



University Hospitals
Bristol and Weston
NHS Foundation Trust

YOUR RELOCATING GUIDE TO **BRISTOL AND WESTON** WELCOME



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A very warm welcome,



It is with great pleasure that I extend a very warm welcome to you for joining our healthcare family in University Hospitals Bristol and Weston NHS Foundation Trust (UHBW). As we embark on this exciting journey together, we celebrate the diverse perspectives and experiences that each of you bring to our healthcare community.

As someone who arrived in the UK as an internationally educated graduate, I recognise the unique challenges and triumphs that come with transitioning to a new healthcare system and new ways of living, socialising and working and I want to assure you that we are here to support you every step of the way.

At UHBW we pride ourselves in fostering a culture of Respect, Collaboration, Support and Innovation. My colleagues and I believe that your presence, your ideas and experience will enrich our collective ability to provide exceptional services to our patients.

To help ease your transition, you will receive mentorship, supervision and professional development support from within your clinical areas. Our goal through this booklet is to help you feel empowered and excel in your role and make a positive impact on the health and wellbeing of our patients and our community as a whole.

As you settle into your new roles, please do reach out to your colleagues and managers for any support, guidance or assistance you may need. We are thrilled to have you here at UHBW and I look forward to meeting and working with you.

Kindest regards,

Dr Vimal Sriram
Director of Allied Health Professionals

Preparing for arrival

Before you arrival, you will have an online call with the Pastoral Manager who will go through the realities of your onboarding to the UK and the Trust.

Please be sure to ask questions about your arrival in the UK to ensure you're confident with the move.

As soon as you arrive in the UK, there is a list of things that you need to do. The Pastoral Manager will provide a list and talk you through the following:

- Opening a Bank Account
- Biometric Residence Permit (BRP) Cards
- Accommodation
- Any other queries you may have

Accomodation

Accommodation

Should you have been provided with accommodation upon arrival, please note the houses come fully equipped for e.g Bedding, Towels, Kitchen Equipment. All you would need to bring with you is your personal toiletries.

We would recommend that you spend your first few days to familiarise yourselves with your new home, the equipment and housekeeping. This will enable us to keep these properties in good state of repair for future overseas staff.

We expect all overseas staff to have their onwards accommodation arranged on or before your agreed move out date.

Finding your next home in Bristol and Weston can be difficult and expensive. It is a competitive housing market however you may wish to research single rooms to rent in a shared house which generally is economical. We have a guarantor scheme available through the Trust to help nurses secure their onwards accommodation.

Use the websites below to find more information about properties currently available to rent on the market and to compare prices:

www.zoopla.co.uk

www.rightmove.co.uk

www.onthemarket.co.uk

Living in Bristol and Weston

Bristol is an amazingly diverse city, home to people from all over the world. Sometimes called little London, the city has many music venues, galleries and festivals that drive its creative reputation.

It is only a few miles away from many picturesque villages and small towns in Gloucestershire and Somerset, which are all within commuter distance. The beaches of Devon, Dorset and Wales are within a two-hour drive from Bristol; a city with great green credentials, with excellent bus service and cycle lanes.



It is home to the famed graffiti artist Banksy (you can find many of his pieces around town), the cartoon Wallace and Gromit, some of Brunel's greatest feats of engineering (the Clifton Suspension Bridge and the S.S. Great Britain), an international hot air balloon festival, and two universities (The University of Bristol and the University of the West of England).

It is a very liveable city and, in addition to having a fascinating history of its own, it is close to some of the top attractions in the U.K. such as Bath, Stonehenge, Salisbury and more.



Weston-Super-Mare, also known as just Weston, is a seaside town in Somerset. It lies by the Bristol Channel 18 miles (29 km) south west of Bristol. Dominated by long stretches of sandy beaches, Weston-Super-Mare attracts thousands of tourists and visitors in the warmer months.

The main Weston landmark is the Grand Pier. Rebuilt in 2010 after a fire destroyed the original construction, the pier offers arcade games, fairground rides and classic seaside treats and it hosts different events throughout the year.

There is a wide variety of cafes, pubs and restaurants so you can always find something to satisfy your appetite. The most popular foods are fish and chips.

Weston locals are known for their friendliness and community spirit.

To learn more about Weston-Super-Mare and what it has to offer Click here: <https://www.visit-westonsupermare.com/>

Where to live in Bristol

Each neighbourhood in Bristol has its own sense of style. We've put together a brief guide to the most popular areas in Bristol.

