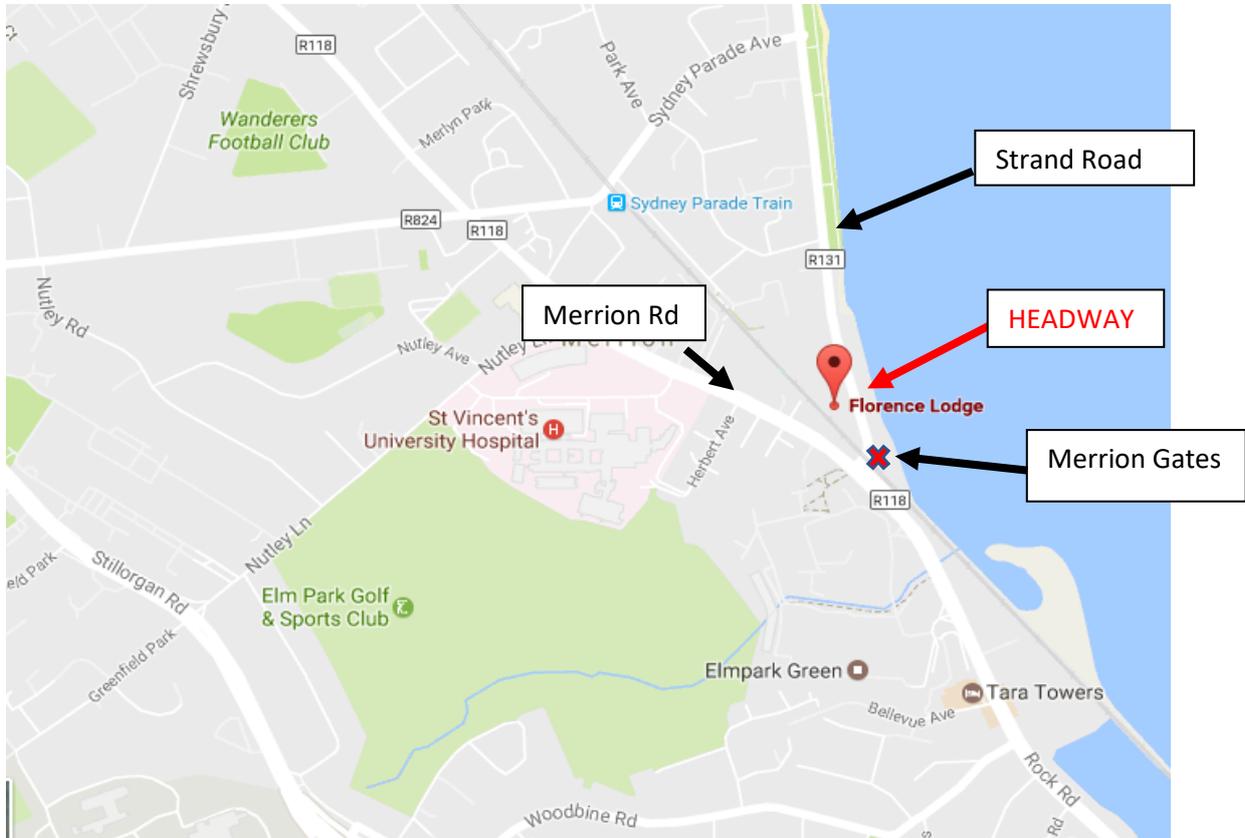


**HEADWAY SANDYMOUNT, Florence Lodge,  
199 Strand Road, Sandymount, Dublin 4  
Eircode: D04 CX30 Ph. 01 218 0744 or 087 2023677**



**HEADWAY, Florence Lodge, 199 Strand Rd, Sandymount, D04 CX30**



**If you have any difficulties finding us, phone 01 218 0744 or 087 2023677 for assistance.**

### **Directions from the Martello Tower on Strand Road**

From the Martello Tower on Strand Rd, go in the direction of the Merrion Gates for about 600 meters. The sea will be on your left-hand side. Approximately 100 meters before the Merrion Gates, Headway, Florence Lodge will be on your right-hand side, down a small driveway.



**View when approaching Headway from the Strand Road direction.**

### **Directions from the Merrion Gates level crossing**

Go through the Merrion Gates on to Strand Rd. After about 100 meters, Headway, Florence Lodge will be on your left-hand side, down a small driveway.



**View when approaching Headway from the Merrion Gates direction.**

### **Phone numbers -**

Our main landline is: 01 218 0744. Our mobile number is: 0872023677

**If you have any difficulties finding us, phone 01 218 0744 or 087 2023677 for assistance.**

**HEADWAY SANDYMOUNT, Florence Lodge,  
199 Strand Road, Sandymount, Dublin 4  
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**Parking - The centre does not provide parking.** We operate a drop off/pick up system. The driveway of the centre is large enough to allow one car at a time to drive in, drop off the client and turn back out. Clients who drive themselves can park in the car park along the promenade about 250 meters away, there is wheelchair parking here also. This car park is free to use. There is also public parking available behind Merrion Hall.

**Driving** – there are directions on the map enclosed. You'll find further directions on the Headway website: [www.headway.ie](http://www.headway.ie).



**Buses – From Dublin city centre**, you can take bus numbers 4, 7 or 7A.

Ask to get off at the stop after St. Vincent's Hospital [the Herbert Avenue stop, Stop number 423]. Walk towards the Merrion Gates and go through the level crossing when safe to do so. Stay on the left-hand side pavement. After 100 meters, Headway, Florence Lodge, will be on your left-hand side.

**Buses - Coming from the Southside**, you can take bus numbers 4, 7 or 7A.

Ask to get off at the stop before St. Vincent's Hospital [the Estate Avenue stop]. Walk back towards the Merrion Gates. Cross over the Merrion Road at the pedestrian lights. Go through the level crossing when safe to do so. Stay on the left-hand side pavement. After 100 meters, Headway, Florence Lodge, will be on your left-hand side.



**DART** - You can get the DART from Howth, Malahide, Bray and Greystones to Sydney Parade. The Centre is a 10min walk from Sydney Parade DART Station.

**For directions from Sydney Parade DART station, please see the Local Directions sheet.**

**If you have any difficulties finding us, phone 01 218 0744 or 087 2023677 for assistance.**