



# A Guide to attending the NMC at Stratford

*Written by Midwives for Midwives*

## 1. Parking

Sign up on-line for parking in Westfield Centre car park C for £5 per day.

## 2. Eating

Westfield Centre has “good food hall with lots of variety”.

“X and I had lunch in one or other of the fast food outlets at the Westfield. Later we went over the bridge and across the road to another shopping area that has shops such as Lidl and Iceland and an indoor market with fresh fruit stalls. There are cheap cafes and places to eat over there”.

The Sawmill <https://www.sawmillcafe.co.uk/> (51–53 West Ham Lane E15 4PH), which is through the above shopping centre and out the other end just before and opposite Stratford Police Station, is very highly recommended.

## 3. Accommodation

“Hotels expensive, try AirBnB.”

The Moxy Hotel is within walking distance, and is described by one midwife as “fabulous”. It serves food all day and night and has a bar.

<https://www.marriott.com/hotels/travel/lonof-moxy-london-stratford/>

### Cranbrook Hotel, Ilford

Reported as “really quite nice for the money”. It has a new extension and brand new bathrooms and only £35 a night. It’s a 10 min/½ mile walk from Ilford train station which is three stops from Stratford on the overland train.

“The Cranbrook was old and tatty from the outside but when you entered you walk straight through to a very modern brand new block. The room was very basic but clean with a brand new bathroom. Staff were friendly.”

<http://cranbrookhotel.com/>

### The Epsilon

Is a short walk from the NMC and “very clean and comfortable with friendly staff”. One the cheapest in Stratford area. About £68 per night.

<https://www.oyorooms.com/50367-oyo-rooms-oyo-epsilon-hotel-london>

## 4. The NMC

Private rooms are available for registrants and their supporters and representatives – ask for one to be allocated to you on arrival.

Free Wi-Fi is available – there are small pieces of paper with the log-in details at reception. Tea and coffee are available in a kitchen area on the corridor from Reception to the Registrants' Room. Milk is in the fridge and mugs in a cupboard above the boiling water tap. The Registrants' Room has tables and chairs for lunch or some comfy seating for longer adjournments for registrants and friends.

Lunch consisting of ONE pretty boring sandwich and ONE piece of fruit is available free for the registrant only. This is put out in the Registrant's Room late morning and disappears quickly. There is a kitchen round the corner – if you want the NMC lunch and there is none left, go and insist the kitchen attendant gives you something (she always seems to have spare in the fridge). If you only have a short break and your supporter doesn't have time to go and get lunch elsewhere, insist on a second sandwich. Beware – the attendant guards the sandwiches as though she has given birth to them!

“Put expenses into NMC and insist that they pay.”

“Reception staff at NMC were really great, helped me a lot, very friendly, did printing for me.”