Bristol City Centre and Redcliffe, BS1

Living in this area you will be close to all the action of the city, as well as a short walk to the Bristol Royal Infirmary and our central Bristol hospitals. You will also find great transport links. The once-derelict Floating Harbour is now the salty heart of the city, with a combination of history, offices, narrowboats and new waterfront apartments.

Heading south towards the centre, the harbourside hosts a weekly street food market, numerous bars and the award-winning gallery, The Arnolfini. Further down, there's Wapping Wharf, now home to a series of shipping containers transformed into barbers, bars, restaurants and yoga studios. Properties across Redcliffe and the City Centre are in high demand and you may find it difficult to secure a home, most of the living arrangements are flats or apartments, meaning you may get less space for your money.



St Paul's BS2

The area is a great showcase to what Bristol has on offer culturally and socially. Most well-known for holding the yearly African Caribbean celebration St Paul's Carnival, which boasts a vibrant colourful procession, sound systems dotted around streets, and culturally diverse food stalls.

It's also a great area for music, its central location means that it's close to some of the best venues and clubs in the city, so you won't have to walk far to see live music in abundance.

Montpelier, BS6

Montpelier has fast become one of the most popular areas for renters moving from outside of Bristol, and with young professionals. Close to the nightlife and cultural hub that is Stokes Croft, with a multicultural and eclectic community of creatives, and an urban vibe, Montpelier is great for those who love to live in the inner city at walking distance of the centre and the our central hospitals. Plus, you can still snap up plenty of those beautiful Georgian terraces, but at significantly cheaper prices than in Clifton.



Cotham and St Andrew's, BS6

Walking up the steep hill from the Bristol Royal Infirmary you find Cotham. This is a prosperous and leafy suburb that features a lot of large old houses many of which have been converted into multi-person occupancies.

St Andrew's is immediately to the east of Cotham. Apart from its popular park, where to have a drink with friends when the sun is out, St Andrew's is particularly well known by its main street, Gloucester Road. This long road contains lots of small independent shops and is well served by public transport with multiple buses going to and from the city centre. This area is very popular and comes with a good selection of cafes and pubs.



Clifton, BS8

Clifton is often the first place people think of when moving to Bristol. Although made famous by its grand Georgian terraces, Regency crescents and picturesque garden squares, Clifton's got inner beauty too, with a vibrant array of pubs, restaurants and boutique bars.

Clifton is one of the most remarkable areas in Bristol, with it being the home of the Clifton Suspension Bridge, Clifton Cathedral, Bristol Zoo and Clifton Down. With its location along the River Avon, it is a very desirable place to live and is thus home to many successful artists and architects. Due to its popularity, most properties are let out as leasehold flats and prices are one of the highest in Bristol.

Southville and Bedminster, BS3

Described by some as "Bristol's Notting Hill", Southville went unnoticed for years but after a decade of regeneration kicked off with the emergence of the Tobacco Factory as an arts and theatre hub in the late 90's, is now an area in high demand. Alongside neighbouring Bedminster, Southville now boasts a thriving independent restaurant and bar scene, as well as becoming an emerging arts hub, pioneered by the live graffiti festival Upfest and proximity to renowned gallery Spike Island.

There are still plenty of terraced properties remaining from the Victorian era as well, with many of them having been converted into multi-person occupancies at more reasonable rents.

Despite being South of the River, Southville is only a short walk away from the harbourside and the city's centre.



Totterdown and Temple Meads BS4

Totterdown was built in the 19th century around the railway industry and may be an ideal place to live if you're on more of a budget. With narrow streets sprawled across this urban village, houses are often older and smaller than those in nearby areas. The neighbourhood itself is artsy and creative, with many of the Victorian and Edwardian houses painted in bright colours that create one of Bristol's best views. Totterdown is a very popular area for young families due to the local schools, local parks and friendly atmosphere created by its residents.



Transport in Bristol

The traffic in Bristol at peak time is generally quite heavy. For that reason and also to reduce pollution and protect the environment, UHBW promotes green travel through a number of initiatives. Staff are encouraged to share cars to work where safe to do so, walk or use bicycles, motorbikes or public transport.

Cycling

The Trust is a cycle friendly workplace and provides spaces for over 500 bikes on-site at all the precincts across the Trust. There is also access to showers, changing rooms and locker facilities available for those cycling to work.

You can find a number of urban cycle routes in Bristol, as well as links to National Cycle Network routes to Bath and London, to Gloucester and Wales, and to the south-western peninsula of England.

