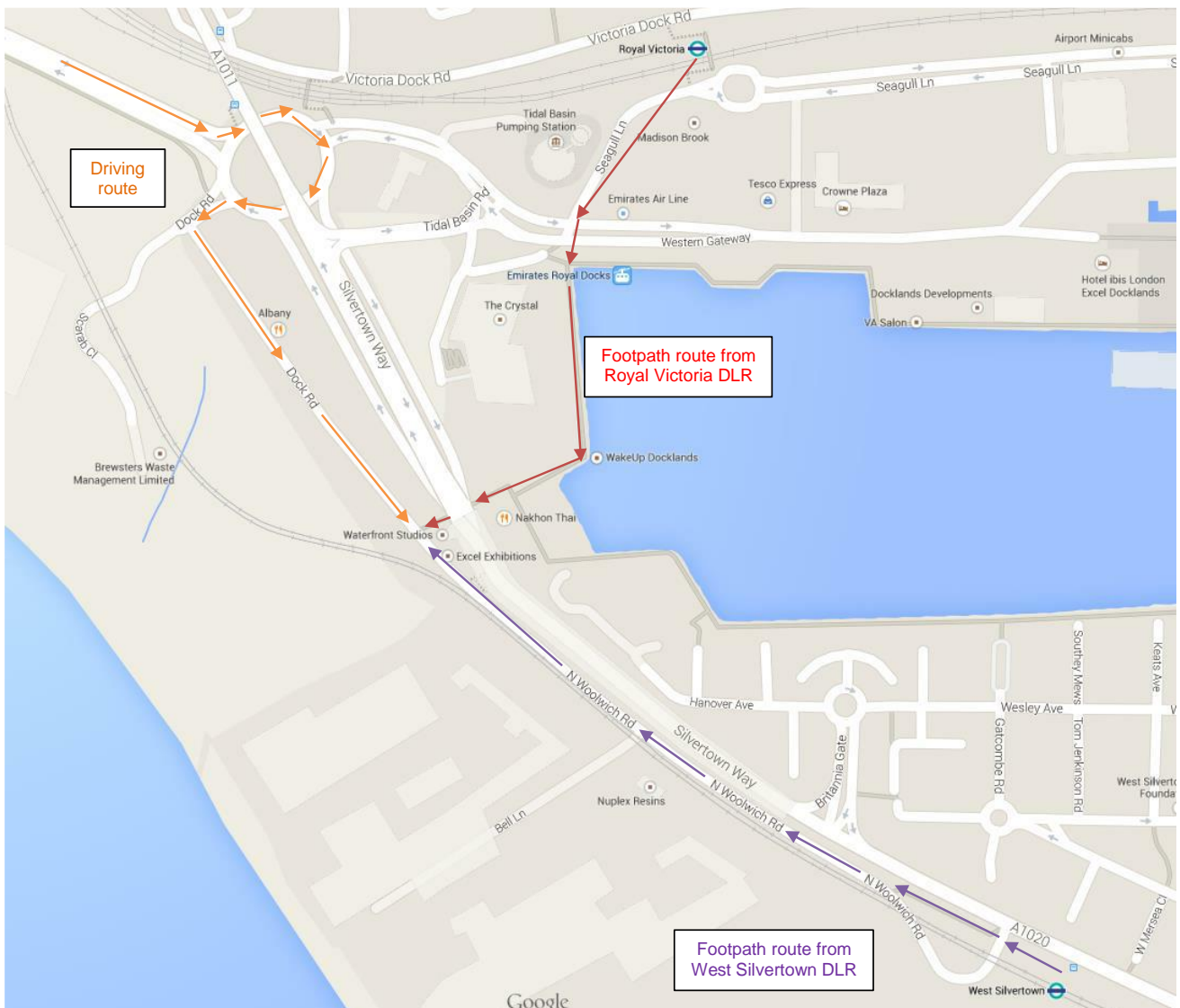
## PARKING

On site parking is available on an extremely limited basis in the visitors car park and we cannot guarantee a space will be available. Should you arrive and there is a space but the barrier is in place, please go to reception and ask for the key to unlock it before you park.

Other parking options - We highly recommend booking nearby parking in advance via one of the following sites\*:

- <https://www.justpark.com/>
- <https://www.yourparkingspace.co.uk/>

\*We are not affiliated with these websites and mention them for your convenience only. All Health Matters accepts no liability for your vehicle, nor can we guarantee parking availability on either website.



If you have any problems with gaining access, please call 0207 511 1155 or 01227 451233.

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