



Local Area Guide

for health and social care international recruits



*Coastal
wonders.*

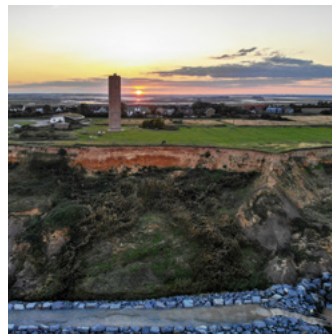
Clacton, Frinton-on-Sea
and Walton-on-the-Naze



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.

These coastal gems are the epitome of seaside charm. **Clacton**, with its iconic pier and vibrant seafront, **Frinton-on-Sea**, known for its elegance, and **Walton-on-the-Naze**, celebrated for its natural beauty, together offer a quintessential British seaside experience.



About Clacton, Frinton-on-Sea, and Walton-on-the-Naze

- These coastal towns in Essex are celebrated for their sandy beaches, traditional seaside resorts, and the Clacton Pier.
- Clacton-on-Sea, around 76 miles (122 km) northeast of London, is known for its vibrant seafront and entertainment facilities.
- Frinton-on-Sea offers a more relaxed atmosphere with its elegant esplanade, while Walton-on-the-Naze is admired for its natural beauty and Naze Tower.
- The area is a popular destination for those seeking the classic British seaside experience.

Getting around

By bus

- Local bus services operated by Heddingham and Chambers, connect the towns to each other and to larger areas like Colchester.
- Visit heddinghamandchambers.co.uk for routes and timetables.

By rail

- Clacton-on-Sea Station: Direct trains to London Liverpool Street (approx. 90 minutes).
- Frinton-on-Sea and Walton-on-the-Naze Stations: Connections to Colchester and London.
- Train services are primarily operated by Greater Anglia.
- Visit greateranglia.co.uk for more information.

Walton-on-the-Naze



Frinton-on-Sea



Clacton



Key

-  Train station
-  Bus stop
-  Supermarket
-  Medical centre
-  Library
-  Police station
-  Bus 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 | £650 |
| 1 Bed | £750 |
| 2 Bed | £1,000 |
| 3 Bed | £1,400 |

Local letting/estate agents

- Boydens
- Bruff Cooper
- Mike Vincent & Son
- Northwood
- William H Brown

Agent portals

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

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Local NHS services and facilities

GP Practices: Numerous practices are available in each town. 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 each town.

Clacton Hospital: Located in Clacton, provides outpatient services but no major A&E. About five minutes from Clacton town centre.

Colchester Hospital: The nearest major hospital with A&E services, approximately 30 minutes' drive from Clacton.

East Suffolk and North Essex NHS Foundation Trust manages Colchester Hospital. Contact: **01206 747474**.

Useful contacts

| | |
|---------------------------|--|
| NHS | 111 or in an emergency 999 |
| Essex Police | 101 or in an emergency 999 |
| Tendring District Council | 01255 686868 |
| Essex County Council | 0345 743 0430 |
| Citizens Advice Tendring | 01255 377080 |

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

