



Local Area Guide

for health and social care international recruits



*A melting pot
of cultures and
experiences.*

Luton



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.

Luton, a town with a rich industrial heritage, is a melting pot of cultures and experiences. Known for its vibrant community, cultural festivals, and the stunning Luton Hoo estate, Luton offers a dynamic and multicultural living experience.



About Luton

- Luton, a large town in Bedfordshire, is known for its rich industrial heritage and vibrant cultural diversity.
- Located approximately 30 miles (48 km) north of London, Luton offers easy access to the capital while maintaining its own unique character.
- The town is home to the stunning Luton Hoo Estate, Wardown Park, and the Stockwood Discovery Centre, offering a mix of natural beauty and cultural experiences.
- Luton's blend of multicultural communities and lively festivals makes it a dynamic and exciting place to live.

Getting around

By bus

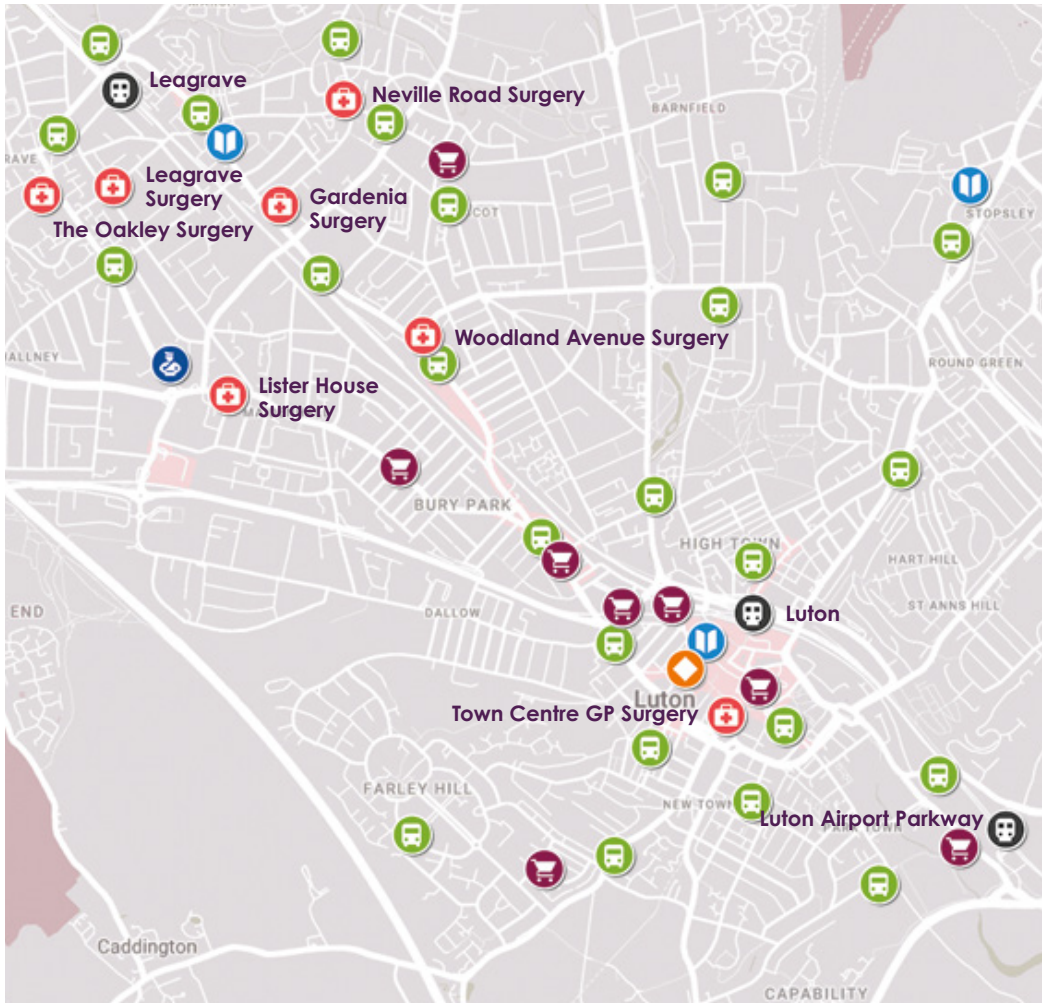
- Arriva, Centrebus, and Grant Palmer operate in Luton, providing connections to local areas and nearby towns.
- For routes and timetables, visit arrivabus.co.uk, centrebus.info, and grantpalmer.com

By rail

- **Luton Railway Station:** Direct trains to London St Pancras (approx. 25 minutes) and to Bedford, Leicester, and beyond.
- Train services are primarily operated by Thameslink and East Midlands Railway. Visit nationalrail.co.uk for schedules.

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

Rental cost guide (£/pcm)

Number of bedrooms

| | |
|--------|--------|
| Studio | £700 |
| 1 Bed | £850 |
| 2 Bed | £1,300 |
| 3 Bed | £1,500 |

Local letting/estate agents

Deakin-White
Esquire Estate and Letting Agents
Giggs & Bell
Zenith Accommodation
Zenith Sales & Lettings

Agent portals

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

Luton



Local NHS services and facilities

GP Practices: Numerous practices in Luton. 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 Luton.

Luton and Dunstable University Hospital: The main hospital in Luton, offering a full range of services including an A&E department. Located about 10 minutes from Luton town centre.

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 |
| Luton Borough Council | 01582 546000 |
| Citizens Advice Luton | 01582 540446 |

Who are Communities 1st?



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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

