



Local Area Guide

for health and social care international recruits



*A city of
scholars and
dreams.*

Cambridge



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.

Cambridge, a world-renowned seat of learning and innovation, is not just about its prestigious university. This picturesque city, brimming with stunning architecture and rich cultural heritage, offers a unique blend of academic excellence and a bustling, vibrant community life, making it an ideal locale for intellectual and personal growth.



About Cambridge

- Cambridge, a globally renowned university city, is located in Eastern England, distinguished by its iconic collegiate architecture and academic excellence.
- The city is not only a hub for education but also for technology and innovation, often referred to as the 'Silicon Fen.'
- Situated about 50 miles (80 km) north of London, Cambridge offers a picturesque blend of history and modernity.
- The River Cam, famous for punting, flows through the city, adding to its scenic charm.

Getting around

By bus

- Extensive network operated by Stagecoach, covering the city and surrounding areas, including direct routes to nearby towns and villages.
- The guided busway offers fast and frequent services to St. Ives and Huntingdon.
- Visit [stagecoachbus.com](https://www.stagecoachbus.com) for routes and timetables.

By rail

- Cambridge Station provides direct connections to London King's Cross and London Liverpool Street (approx. 50-70 minutes), Norwich, Birmingham, and beyond.
- Cambridge North Station offers additional routes to London and other major destinations.
- Rail services are provided by Great Northern, Thameslink, and Greater Anglia. Visit [nationalrail.co.uk](https://www.nationalrail.co.uk) for schedules.



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	£1,150
1 Bed	£1,450
2 Bed	£1,750
3 Bed	£2,100

Local letting/estate agents

- Belvoir
- Bush & Co
- Cambridge Property Lettings
- Redmayne Arnold and Harris
- Savills

Agent portals

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

Cambridge



Local NHS services and facilities

GP Practices: Numerous practices throughout the city. 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 Cambridge.

Addenbrooke's Hospital: A major research and teaching hospital located in the south of Cambridge, about three miles from the

city centre. It's a part of the Cambridge University Hospitals NHS Foundation Trust and offers a wide range of medical services.

Useful contacts

NHS	111 or in an emergency 999
Cambridgeshire Police	101 or in an emergency 999
Cambridge City Council	01223 457000
Cambridgeshire County Council	0345 045 5200
Citizens Advice Cambridge	0808 278 7808

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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Call: **01727 649980**

@Communities1st

