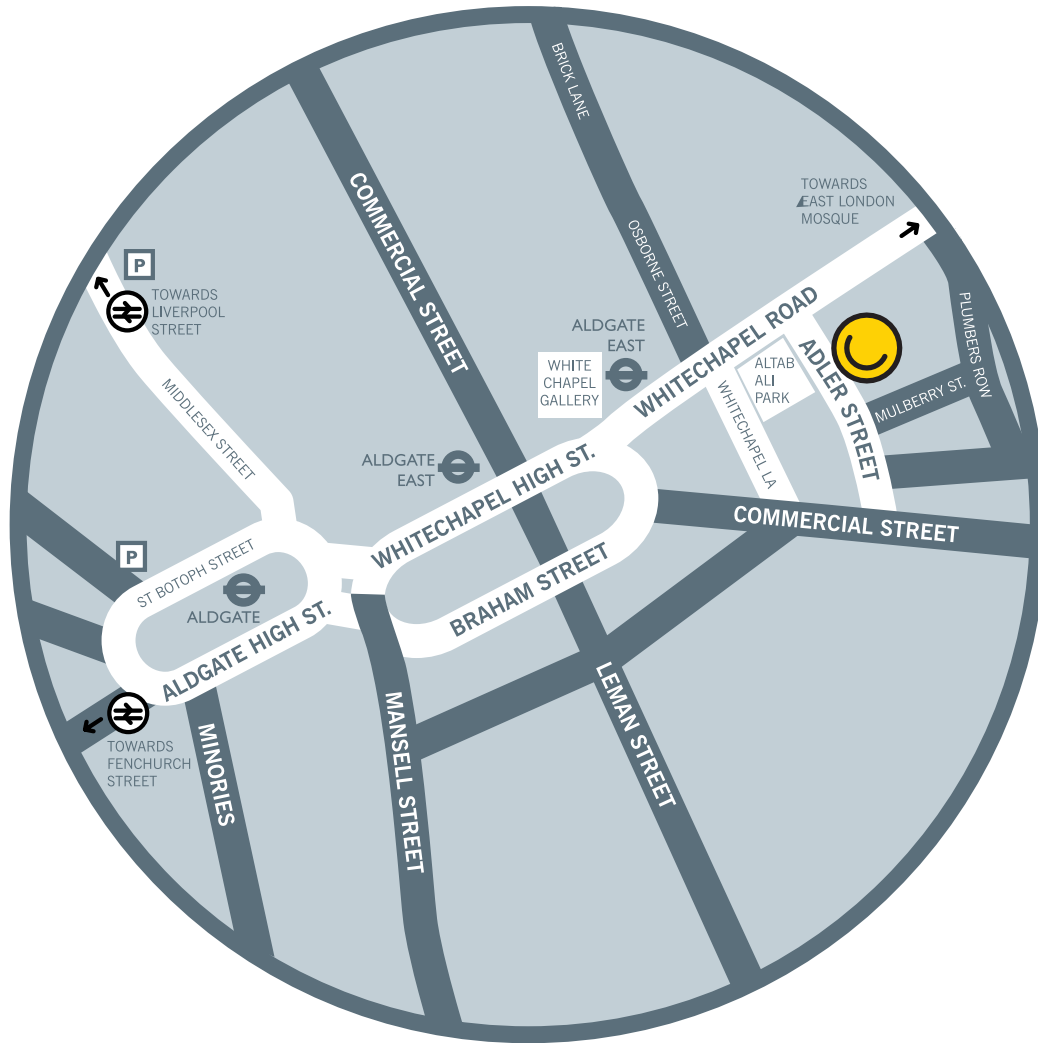


Finding Happiness

Directions to Happy's London training centre



Happy are based at Cityside House, 40 Adler Street, London. E1 1EE

USING THE UNDERGROUND

From Aldgate East (Hammersmith & City, District lines) 2 minute walk. Take the Whitechapel Art Gallery exit (Exit 3). Turn left onto Whitechapel Road. Cross over Osborne Street, then immediately cross over using the traffic lights towards Altab Ali park. Continue down Whitechapel Road to the end of the park and turn right into Adler Street. Cityside House is the first building on the left.

From Aldgate (Metropolitan, Circle lines) 10 minute walk. Turn left out of the station onto Aldgate High Street. Continue straight ahead onto Whitechapel High Street. You will pass Aldgate East station (1st exit). Cross Commercial Street and reach Aldgate East (2nd exit). Then please follow the directions above.

USING THE OVERGROUND

Liverpool Street (20 minute walk) Walk down Middlesex Street to Aldgate or catch the Hammersmith & City line to Aldgate East.

Fenchurch Street (15 minute walk) Turn right out of the station and right into Aldgate. Continue ahead onto Aldgate High Street, passing Aldgate tube. Then please follow the directions above.

Whitechapel (10 minutes walk) Turn right out of the station onto Whitechapel Road. Continue for ½ mile, past East London Mosque on the left. Adler Street is second left after the mosque.

BY CAR

Parking. Car parking is normally available at NCP, Spreadeagle Yard, Commercial Street, E1 7PD telephone 0845 0507080.

Disabled Parking Bays. Disabled badge holders can park in the Pay & Display Bays in Mulberry Street and Plumbers Row. Or call Happy on 020 7375 7300 for details of how to access our disabled spaces and building. Please note that wheelchair access into our building is via the front (Adler Street) entrance. Please do contact us for full details of how to access our building or if you have any other requirements.

BY BUS

Stopping outside Altab Ali Park	
25	Ilford to Oxford Street
205	Mile End Park to Paddington
254	Aldgate Station to Holloway
Stopping at Aldgate	
15	Paddington to Blackwall Station
40	Aldgate to Dulwich
67	Aldgate to Wood Green
78	Nunhead to Shoreditch
100	Elephant & Castle and Shadwell
205	Paddington to Mile End
Stopping at Whitechapel	
106	Whitechapel to Finsbury Park
D3	Bethnal Green to Docklands

BICYCLES

These can be brought into the office and stored safely.

Print directions

If you get lost please give us a call on

020 7375 7300