Bus

It's easy to get around Bristol by bus, with plenty of services available from all key locations. You can find out more about Bristol bus routes and timetables at www.firstgroup.com/bristol. You can buy your tickets in advance and at better prices on the First Bus App or you can pay contactless on all the buses. You can buy day, season and multiple journey tickets and you will get a 10% discount in your monthly or year tickets for being a UHBW employee.



If you live in the greater Bristol area it's also worth exploring Bristol's most modern public transport system, Metrobus. Metrobus offers a faster, more frequent and reliable service with direct routes to key destinations. This new, environmentally-friendly way of getting around the city has a 'buy before you board service' with ticket machines at every stop. A recent addition to public transport has been the VOI e-Scooters which you will see being ridden throughout Bristol. You will find the app on your mobile phones App Store.



Train

Bristol is at the hub of the national rail network in the West of England. The major train operators run local, regional and inter-city services from Bristol Temple Meads Railway Station and Bristol Parkway Railway Station.

The Hospital Free Bus

There is a hospital free bus for patients, visitors and staff of the UHBW hospitals. This regular service runs every 20 minutes (from 6:40am to 8:45pm weekdays) and connects the Bristol train Station of Temple Meads to all our hospital in central Bristol with stops in Cabot Circus and Broadmead.

Things to do in Bristol

When it comes to things to do or see in Bristol, you will be pleasantly surprised at the variety of offerings. Here you will find a list of some of the things we think you might like from attractions, activities and places to visit.

Museum, art & theatres

M Shed
Arnolfini
SS Great Britain and the Matthew boat
Bristol Museum and the Georgian House
We the Curious, Science Museum
Clifton Suspension Bridge and Observatory
Bristol Old Vic Theatre
The Hippodrome
Everyman Cinema



Attractions and activities

Ashton Court
Ashton Gate Stadium
Brandon Hill & Cabot Tower
Bristol Beacon
Ninja Warrior
Wake The Tiger
Boat trips



Festivals and music

Bristol Balloon Festival
Bristol Harbour Festival
Love Saves The Day
St Pauls Carnival
Forwards Festival



Places of Worship in Bristol

Bristol Cathedral (Anglican)
College Green, Bristol BS1 5TJ
Tel: 0117 926 4879

St Mary Redcliffe Church (Anglican)
Redcliffe Way, Bristol BS1 6RA
Tel: 0117 929 1487

John Wesley's Chapel (The New Room)
The Horsefair, Broadmead, Bristol BS1 3JE
Tel: 0117 926 4740

Victoria Methodist Church
1A Whiteladies Road, Clifton, Bristol BS8 1NU Contact:
Reverend Ed Standhaft
Tel: 0117 962 1200

Orthodox Jewish Synagogue
9 Park Row, Bristol BS1 5LP
Tel: 0117 925 5160

Al Baseera Mosque And Islamic Information Centre
20 Wade Street, St Judes, Bristol BS2 9DR
Tel: 0117 941 3331

Greek Orthodox Church
St. Peter & Paul (near Claremont Street), Lower Ashley
Road, Easton, Bristol
Tel: 0117 951 0500

Hindu Temple
163B Church Road, Redfield, Bristol BS5 9LA
Tel: 0117 935 1007

Bristol Mosque
Green Street, Totterdown, Bristol BS3 4UB
Tel: 0117 977 0944

St Bonaventures RC Church
Egerton Road, Bishopston, Bristol BS7 8HP
Tel: 0117 942 4448

St John the Baptist Church
(St. John on the Wall Church), Broad Street, Bristol.
Lord Mayor's Chapel (Anglican) College Green, (Lower
Park Street), Bristol BS1 5TB
Tel: 0117 929 4350

Broadmead Baptist Church
Lower Union Street, Bristol BS1 3HY
Tel: 0117 929 1387

Clifton Cathedral (Roman Catholic)
Cathedral Church of SS Peter and Paul, Pembroke Road,
Clifton, Bristol BS8 3BX
Tel: 0117 973 8411

Elim Pentecostal Church (The City Temple)
Jamaica Street (Off Stokes Croft), Bristol
Tel: 0117 924 8840

Progressive Jewish Synagogue
43-45 Bannerman Road, Easton, Bristol BS5 0RR Email:
bwpjc@bwpjc.org

Sikh Temple
71-75 Fishponds Road, Eastville, Bristol BS5 6SF
Tel: 0117 902 0104

Russian Orthodox Church
The Eucharistic Community of the Holy Trinity Worshipping
at 38 Church Road, Westbury on Trym, Bristol BS9 3PQ

