



Local Area Guide

for health and social care international recruits



*A medieval
marvel
reimagined.*

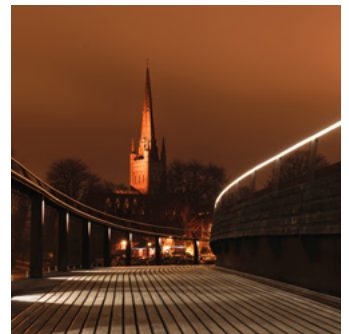
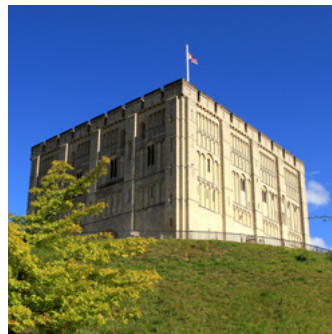
Norwich



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.

A city where history meets modernity, **Norwich** boasts a stunning Norman cathedral, a vibrant market, and a rich cultural scene. It's a charming blend of medieval architecture and contemporary lifestyle, nestled near the scenic Norfolk Broads.



About Norwich

- Norwich, a historic city in Norfolk, combines a rich medieval history with a vibrant contemporary culture.
- Located around 100 miles (161 km) northeast of London, Norwich is known for its stunning cathedral, castle, and ancient city walls.
- The city is also a gateway to the Norfolk Broads, a network of rivers and lakes famous for boating and wildlife.
- Norwich's bustling market, cultural festivals, and thriving arts scene make it a lively and engaging place to live.

Getting around

By bus

- First Norfolk & Suffolk and Konectbus provide extensive bus services within Norwich and to surrounding areas.
- Visit [firstbus.co.uk/norfolk-suffolk](https://www.firstbus.co.uk/norfolk-suffolk) and [konectbus.co.uk](https://www.konectbus.co.uk) for routes and timetables.

By rail

- Norwich Station: Direct trains to London Liverpool Street (approx. 1 hour and 50 minutes), Cambridge, and other regional destinations.
- Train services are primarily operated 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	£600
1 Bed	£750
2 Bed	£950
3 Bed	£1,200

Local letting/estate agents

- abbotFox
- Gilson Bailey & Partners
- Pure Estate Agency
- Pymm & Co
- William H Brown

Agent portals

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

Norwich



Local NHS services and facilities

GP Practices: Numerous practices in Norwich. 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 Norwich.

Norfolk and Norwich University Hospital: A major hospital offering a wide range of services including A&E, located about 15 minutes from the city centre.

Norfolk and Norwich University Hospitals NHS Foundation Trust manages the main hospital.
Contact: **01603 286286**

Useful contacts

NHS	111 or in an emergency 999
Norfolk Police	101 or in an emergency 999
Norwich City Council	0344 980 3333
Norfolk County Council	0344 800 8020

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

