

# The McIndoe Centre

PART OF HORDER HEALTHCARE

**The McIndoe Centre**  
**Holtye Road, East Grinstead,**  
**West Sussex RH19 3EB**

Telephone  
**01342 330300**

Email  
**info@themcindoecentre.co.uk**

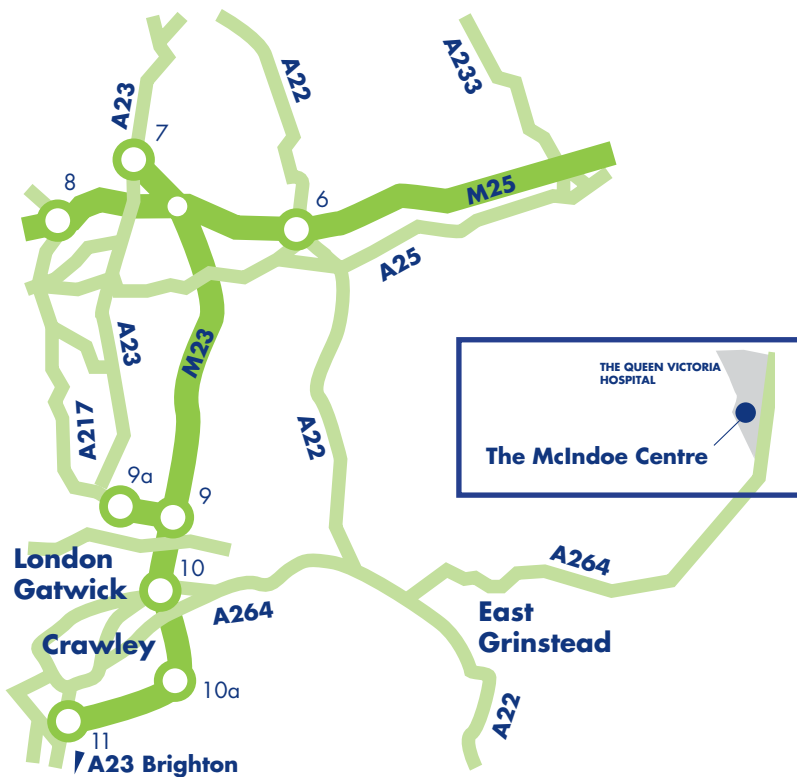
Web  
**www.themcindoecentre.co.uk**

## Directions

The McIndoe Centre is accessed via the main entrance to the Queen Victoria NHS hospital site, see below.

See overleaf for full directions.

**Please note**, if using a sat nav then enter the postcode, RH19 3DZ



## BY PUBLIC TRANSPORT

Information on planning your journey is available from Traveline, tel: [08712 002233](tel:08712002233) or at [www.travelinesoutheast.org.uk](http://www.travelinesoutheast.org.uk)

## BY TRAIN

Information is available from National Rail Enquiries on [08457 484950](tel:08457484950) or via their website [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

There are half hourly train services to East Grinstead at peak times from central London leaving from either London Bridge station or London Victoria via East Croydon. The journey takes approximately one hour.

There is a taxi rank at the front of East Grinstead station, and a bus stop which provides a link to the hospital approximately every 30 minutes.

The hospital is approximately 20 minutes' walk from the station, turn left as you exit the station and follow the signs to Tunbridge Wells, turning left immediately before Moat Church just past the pedestrian traffic lights. When you reach the roundabout, continue straight on, straight over the mini roundabout and the hospital is approximately 200 metres on your left, just before the first set of pedestrian traffic lights.

## BY BUS

Information is available from Metrobus on [01293 449191](tel:01293449191), via their website [www.metrobus.co.uk](http://www.metrobus.co.uk)

**Route 281** – operates an hourly service which links the hospital to the town centre and station, Worsted Farm, Imberhorne, Felbridge, Crawley Down, Cophorne, Three Bridges and Crawley.

**Route 400** – provides an hourly direct link to the hospital from the town centre and station, Worsted Farm, Dormansland, Lingfield, Godstone, Caterham, Warlingham and Croydon.

There are connections from East Grinstead town centre and railway station to Crawley, Three Bridges, Forest Row and Tunbridge Wells (route 291).

East Grinstead is also served by buses from various other surrounding towns and villages, and it is possible to get to the hospital by changing bus in town.

## BY AIR

London Gatwick is the closest major airport to East Grinstead, about 15 miles away. Taxis are available at the airport as are all the major car hire companies.

## BY CAR

Limited free car parking is available on The McIndoe Centre site.

### M25 & Godstone

Leave M25 at Junction 6 (Godstone). Follow A22 signposted to East Grinstead, Tunbridge Wells and Eastbourne for approx 12 miles, until you reach the East Grinstead one-way system.

On passing Homebase, (on left), stay in the left hand lane and join the one way system, which is just after the fire station (on your left). Following signs to the A264 (Tunbridge Wells) take the next turning on the left (bridal shop on corner) into Moat Road.

Keep on this road, and go straight over the two mini roundabouts. The hospital will be approximately 200 yards on the left.

### From M23 & A264 (Crawley)

If you are travelling from M23 Crawley, leave the motorway at Junction 10 and follow signs to East Grinstead (A264). On arrival at Felbridge traffic lights (Star Pub on left corner) or turn right and join A22.

On passing Homebase, (on left), stay in the left hand lane and join the one way system, which is just after the fire station (on your left). Following signs to the A264 (Tunbridge Wells) take the next turning on the left (bridal shop on corner) into Moat Road.

Keep on this road, and go straight over the two mini roundabouts. The hospital will be approximately 200 yards on the left.

### From Tunbridge Wells (A264)

Follow A264 towards East Grinstead. Before reaching town centre the hospital is on the right hand side after two sets of pedestrian lights.

### From Eastbourne (A22)

Turn left at roundabout signposted to East Grinstead town centre. At the mini-roundabout turn right into College Lane, continue to bottom of hill (Blackwell Hollow). Turn right at roundabout towards Tunbridge Wells. Continue straight over next mini roundabout. The hospital is approximately 200 yards on your left.