



Local Area Guide

for health and social care international recruits



*A quintessential
quaint town.*

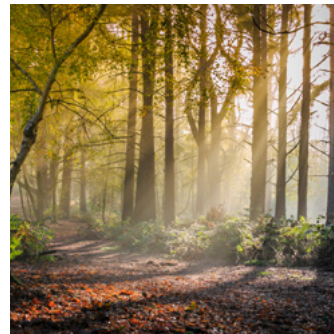
Leighton Buzzard



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.

Leighton Buzzard, known for its historic market and the Grand Union Canal, offers a picturesque and tranquil setting. This charming town, with its narrow streets and independent shops, provides a peaceful yet vibrant lifestyle, steeped in history and natural beauty.



About Leighton Buzzard

- Leighton Buzzard, a town in Bedfordshire, is known for its historic market town charm and the Grand Union Canal.
- Situated around 40 miles (64 km) northwest of London, it offers a balance of small-town feel and easy access to the capital.
- The town is also famous for the Leighton Buzzard Light Railway, a heritage railway line.
- Its blend of historical sites, scenic beauty, and friendly community makes it an appealing destination for those seeking a tranquil yet connected lifestyle.

Getting around

By bus

- Arriva and local services operate in Leighton Buzzard, providing connections to nearby towns like Milton Keynes and Aylesbury.
- For routes and timetables, visit arrivabus.co.uk

By rail

- **Leighton Buzzard Train Station:** Direct trains to London Euston (approx. 30-40 minutes) and Birmingham.
- Train services are primarily operated by London Northwestern Railway. Visit londonnorthwesternrailway.co.uk for schedules and tickets.

Town map

Map data ©2024 Google



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	£800
1 Bed	£900
2 Bed	£1,100
3 Bed	£1,350

Local letting/estate agents

Alexander & Co
Connells Estate Agents
Knights Lettings
Open House Estate Agents
Urban & Rural

Agent portals

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

Leighton Buzzard



Local NHS services and facilities

GP Practices: Numerous practices in Leighton Buzzard. 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 Leighton Buzzard.

Leighton Hospital: The primary local hospital, offering various outpatient services. It's located on the outskirts, about five minutes' drive from the town centre. Note that it does not have a major A&E department.

Luton and Dunstable University Hospital: Nearest hospital with full A&E services, approximately 20 minutes' drive.

Bedfordshire Hospitals NHS Foundation Trust manages Leighton Hospital. Contact: **01525 751000**.

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 Leighton Linslade	01525 373878

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

