



Local Area Guide

for health and social care international recruits



*Where
nature and
culture meet.*

Hemel Hempstead
and Tring



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.

Hemel Hempstead, with its mix of old and new, and **Tring**, a picturesque market town, offer a delightful living experience. From the modern amenities of Hemel's town centre to the natural history wonders of Tring, these towns provide a balance of cultural richness and natural beauty.



About Hemel Hempstead and Tring

- Hemel Hempstead, a New Town in Hertfordshire, and Tring, a small market town, are known for their blend of urban development and natural attractions.
- Hemel Hempstead, around 24 miles (39 km) northwest of London, is famous for its 'Magic Roundabout' and modern town centre.
- Tring, slightly further northwest, is renowned for its Natural History Museum and picturesque setting in the Chiltern Hills.
- The area offers a diverse living experience, combining the convenience of urban amenities with the charm of rural England.

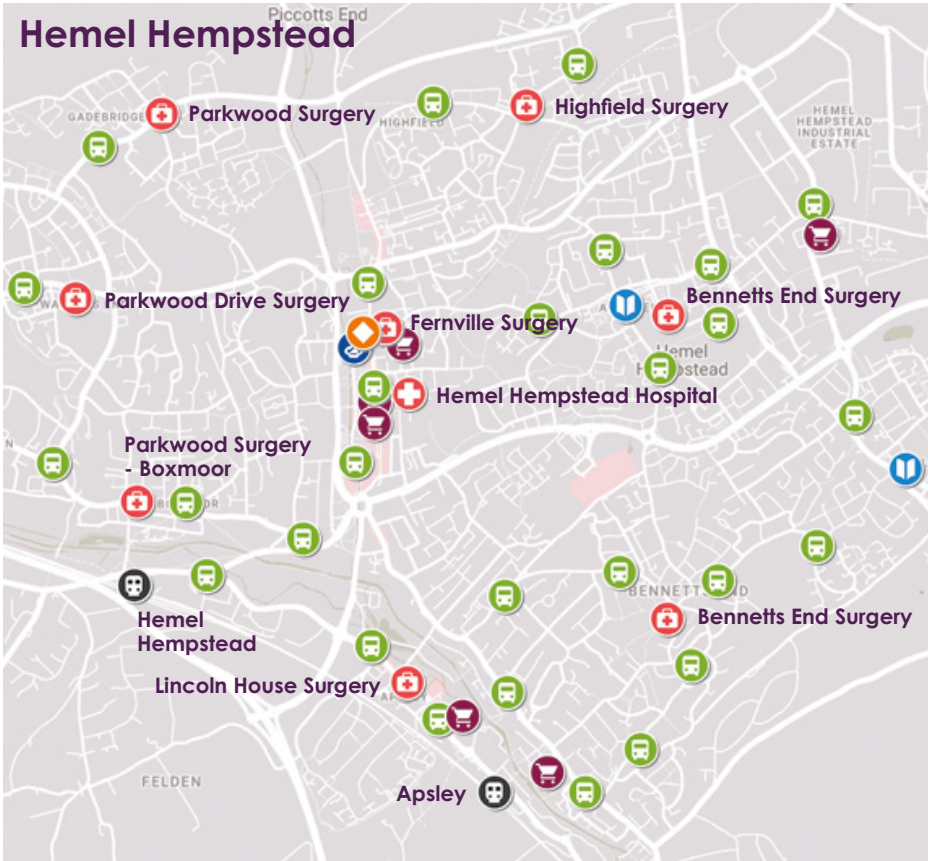
Getting around

By bus

- Arriva and local operators like Carousel Buses provide services within Hemel Hempstead and between Hemel Hempstead and Tring.
- Visit arrivabus.co.uk and carouselbuses.com for routes and timetables.

By rail

- **Hemel Hempstead Station:** Services to London Euston (approx. 30 minutes) and Birmingham.
- **Tring Station:** Trains to London Euston (approx. 40 minutes) and the North.
- Train services are primarily provided by London Northwestern Railway and Southern. Visit nationalrail.co.uk for more information.



