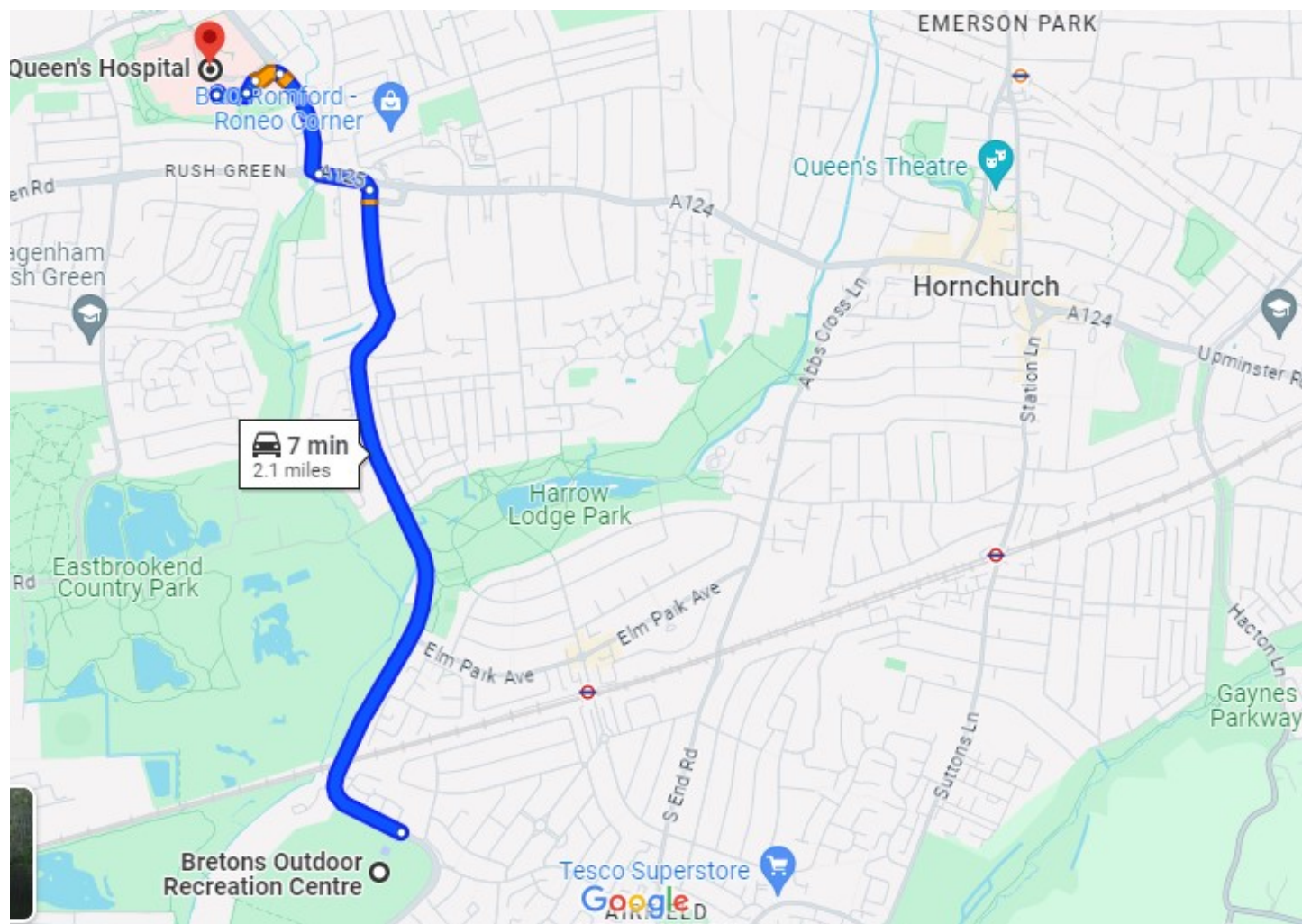


ESSEX MINORS HORNCHURCH (EMH) EMERGENCY ACTION PLAN



Club Name	Essex Minors Hornchurch (EMH)		
Club Address	Rainham Rd, Rainham, Essex		
Postcode	RM13 7LP		
FIRST-AIDER INFORMATION			
Name		Mobile Number	
Preferred Emergency Number from a Mobile		112	
Danny Willis (Club Welfare Officer)		07710 253571	
FIRST AID EQUIPMENT & FACILITIES			
ITEM	LOCATION		
Defibrillator	Located in Hall adjacent to Bretons Manor House		
Access Routes:			
1. For Ambulance		Access via main Car Park	
OTHER INFORMATION			
Nearest Hospital address: (with A&E Department)	Queens Hospital, Rom Valley Way, Romford, RM7 0AG		
Contact No:	0330 400 4333		
Directions to Hospital	See Below		
Journey Time	Approx 10 mins		



Bretons Outdoor Recreation Centre
Rainham Rd, London RM13 7LP

Head north-west on Rainham Rd/A125 towards Dunningford Cl
Continue to follow A125
1.5 mi

Use the left 2 lanes to turn slightly left onto Roneo Cor/A124/A125
0.1 mi

Use the right 2 lanes to turn right onto Rom Valley Way/A125
0.2 mi

Turn left onto Rom Valley Way
302 ft

At the roundabout, take the 1st exit and stay on Rom Valley Way
184 ft

At the roundabout, take the 2nd exit and stay on Rom Valley Way
374 ft

Turn right
33 ft
Queen's Hospital
Rom Valley Way, Romford RM7 0AG