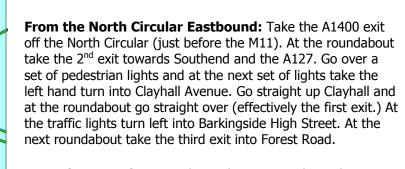


On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph)
The venue is the silver building bottom right.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.



By Underground: We are located next to Fairlop Tube Station on the Central Line.



Ample FREE parking is available.

ROMFORD

HARLOW

M11

A12 1

CENTRAL

LONDON

CHELMSFORD

A12

BRENTWOOD

A13

A127

Redbridge Sport & Leisure
Jean Brown Indoor Arena
Forest Road,
Barkingside
IG6 3HD











