



N. E. S.
Hand Therapy Training
www.neshands.co.uk

Course Venue

**Edgware and Hendon Reform Synagogue,
118 Stonegrove, Edgware, HA8 8AB**

Parking

There is all day parking available in Kings Drive, Skye Lane and Cambourne Road, behind the synagogue (with a pathway through). Only Blue Badge parking is available on site.

Public Transport

London Underground stations

- STANMORE is at the top of the Jubilee line. This is a 15 minute (0.7 mile) walk to the venue
- EDGWARE is at the top of the Edgware branch of the Northern Line. This is an 18 minute (0.9 mile) walk to the venue and a 10 minute walk to the Premier Inn below.

The 142 bus runs up and down Stonegrove between the venue and the Premier Inn.

Accommodation

The easiest is the Premier Inn Stonegrove HA8 5AQ. This is on the same road as the venue with parking and only 1 mile to walk (19 minutes) and 3 minutes by car. It is surrounded by easy restaurants and supermarkets. The price of a room is from £58 per night. Breakfast is offered but there is a supermarket close by too as an alternative.

There is also a hotel The Village Hotel, London Watford (which is not in Watford, but is in Elstree) on an office estate. It has very good Trip Advisor reviews and offers as little as £114 for three nights room only. There is a gym, pub and coffee shop attached. It is 2 miles (40 minutes) to walk and about 6-7 minutes by car. Free parking on site.

Airbnb has some local options available too.

Food

All refreshments and lunch will be provided. Should you wish to bring food with you, please only bring vegetarian food. No fish and no meat please. Do ensure that you declare any food intolerances or allergies on your application form.