



Local Area Guide

for health and social care international recruits



*A tapestry
of tradition
and growth.*

Dunstable and
Houghton Regis



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.

Set against the backdrop of the stunning Chiltern Hills, **Dunstable** and **Houghton Regis** are towns rich in history and natural beauty. Known for their vibrant communities and scenic spots like the Dunstable Downs, these towns offer a peaceful, yet engaging lifestyle.



About Dunstable and Houghton Regis

- Located in Bedfordshire, these towns are known for their rich history and proximity to the stunning Chiltern Hills.
- Dunstable, approximately 35 miles (56 km) north of London, is famous for its ancient Priory Church and the nearby Dunstable Downs.
- Houghton Regis, a neighbouring town, offers a blend of historical sites and modern development.
- The area is ideal for those who appreciate outdoor activities and heritage, while being close to major urban centres.

Getting around

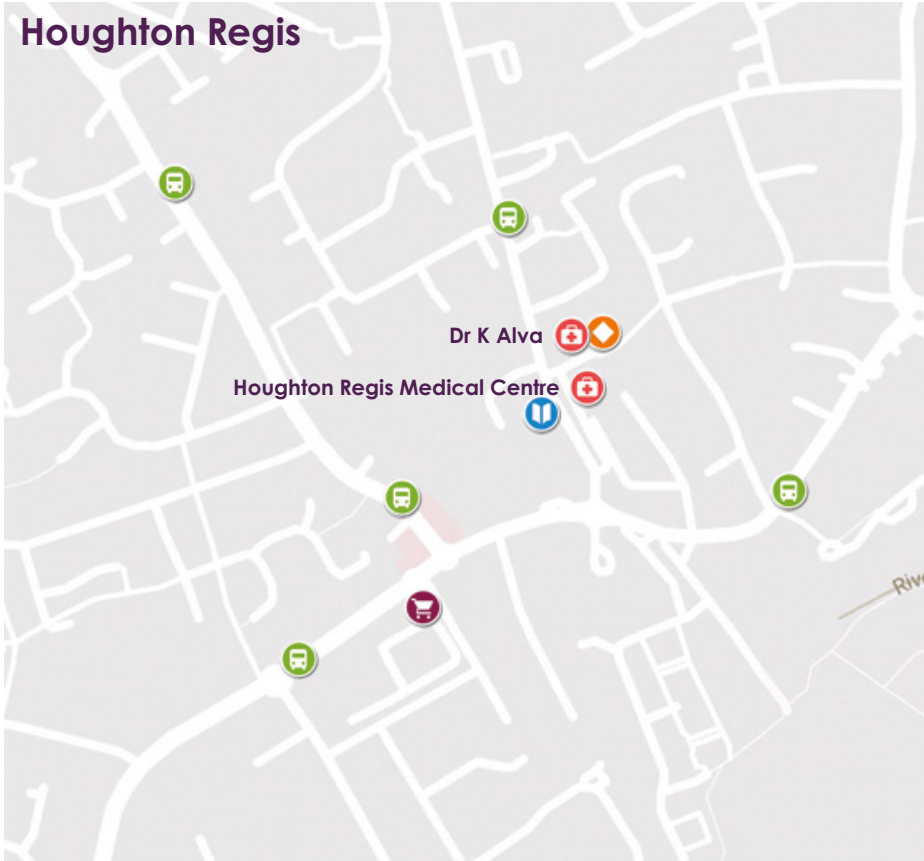
By bus

- Services operated by Arriva, Centrebus, and Grant Palmer, provide connections within the towns and to surrounding areas, including Luton and Bedford.
- Check routes and timetables at arrivabus.co.uk, centrebus.info, and grantpalmer.com

By rail

- The nearest railway stations are Leagrave (in Luton) and Luton Central, offering services to London St Pancras (approx. 40 minutes) and Bedford.
- Train services are primarily provided by Thameslink. Visit thameslinkrailway.com for more information.

Houghton Regis



Dunstable



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	Dunstable	Houghton Regis
Studio	£700	£800
1 Bed	£950	£1,150
2 Bed	£1,200	£1,300
3 Bed	£1,600	£1,600

Local letting/estate agents

Deakin-White
Giggs & Bell
Household Estate Agents
Squire Estates
Urban & Rural

Agent portals

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

Dunstable and Houghton Regis



Local NHS services and facilities

GP Practices: Numerous practices in Dunstable and Houghton Regis. 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 n Dunstable and Houghton Regis.

Luton and Dunstable University Hospital: The nearest major hospital, located in Luton, approximately 15 minutes' drive from Dunstable and Houghton Regis. It offers a full range of services, including an emergency department.

Bedfordshire Hospitals NHS Foundation Trust: Manages Luton and Dunstable University Hospital. Contact: **01582 491166**

Useful contacts

NHS	111 or in an emergency 999
Bedfordshire Police	101 or in an emergency 999
Central Bedfordshire Council	0300 300 8000
Citizens Advice Dunstable	01582 670003

Who are Communities 1st?



1st Floor, Ver House,
Park Estate, Frogmore
St Albans AL2 2WH

[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