Lam Rim Buddhist Centre
12 Victoria Place, Bedminster, Bristol BS3 3BP
Tel: 0117 963 9089 / 923 1138

St Josephs Catholic Church
Forest road, Fishponds, Bristol BS16 3QT
Tel: 0117 983 3912

International Food Shops in Bristol

Bristol Sweet Mart
71-82 St Marks Rd, Easton, Bristol
BS5 6JH

Alfu International
707A Fishponds Rd, Bristol BS16
3UH

Masala Bazar
382-386 Stapleton Rd, Easton,
Bristol BS5 6NQ

Wai Yee Hong Chinese
Supermarket
Eastgate Oriental City, Eastgate
Rd, Bristol BS5 6XX

Rajani Superstore
Fishponds Trading Estate, Maggs
Ln, Clay Hill, Bristol BS5 7EW

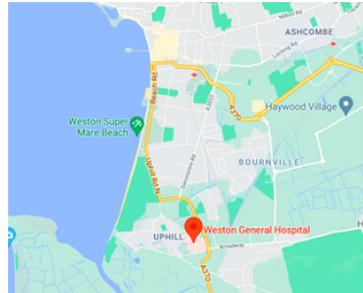
Malik's Superstore
Stapleton Road Bristol BS5 0QX



This is a selected list of shops based on the information available online. Please be aware that we are not recommending any and this is for information only.

Where to live in Weston

Weston-Super-Mare is the main town, however there are several desirable villages in the area and a number of new property developments.



Weston-Super-Mare

This famous seaside town has a lot to offer. It has a beautiful beach and there are plenty of entertainment venues where you can enjoy music, comedy and more. Weston-Super-Mare neighbourhoods are impressive and the population is generally diverse. The area on the Hillside at the Birneck Pier at the end of the shore is one of the best neighbourhoods. Weston is a tourist destination and attracts thousands of visitors during the summer.

Hutton

At walking distance and only a few minutes cycling from the Weston General Hospital, this historic village is one of the most convenient places to live at a reasonable price. Hutton is four miles inland from Weston and it lies beneath the north slope of the Mendip Hills, on the border of the Area of Outstanding Natural Beauty which bears their name.

Uphill

Uphill is the village where the hospital is located so you won't find anything closer if you work at Weston General. Situated at the southern end of Weston-super-Mare, Uphill Sands is the local sandy and expansive beach. Behind the beach and following the course of the Axe is Uphill Local Nature Reserve. 4 miles inland you find Bleadon, a village where you can combine the best of the two worlds, countryside and coast. Uphill and Bleadon are a world apart from the hustle and bustle you would expect from the seaside resort. However, you won't find quite the same range of facilities as on Weston's main strip.

Other nearby villages are Locking, Kewstoke and Banwell.

Worle

Worle is a large village in North Somerset which is joined to the seaside town of Weston-super-Mare on its western edge. It, however, maintains a very separate identity. Worle is located close to junction 21 of the M5 motorway. Bristol is approximately 20 miles (32 km) away and can be accessed by the M5 or A370 road. Worle has bus connections running every ten minutes into the center of Weston-super-Mare and bus routes to Bristol and other locations



Burnham on Sea

Burnham-on-Sea is a seaside town in Somerset, England, at the mouth of the River Parrett, upon Bridgwater Bay. Burnham-on-Sea is one of Somerset's classic seaside resorts due to the exceptional stretch of beach here. Burnham-on-Sea is also home to Britain's shortest pier. Built in 1911 and measuring just over 100 ft (37 m) it is basically just a pier end pavilion, but at the start of the pier!

Bleadon

Bleadon is a village and civil parish in Somerset, England. It is about 4 miles (6.4 km) south of Weston-super-Mare Bleadon has a thriving, friendly community with a mix of traditional local families and new-comers from diverse backgrounds. There is a mix in the village of single people, families and couples, with ages ranging from newborn to ninety. We believe that most people would find Bleadon a socially active and friendly community



Brean

Brean is a village and civil parish between Weston-super-Mare and Burnham-on-Sea in Somerset, England. The village is on a strip of land between the sea and the River Axe. It is the home of Brean Leisure Park, a tropical bird garden other tourist attraction and several caravan parks. The sandy beach has been used for land sailing since 1970. Sometimes, Brean can also be linked with the nearby village, Berrow so the villages can also be called Berrow & Brean.

