

## Mottingham Clinic

Old Bank House  
29 Mottingham Road  
London  
SE9 4QZ

### Directions

Our Mottingham clinic is on the corner of West Park and Mottingham Road, beside the war memorial. Some clients may still remember when we were Barclays Bank. We do not have a lift at this clinic therefore if you cannot manage stairs or require wheelchair access to our clinic, please contact us in advance of your appointment. Please also be aware that the toilet facilities are upstairs with no lift access. Unfortunately we do not have any toilet facilities on the ground floor. However a petrol garage nearby does have disabled facilities. We apologise for the inconvenience this causes some of our clients and visitors.



#### By car

Just head for the war memorial roundabout on the corner of Mottingham Road and West Park. We are opposite the BP Garage and Porcupine Pub. Parking is free on West Park, although there are restrictions between 1:30- 3pm weekdays. Please check the latest parking restrictions.



#### By rail

By train, we are less than a 10 minute walk from Mottingham station. From the station side of the platform, walk diagonally across the car park and up the pathway to the A20 main road. Cross over on the pedestrian crossing and walk down to the bottom of West Park.



#### By bus

We are less than 5 minutes from the bus stops in Mottingham (either outside the post office in Court Road or the convenience store on Mottingham Road). From Chislehurst catch the 161. From Eltham the 161, 126 or 124 and from Grove Park you will need the 124.



Our clinic directions are also on our website, please visit [vitahealthgroup.co.uk](http://vitahealthgroup.co.uk) for further information.