



Local Area Guide

for health and social care international recruits



*A blend of
history and
modernity.*

Bedford



About this guide

This guide is intended to provide an overview of the local area to include guidance on travel distances, potential areas in which to live, tips for finding accommodation and contact details for local letting agents. Should you require any further assistance please speak to your employer who will be able to provide you further information.

Bedford, a gem on the banks of the River Great Ouse, is renowned for its captivating blend of historical charm and contemporary vitality. This bustling market town is celebrated for its cultural diversity, beautiful riverside settings, and lively community events. With its rich heritage and scenic beauty, Bedford provides a delightful living experience.



About Bedford

- Bedford is a historic market town situated in Bedfordshire, in the East of England.
- The town is celebrated for its rich cultural diversity and the picturesque River Great Ouse that flows through it.
- Bedford is located around 50 miles (80 km) north of London, making it a comfortable commute to the capital.
- It's also conveniently situated near major cities like Cambridge, approximately 30 miles (48 km) to the east, and Milton Keynes, about 19 miles (30 km) to the west.

Getting around

By bus

- Primary operators: Stagecoach [stagecoachbus.com](https://www.stagecoachbus.com) and Grant Palmer [grantpalmer.com](https://www.grantpalmer.com), offering extensive coverage in and around Bedford.
- Key routes include services to Milton Keynes, Northampton, and Cambridge.

By rail

- Bedford Station is well-connected, offering services to London St Pancras (approx. 40 minutes), Brighton, and Nottingham.
- Direct connections to Leicester, Derby, and the East Midlands.
- For schedules and tickets, visit National Rail Enquiries [nationalrail.co.uk](https://www.nationalrail.co.uk)



Key

-  Train station
-  Supermarket
-  Library
-  Bus station
-  Bus stop
-  Medical centre
-  Police station
-  Council offices

Finding accommodation

When renting property, UK law says that landlords must check that you are who you say you are and that you are allowed to live in the UK. More information on proving your right to rent property can be found at [gov.uk/prove-right-to-rent](https://www.gov.uk/prove-right-to-rent)

Useful tips

When considering a new home, it's crucial to think about your preferred location. Deciding on an area simplifies the search. Consider proximity to your workplace and essential amenities like shops, gyms, supermarkets, churches, childcare facilities, schools, and parks. Research public transport availability, including the frequency, cost, and travel times of bus services, as well as the location of train and bus stations. Remember, rural areas often have less public transport than major cities or towns. Communities 1st has developed a Top Tip Guide for finding Accommodation in the UK.

Be aware that some landlords offer "all inclusive" rent, which might cover some of these costs. It's important to understand exactly what is included in the rent before committing to a property.

Before moving into a rental property, you will typically need to pay the first month's rent in advance, a tenancy deposit, and possibly a holding deposit if you're renting through a letting agent. For advice on paying bills visit: [moneyhelper.org.uk/en/homes/renting](https://www.moneyhelper.org.uk/en/homes/renting)

Rental cost guide (£/pcm)

Number of Bedrooms

Studio	£800
1 Bed	£950
2 Bed	£1,400
3 Bed	£1,750

Local letting/estate agents

Haart
 Leaders
 Martin & Co
 Michael Graham
 Thomas Charles

Agent portals

homestay.com
 onthemarket.com
 rightmove.co.uk
 zoopla.co.uk

Bedford



Local NHS services and facilities

GP Practices: Numerous GP practices and health centres are available throughout Bedford. To find a local GP, visit [nhs.uk](https://www.nhs.uk)

Walk-in Centres and Minor Injury Units: For non-emergency care, there are various centres in and around Bedford.

Community Health Services: Including mental health, maternity, and children's services, managed by local NHS trusts.

Bedford Hospital: Provides a range of services including A&E. Located approximately one mile from the town centre.

Useful contacts

NHS	111 or in an emergency 999
Bedfordshire Police	101 or in an emergency 999
Bedford Borough Council	01234 267422
Citizens Advice Bedford	01234 867944

Who are Communities 1st?



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[communities1st.org.uk](https://www.communities1st.org.uk)

Communities 1st is committed to offering rounded pastoral support for international health and social care recruits transitioning to life in the UK. Our comprehensive service, delivered through a combination of dedicated staff and enthusiastic volunteer buddies, focuses on individualised 1:1 support and a range of group activities, ensuring a smooth integration into the UK lifestyle.

Don't miss the opportunity to benefit from our well-structured and holistic programmes. Reach out to us today to find out how we can collaborate to create a positive and seamless transition for your recruits.

For more information

Visit: www.communities1st.org.uk
Email: buddy@communities1st.org.uk
Call: **01727 649980**

@Communities1st

