



Aston-Mansfield

Generating opportunity, enabling personal change

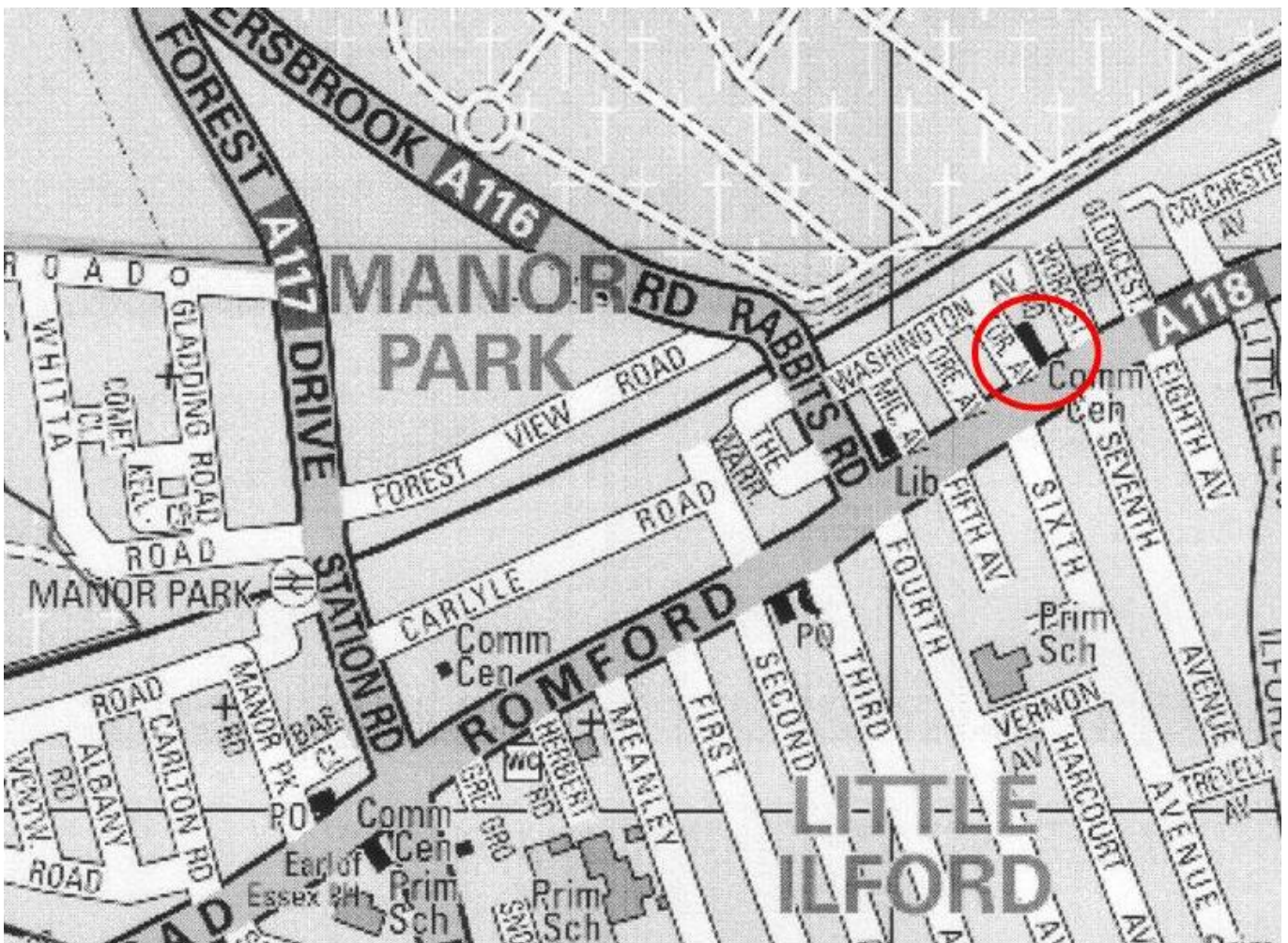
LOCATION OF THE FROUD CENTRE



1 Toronto Avenue*
Manor Park
London
E12 5JF

Tel: 020 8478 2468

*on the corner of Toronto Avenue and Romford Road)



The nearest railway station is Manor Park, on a direct line from Liverpool Street. Trains are every 10 minutes and journeys take approximately 12 minutes. To walk from the station to the Froud Centre takes approximately 13 minutes: on leaving the station, turn right onto Station Road and cross on the zebra crossing. Walk to Romford Road and turn left. The Froud Centre is on the left hand side of the street, on the corner of Toronto Avenue, the fifth turning on the left. (Alternatively, you can come out of the station, turn right into Station Road, walk to Romford Road and turn right. There is a bus stop near the corner, stop E "Manor Park Broadway"; take the Route Bus 86 towards Romford or Route Bus 25 towards Ilford High Road / Hainault St. It is three stops to stop M, "Seventh Avenue". The journey takes about 3 minutes and buses are ever 3 – 6 minutes.)

There is on street car parking in Toronto Avenue.