



Local Area Guide

for health and social care international recruits



*A storied past,
a bright future.*

Bury St Edmunds



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.

Bury St Edmunds is a jewel in the crown of Suffolk, known for its stunning medieval architecture, including the magnificent St Edmundsbury Cathedral. This historic market town, with its enchanting streets and vibrant cultural scene, is a haven for those who cherish history interwoven with modern amenities.



About Bury St Edmunds

- Bury St Edmunds is a historic market town in Suffolk, Eastern England, known for its rich history and beautiful medieval architecture.
- The town is home to the stunning St Edmundsbury Cathedral and the famous Abbey Gardens.
- It is located approximately 87 miles (140 km) northeast of London.
- Bury St Edmunds serves as a cultural and retail hub for the surrounding area and is approximately 30 miles (48 km) northwest of the university city of Cambridge.

Getting around

By bus

- Services operated by Stephenson's of Essex and Mulleys Motorways, connecting Bury St Edmunds to surrounding villages and towns like Newmarket and Sudbury.
- Check stephensonsof Essex.com and mulleys.co.uk for routes and timetables.

By rail

- Bury St Edmunds Station offers direct rail connections to major cities such as Cambridge (approx. 40 minutes) and Ipswich.
- Links to larger stations like London Liverpool Street are available with one change.
- Visit greateranglia.co.uk for train schedules and ticketing.



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	£700
1 Bed	£850
2 Bed	£1,200
3 Bed	£1,500

Local letting/estate agents

- Belvoir
- Haart
- Isaac Estates
- Shires Residential
- Tennens Properties

Agent portals

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

Bury St Edmunds



Local NHS services and facilities

GP Practices: Numerous GP surgeries serve the local community. 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 Bury St Edmunds.

West Suffolk Hospital: The main hospital in Bury St Edmunds, located about two miles from the town centre. It provides a wide range of services, including an emergency department.

Useful contacts

NHS	111 or in an emergency 999
Suffolk Police	101 or in an emergency 999
West Suffolk Council	01284 763233
Citizens Advice Suffolk West	0808 278 7868

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
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@Communities1st

