



Local Area Guide

for health and social care international recruits



*A modern
city with a
green heart.*

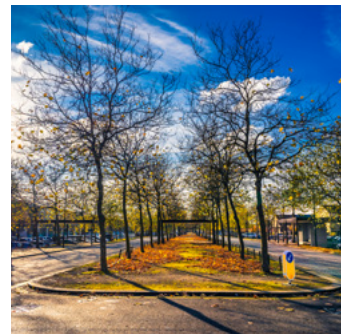
Milton Keynes



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.

Milton Keynes, a town synonymous with modern urban planning, is a hub of innovation and green living. With its unique grid system, extensive green spaces, and futuristic skyline, Milton Keynes represents a modern city life interwoven with nature.



About Milton Keynes

- Milton Keynes, a large town in Buckinghamshire, is renowned for its modern urban planning and extensive green spaces.
- Situated about 50 miles (80 km) northwest of London, it's known for its grid road system and innovative architecture.
- The town features attractions like Bletchley Park, the historic site of secret British codebreaking activities during WWII, and the popular Willen Lake.
- Milton Keynes combines the amenities of a modern city with the tranquillity of the surrounding countryside, making it an attractive destination for families and professionals alike.

Getting around

By bus

- Milton Keynes is served by Arriva, Stagecoach, and Red Rose Travel, providing extensive local and regional connections.
- For routes and timetables, visit arrivabus.co.uk, stagecoachbus.com, and redrosetravel.com.

By rail

- **Milton Keynes Central Station:** Offers direct services to London Euston (approx. 35 minutes), Birmingham, Manchester, and other major cities.
- Train services are primarily provided by London Northwestern Railway and Virgin Trains. Visit nationalrail.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	£800
1 Bed	£1,250
2 Bed	£1,400
3 Bed	£1,600

Local letting/estate agents

- Carters Rentals
- Inspired Lettings
- Prestige Estates
- Taylor Walsh
- Urban & Rural

Agent portals

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

Milton Keynes



Local NHS services and facilities

GP Practices: Numerous practices in Milton Keynes. 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 Milton Keynes.

Milton Keynes University Hospital: The main hospital in the area, offering a comprehensive range of services including A&E. Located approximately 10 minutes from the city centre.

Milton Keynes University Hospital NHS Foundation Trust manages the main hospital. Contact: **01908 660033**.

Useful contacts

NHS	111 or in an emergency 999
Thames Valley Police	101 or in an emergency 999
Milton Keynes Council	01908 691691
Citizens Advice Milton Keynes	01908 604475

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

