



Local Area Guide

for health and social care international recruits



*The coastal
calling.*

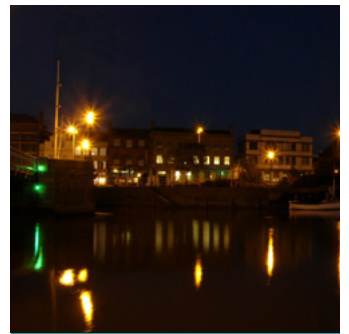
Great Yarmouth
and Lowestoft



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.

Great Yarmouth and **Lowestoft**, with their glorious beaches and maritime heritage, are quintessential British seaside resorts. They offer a blend of cultural history, from the Pleasure Beach in Great Yarmouth to the historic port of Lowestoft, ensuring a lively and enriching coastal lifestyle.



About Great Yarmouth and Lowestoft

- Great Yarmouth and Lowestoft, located on the Norfolk and Suffolk coast respectively, are famous for their expansive sandy beaches and maritime heritage.
- Great Yarmouth, around 120 miles (193km) northeast of London, is known for its Pleasure Beach and historic seafront.
- Lowestoft, a bit further south, is the easternmost town in the UK, celebrated for its beautiful beaches and the annual Lowestoft Air Festival.
- The area offers a vibrant coastal lifestyle, rich in history and natural beauty, making it a desirable destination for seaside enthusiasts.

Getting around

By bus

- First Norfolk & Suffolk and BorderBus provide services in both towns, connecting them to each other and to nearby areas like Norwich.
- Visit [firstbus.co.uk/norfolk-suffolk](https://www.firstbus.co.uk/norfolk-suffolk) and [border-bus.co.uk](https://www.border-bus.co.uk) for routes and timetables.

By rail

- **Great Yarmouth Station:** Trains to Norwich (approx. 30 minutes), with onward connections to London.
- **Lowestoft Station:** Services to Norwich (approx. 40 minutes) and Ipswich (approx. 1.5 hours).
- Train services are provided by Greater Anglia. Visit [greateranglia.co.uk](https://www.greateranglia.co.uk) for more information.



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	£550
1 Bed	£600
2 Bed	£750
3 Bed	£900

Local letting/estate agents

Aldreds Estate Agents
 Bycroft Estate Agents
 Howards Estate Agents
 Paul Hubbard Estate Agents
 Your Local Letting Agent

Agent portals

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

Great Yarmouth and Lowestoft



Local NHS services and facilities

GP Practices: Numerous practices in Great Yarmouth and Lowestoft. 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 Great Yarmouth and Lowestoft.

James Paget University Hospital: Located in Gorleston, near Great Yarmouth, offering a range of services including an A&E department. About 10 minutes from Great Yarmouth centre.

Lowestoft: Nearest hospital is the James Paget Hospital in Gorleston. There are also local health services and clinics in Lowestoft itself.

Useful contacts

NHS	111 or in an emergency 999
Suffolk Police	101 or in an emergency 999
Great Yarmouth Borough Council	01493 856100
East Suffolk Council	0333 016 2000
Citizens Advice	0800 144 8848 or 0808 278 7866

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

