

## St Charles Centre for Health and Wellbeing



**Opening Times:** 8:00am to 9:00pm (Monday to Sunday)

### **Accessibility:**

Adjacent road parking available

Cycle hire directly outside is available

Easily accessed by pedestrians and disabled users from local stations and bus stops

Buses: **7** (East Acton - Ladbroke Grove - Paddington - Oxford Circus), **23** (Westbourne Park – Ladbroke Grove – Paddington – Oxford Circus – Aldwych – Liverpool Street Station), **316** (Cricklewood - Kilburn - Queens Park - Ladbroke Grove - North Kensington - White City)

Tube stations: Ladbroke (Circle and Hammersmith & City)