



Local Area Guide

for health and social care international recruits



*Sun, sea and
splendour.*

Rayleigh and
Southend



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.

Rayleigh, a quaint market town, and **Southend-on-Sea**, a classic British seaside destination, offer a delightful mix of traditional town charm and coastal fun, including the world's longest pleasure pier.



About Rayleigh and Southend

- Rayleigh and Southend-on-Sea in Essex offer a delightful blend of suburban charm and seaside fun.
- Southend, about 40 miles (64 km) east of London, is famous for its bustling pier, Adventure Island theme park, and lively seafront.
- Rayleigh, a historic market town, is known for its quaint high street and the Rayleigh Windmill.
- The area combines Rayleigh's traditional English town feel with Southend's vibrant coastal attractions, making it a popular choice for diverse lifestyles.

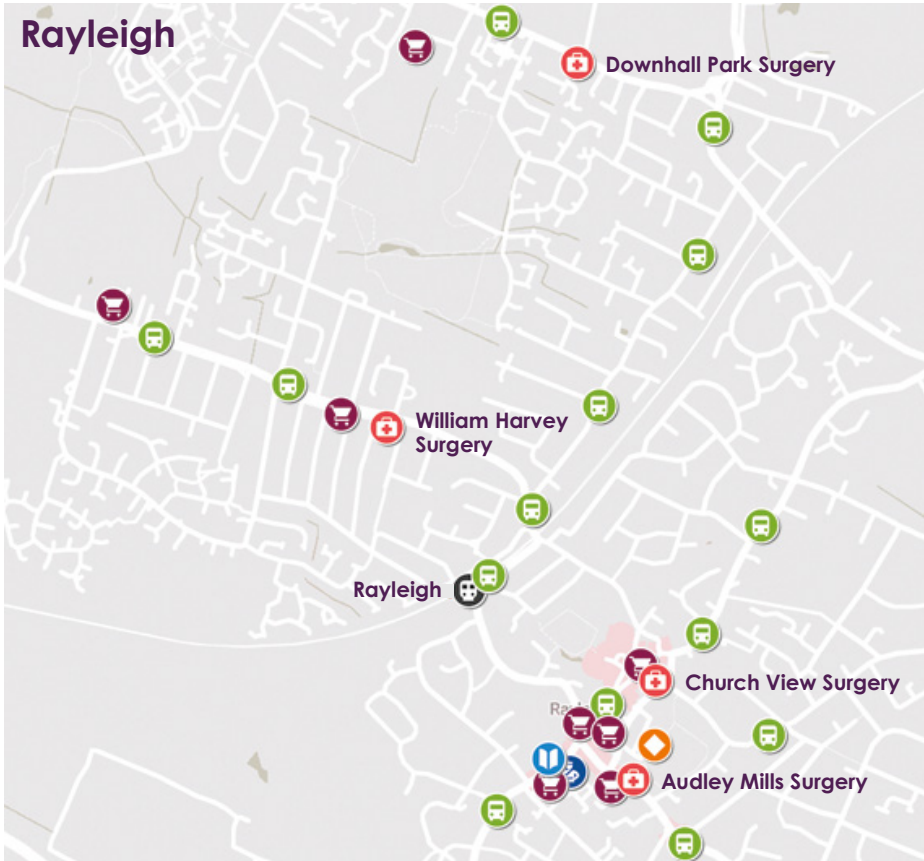
Getting around

By bus

- Arriva and First Essex provide bus services in Southend, with connections to Rayleigh and other local areas.
- Visit [firstbus.co.uk/essex](https://www.firstbus.co.uk/essex) and [arrivabus.co.uk](https://www.arrivabus.co.uk) for routes and timetables.

By rail

- Rayleigh Station: Direct services to London Liverpool Street (approx. 50 minutes).
- Southend Victoria Station: Trains to London Liverpool Street (approx. 60 minutes).
- Train services in the area are primarily operated by Greater Anglia. Visit [greateranglia.co.uk](https://www.greateranglia.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)

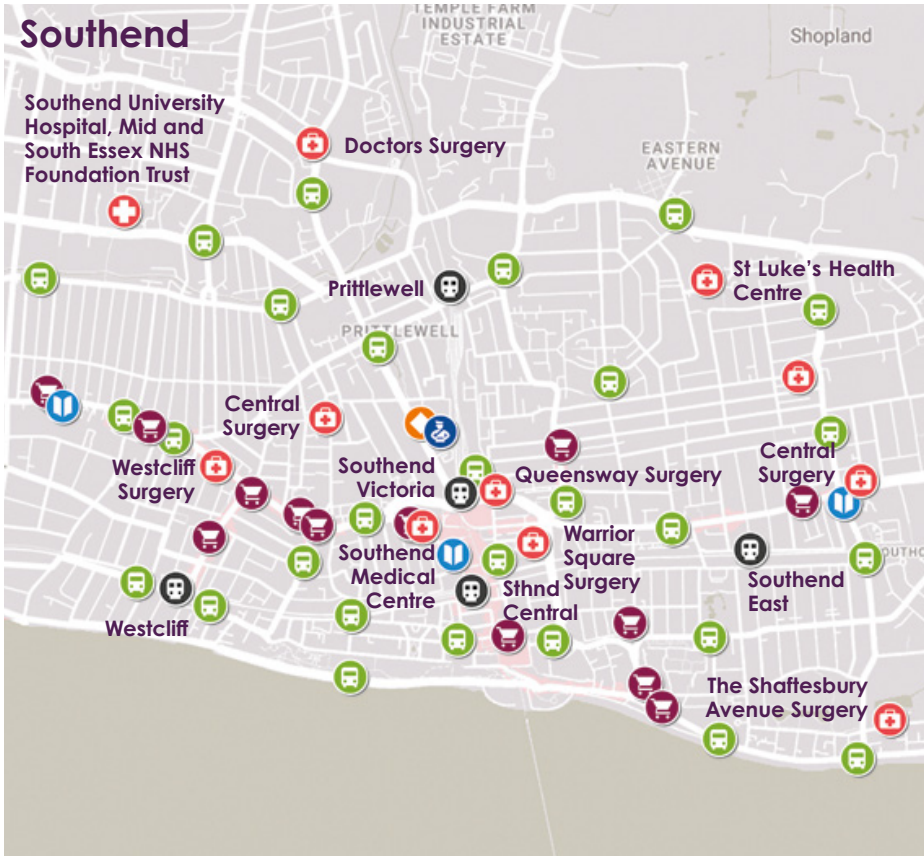
Number of bedrooms	£/pcm
Studio	£700
1 Bed	£850
2 Bed	£1,300
3 Bed	£1,700

Local letting/estate agents

Amos Estates
 Balgores Property Group
 Hair & Son
 Pace PLC
 Scott & Stapleton

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

Rayleigh and Southend

Local NHS services and facilities



GP Practices: Numerous practices in Rayleigh and Southend. 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 Rayleigh and Southend.

Southend University Hospital: The main hospital serving Southend, offering a range of services including A&E. Located approximately 10 minutes from Southend town centre.

Rayleigh: Residents typically use Southend University Hospital for major health services.

Mid and South Essex NHS Foundation Trust manages Southend University Hospital. Contact: **01702 435555**

Useful contacts

NHS	111 or in an emergency 999
Essex Police	101 or in an emergency 999
Rochford District Council	01702 546366
Southend-on-Sea Borough Council	01702 215000
Essex County Council	0345 743 0430
Citizens Advice South Essex	0808 278 7978 or 0808 278 7877

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

