**Underground stations**

**Westminster**
- line, Zone 1

**St. James’s Park**
- line, Zone 1

**Embankment**
- line, Zone 1

**Charing Cross**
- line, Zone 1

**Waterloo**
- line, Zone 1

**Waterloo East station**
- Zone 1

**Train stations**

**Charing Cross station**
- Zone 1

**Waterloo station**
- Zone 1

**Waterloo East station**
- Zone 1

**Vauxhall station**
- Zone 1/2

**Health**
Parliamentary Health and Wellbeing Service, 4th Floor, 7 Millbank. Tel: 020 7219 1484 9am-5pm Monday to Thursday and 9am-4pm Friday, or email shwsadmin@parliament.uk.

General Practitioner (GP) service – if you wish to see a GP because of an acute medical problem, you should first contact the clinical nurse advisor in the Lower Waiting Hall on 020 7219 5103, who can then arrange for an appointment to be made.

Duty Nurse, Lower Waiting Hall, Palace of Westminster. Available 10am-6pm Monday, 9am-5pm Tuesday to Thursday, 9am-4pm Friday. Tel: 020 7219 5103.

In an emergency on the Parliamentary Estate call x3333.

Urgent Care Centre and A&E, St. Thomas’s Hospital, Westminster Bridge Road. 24 hours.

Soho NHS Walk-in Centre, 1 Frith Street, W1D 3HZ. 8am-8pm Monday to Friday and 10am-8pm Saturday to Sunday.

Boots, 11 Bridge Street, SW1A 2JR. 8am-7pm Monday to Friday, 9am-5.30pm Saturday. Tel: 020 7930 4571.

Dolphins Pharmacy, 11 Broadway, SW1H 0AZ. 9am-5.30pm Monday to Friday. Tel: 020 7930 4571.

Victoria Pharmacy, 58 Horseferry Road, SW1P 2AF. 8.30am-6pm Monday to Friday. Tel: 020 7222 5792.

Boots, Victoria Station, SW1V 1JT. 7am-12midnight Monday to Saturday, 9am-9pm Sunday. Tel: 020 7834 0676.

**Supermarkets**

Tesco Express, 8 Bridge Street (next to Westminster Tube). 7am-11pm.

Tesco Express (larger store), 2 Monck Street, SW1P 2BW. 7am-10pm.

Waitrose, 62 Victoria Street, SW1E 6QP. 7am-10pm.

Sainsbury’s Local, 10 Rochester Row, SW1P 1BT. 7am-11pm.

Marks & Spencer, 10 Cardinal Walk, SW1E 5JL. 8am-8pm Monday to Saturday, 11am-5pm Sunday.

The Co-operative Food, Strand, Golden Cross House, Duncannon Street, WC2R 0RG. 7am-11pm.

**Hairdressers**

John Simon Hairdressers are based on the Parliamentary Estate and offer a wide range of cuts, colours and hair care services. Location: Between Commons Court and Speakers Court, close to the Terrace Cafeteria, Palace of Westminster. 9am-6pm. To book call 020 7219 3093. Full price list available on the intranet.

The Runway, Unit 2, 11-13 Horseferry Road, SW1P 2AH.
Tel: 020 7828 0235.

Stage Door, 45 Horseferry Road, SW1P 2AA.
Tel: 020 7976 6565.

Central Cuts, 73A Victoria Street, SW1H 0HW.
Tel: 020 7222 3001.

**Barbers**

Adriano, 10 Regency Place, SW1P 2EB. Tel: 020 7828 4771.

Clipper of The Yard, 10-11 Dacre Street, SW1H 0DJ.
Tel: 020 7233 1340.

**Gym**


Bannatyne Health Club Millbank, 4 Millbank, SW1P 3JA.
Tel: 0844 248 3776.

**Banks**

Barclays, 2 Victoria Street, London, SW1H 0ND.
Halifax, 2 Wilton Road, London, SW1V 1AN.
HSBC, 8 Victoria Street, London, SW1H 0NJ.
Lloyd’s, Westminster House, 4 Dean Stanley Street, London, SW1P 3JH.
Natwest, 57 Victoria Street, London, SW1H 0HP.
Santander, 115-117 Victoria Street, London, SW1E 5NT.

**Post Offices**

Post Offices are available on the Parliamentary Estate in Central Lobby, Members’ Lobby and Portcullis House.