

# How to find Parkside



Parkside  
101-113 Longbridge Road  
Barking, Essex  
IG11 8TA

Tel 020 8507 5804  
Fax 020 8591 2514

Nearest Tube:  
Barking – 4 minute  
walk for Hammersmith,  
City and District Line Lines  
Rail station: 4 minute walk for  
Overground C2C  
Bus routes: 6 minute walk



Sahara Care Limited  
101-113 Longbridge Road, Barking  
Essex IG11 8TA

T 020 8507 5802

F 020 8591 2514

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