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

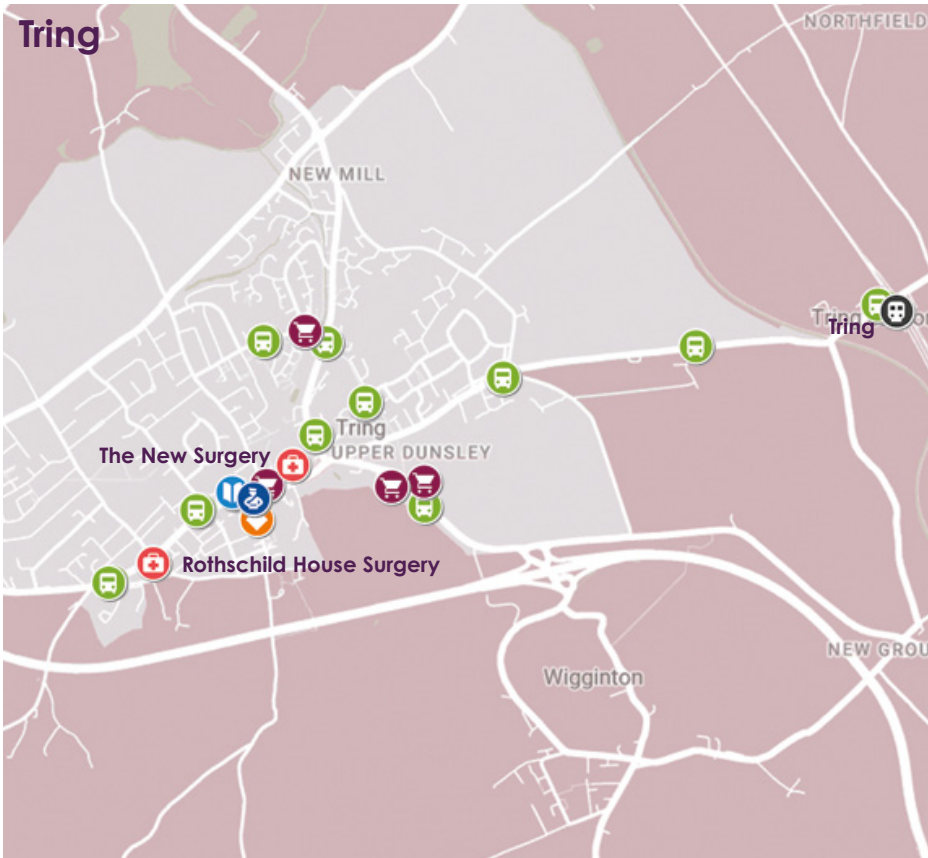
Studio	£800
1 Bed	£1,200
2 Bed	£1,600
3 Bed	£1,800

Local letting/estate agents

Flags Estate Agents
Home Truth Properties
Imagine Estate Agents
Nash Partnership
Sterling Estate Agents

Agent portals

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



Key

- Train station
- Supermarket
- Library
- Bus station
- Bus stop
- Medical centre
- Police station
- Council offices

Hemel Hempstead and Tring



Local NHS services and facilities

GP Practices: Numerous practices in Hemel Hempstead and Tring. 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 Hemel Hempstead and Tring.

Hemel Hempstead Hospital: Offers outpatient and diagnostic services but no A&E. Located in the town centre.

Watford General Hospital: The nearest hospital with A&E, approximately 20 minutes' drive from Hemel Hempstead.

Stoke Mandeville Hospital: Near Tring, offers a full range of services including A&E, about 15 minutes' drive.

Useful contacts

NHS	111 or in an emergency 999
Hertfordshire Police	101 or in an emergency 999
Dacorum Borough Council	01442 228000
Hertfordshire County Council	0300 123 4040
Citizens Advice Dacorum	0800 144 88 48

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

