



# Local Area Guide

for health and social care international recruits



*Riverside living  
at its finest.*

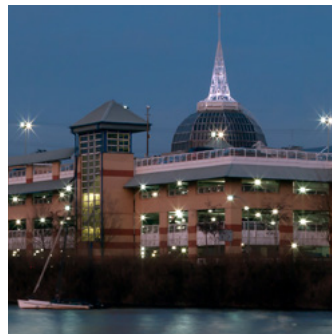
Grays, Purfleet  
and Tilbury



## 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 towns in Essex offer a unique mix of industrial heritage and natural beauty. **Grays**, with its bustling town centre, **Purfleet**, known for its historic fort, and **Tilbury**, home to a significant port, together provide a fascinating blend of historical significance and modern development.



### About Grays, Purfleet, and Tilbury

- These towns in Essex offer a mix of industrial history and natural beauty along the River Thames.
- Grays, the largest town in the borough of Thurrock, is located about 20 miles (32 km) east of central London and is known for its shopping facilities and riverside parks.
- Purfleet and Tilbury, with their rich maritime and military history, are home to significant ports and historical sites like Tilbury Fort.
- The area provides a unique living experience, combining urban development with historical and riverside attractions.

## Getting around

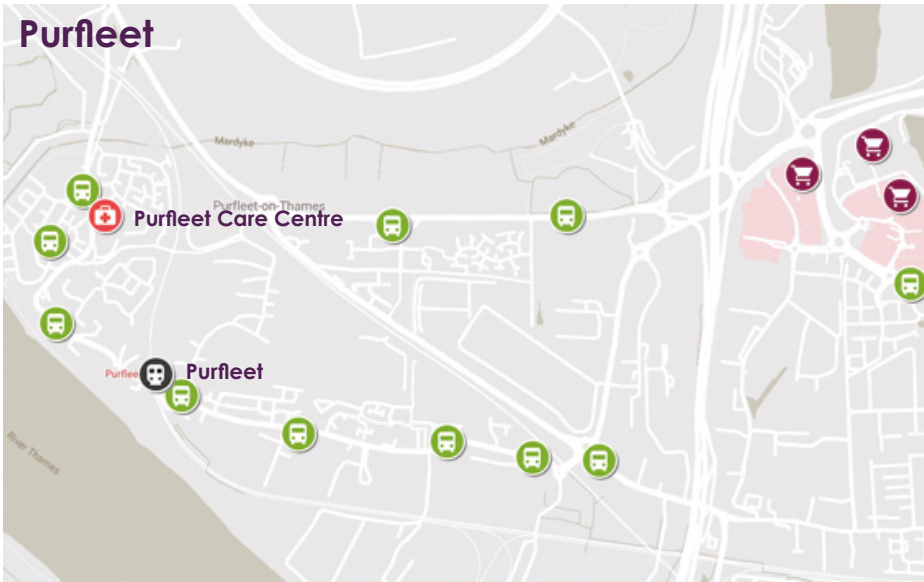
### By bus

- Ensignbus and First Essex operate in the area, connecting the towns to each other and nearby locations like Basildon and Lakeside Shopping Centre.
- Visit [ensignbus.com](http://ensignbus.com) and [firstbus.co.uk/essex](http://firstbus.co.uk/essex) for routes and timetables.

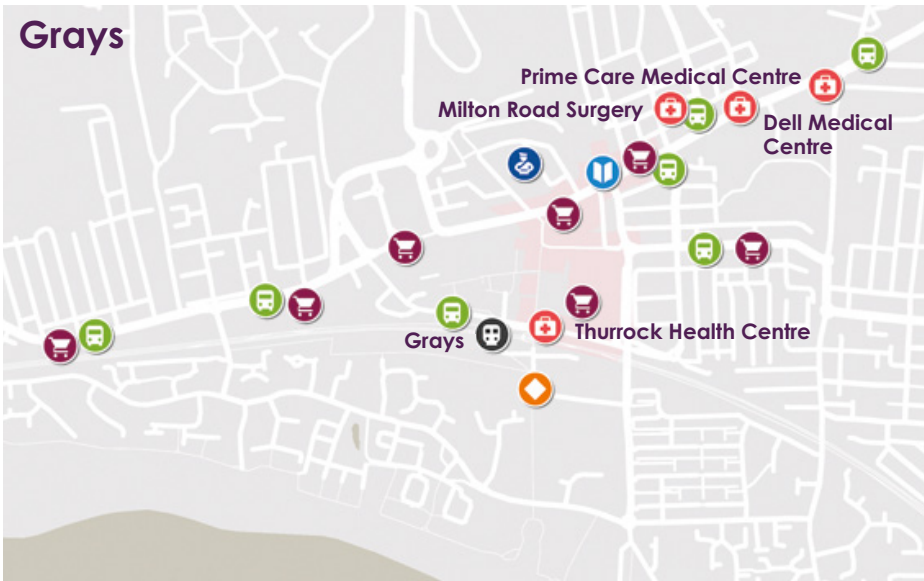
### By rail

- **Grays Station:** Services to London Fenchurch Street (approx. 35 minutes).
- **Tilbury Town Station:** Connections to London Fenchurch Street and Southend. (approx. 35 minutes)
- **Purfleet Station:** Offers services to London and South Essex. (approx. 30 minutes)
- Train services are primarily operated by c2c. Visit [c2c-online.co.uk](http://c2c-online.co.uk) for more information.

## Purfleet



## Grays



## Tilbury



### 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	£750
1 Bed	£900
2 Bed	£1,250
3 Bed	£1,500

### Local letting/estate agents

Balgores Property Group  
 Fresh Property  
 Griffin Residential  
 Homes 4U  
 Stoneshaw Estates

### Agent portals

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

# Grays, Purfleet and Tilbury



## Local NHS services and facilities

**GP Practices:** Numerous practices in Grays, Purfleet and Tilbury. 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 Grays, Purfleet and Tilbury.

**Thurrock Community Hospital:** Located in Grays, it offers outpatient services but no major A&E. Approximately five minutes from Grays town centre.

**Basildon University Hospital:** Nearest major hospital with A&E, about 20 minutes' drive from Grays.

**Mid and South Essex NHS Foundation Trust** manages Basildon University Hospital. Contact: **01268 524900**.

## Useful contacts

NHS	<b>111</b> or in an emergency <b>999</b>
Essex Police	<b>101</b> or in an emergency <b>999</b>
Thurrock Council	<b>01375 652652</b>
Essex County Council	<b>0345 743 0430</b>
Citizens Advice Essex	<b>0808 278 7877</b>

## 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](https://www.communities1st.org.uk)  
Email: [buddy@communities1st.org.uk](mailto:buddy@communities1st.org.uk)  
Call: **01727 649980**

@Communities1st

