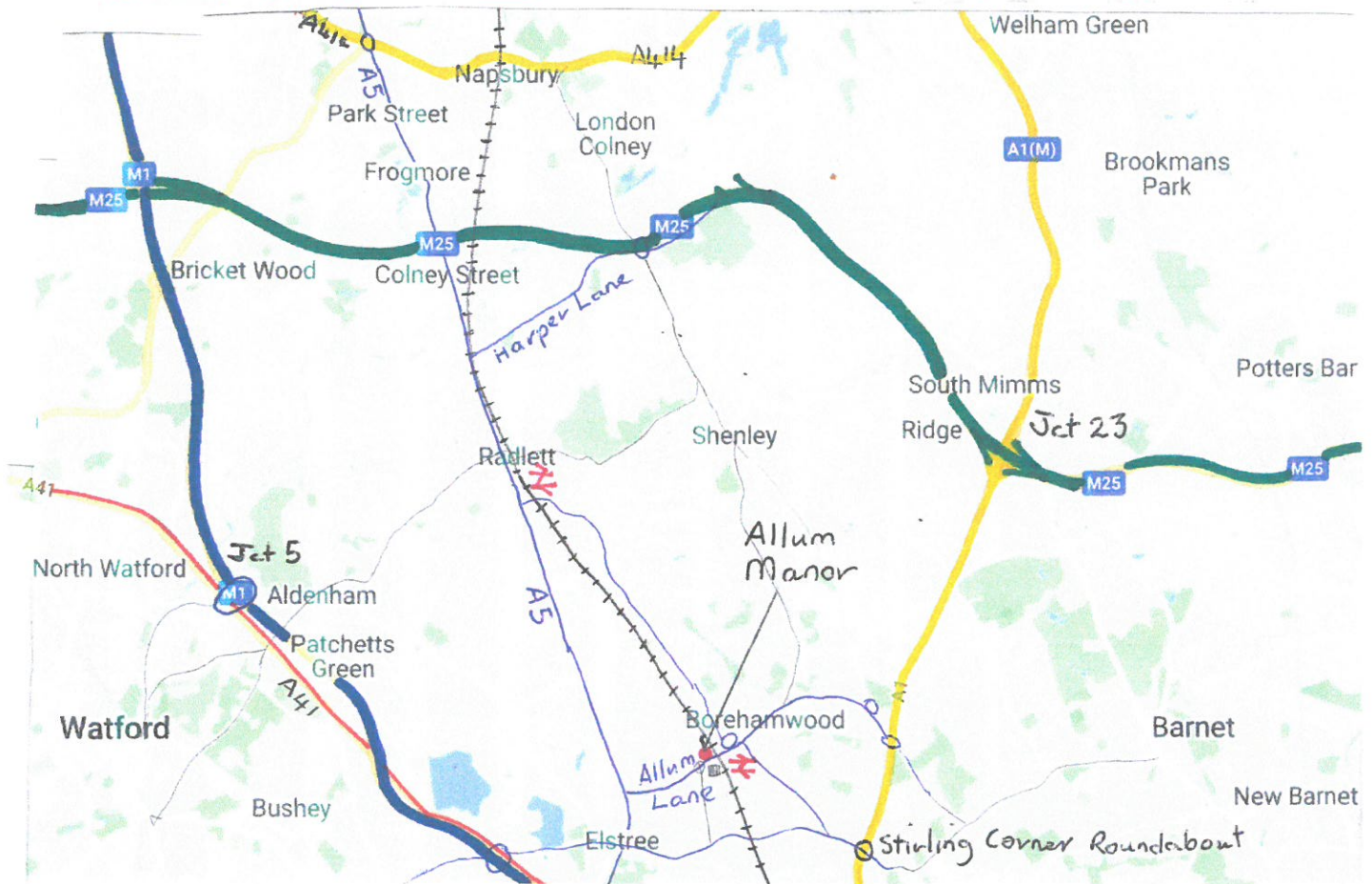


DIRECTIONS TO PAUL'S CLINIC AT ALLUM MANOR HOUSE, 2 ALLUM LANE, BOREHAMWOOD, HERTS WD6 3PJ

On the day of your appointment only please contact mobile 07831 641321 if you have any problems



BY TRAIN - THAMESLINK NATIONAL RAIL : Take train to Elstree & Borehamwood station. Exit station and turn left (staircase immediately on left) which brings you onto Allum Lane. Go left and Allum Manor House is on your right opposite the Asda Petrol station (100yards from the station).

FROM M1 NORTH AND SOUTH : Come off at Jct 5 and take the 2nd exit onto the A41 if coming from the north and first exit if coming from the south. At the roundabout take 2nd exit and continue on A41. At the next roundabout take the 1st exit onto Elstree Rd/A411. At traffic lights turn left onto A5183 and at bottom of the hill turn right into Allum Lane/B5378. Allum Manor House is just off the next roundabout to your left opposite the Asda Petrol station.

M25 EAST : Come off at Jct 23 and take 2nd exit onto A1. Remain on A1 until Stirling Corner roundabout and take 3rd exit onto Barnet Lane/A411. At roundabout take 1st exit and remain of Barnet Lane/A411 and follow this road for one mile then turn right onto Deacons Hill Road. At the roundabout at the end of this road turn to the right and you will find Allum Manor House immediately on your left off this roundabout.

M25 WEST : Come off at Jct 19 taking A41 exit to Watford. At roundabout take 2nd exit and remain on A41. At the next 2 roundabouts take 2nd exit and remain on A41. At third roundabout take 1st exit onto Elstree Rd/A411. At traffic lights turn left onto A5183 and at bottom of the hill turn right into Allum Lane/B5378. Allum Manor House is just off the next roundabout to your left opposite the Asda Petrol station.

A1 NORTH AND SOUTH : Come off at Stirling Corner roundabout and take 3rd exit onto Barnet Lane/A411. At roundabout take 1st exit and remain of Barnet Lane/A411 and follow this road for one mile then turn right onto Deacons Hill Road. At the roundabout at the end of this road turn to the right and you will find Allum Manor House immediately on your left off this roundabout.

A5 (A5183) NORTH AND SOUTH OR A414 : All these roads merge together at the roundabout with the A5. Take the turning to Radlett/Watling St/A5183. Follow this road through Radlett and on to Elstree where you will turn left at Allum Lane/B5378. Allum Manor House is just off the next roundabout to your left opposite the Asda Petrol station.