Transport in Weston

Bristol and Weston are easy to get to on public transport and well served by a bus network, rail line and the National Express coach services. The quickest way to travel between Bristol and Weston is by train (under 30 minutes journey).

Cycling

There are plenty of covered and lockable bike spaces around Weston General Hospital including a set next to the main hospital reception.

To find the best route by bike please refer to the North Somerset Cycle Map.



Bus

The Bus Network for the main Weston-Super-Mare buses is operated by First Bus. You can download their app for departure times and buy tickets. There are, however, other companies operating bus services. Weston-Super-Mare does not have a bus station but many of the bus services start in Regent Street or Alexandra Parade in Weston-Super-Mare town centre.

If you need any more information, advice or support in arranging your travel to the Hospital and Trust you can contact Travel West on www.travelwest.info

For public transport journey planning please go to: www.travelinesw.info.



Train

The nearest train station is Weston-super-Mare railway station, which is about two miles from the Hospital and approximately 10 minutes' walk from the town centre.

Great Western Railways trains run regular services to Weston-super-Mare from Bristol Temple Meads, Cardiff Central, London Paddington, Reading, Swindon, Bath, Taunton, Exeter St Davids, Plymouth, Gloucester and Cheltenham. Visit www.nationalrail.co.uk for more information on rail times and fares.

Things to do in Weston

Museums, arts & theatres

Lambretta Museum
Weston Museum
Helicopter Museum
The Playhouse Theatre
The Blakehay Theatre

Attractions and activities

Puxton Park
The Grand Pier
Water Adventure Play Park
Pirate Adventureland Golf
Court Farm
Brean Splash Waterpark
Soverign Shopping Centre
Weston-Super-Mare Beach

Festivals and music

Weston Carnival
Weston-Super-Mare Sand Sculpture Festival
Weston-Super-Mare Shanty and Folk Festival



Places of Worship in Weston

St Paul's Church (Anglican)
Walliscote Rd, Weston-super-Mare BS23 1EF
Tel: 01934 613259

Christ Church (Anglican)
Weston-super-Mare BS23 2RH
Tel: 01934 641016

Weston Islamic Education Centre
66 Palmer St, Weston-super-Mare BS23 1RU
Tel: 07834 064700

Milton Baptist Church (Baptist)
Baytree Rd, Weston-super-Mare BS22 8HJ
Tel: 01934 641574

Victoria Methodist Church
38 Station Rd, Weston-super-Mare BS23 1XY
Tel: 01934 414158

Our Lady of Lourdes Catholic Church
28 Baytree Rd, Weston-super-Mare BS22 8HQ
Tel: 01934 627137

Catholic Church of St Joseph
Camp Rd, Weston-super-Mare BS23 2EN
Tel: 01934 629865

Corpus Christi Catholic Church
14 Ellenborough Park S, Weston-super-Mare BS23 1XW
Tel: 01934 621929

Milton Baptist Church (Baptist)
Baytree Rd, Weston-super-Mare BS22 8HJ
Tel: 01934 641574



Other useful information

Get connected

Social media and other networks can help you find fellow citizens or other expats to exchange experiences and tips to support each other.

You can find groups for pretty much every nationality living in Bristol and Weston such as 'Bristol Indians', 'Portugueses em Bristol UK' or 'Filcom Bristol' (Filipino Community in Bristol) among others. They share useful information and you can ask questions.



Education

If your children will be joining you in the UK, you would need to research Education. Schools in the UK are either a state school, funded by the government, and free to all pupils, or an independent school, with parents paying fees. Children usually attend primary and secondary schools close to their homes if places are available. In England, school places can only be obtained through the local council.

Cost of living in the UK

It is difficult to estimate your living costs when you are in the UK, as this will largely depend on your lifestyle. The table below gives some examples of approximate prices of products in the UK, although please be aware prices do vary considerably depending on the shop and brand.

What you need to know if you're pregnant or planning a pregnancy:

Advice for internationally educated nurses and midwives coming to work in the NHS in England



Pregnancy

Moving to a new job in a new country is a major decision and, if you're pregnant or planning a pregnancy, it's important to have all the information you need to inform this decision. This guide provides information about maternity rights in the NHS in England and what support is available to NHS employees. It's designed to be used alongside discussions with your new employer to help you make informed decisions before travelling to the UK.

Personal & Online Safety

Unfortunately there are people making a living by deceiving the public (scams) so if you are approached by telephone or email by someone asking for money or your bank details for any reason. Do not be scared into giving this information. No reputable organisation would ask for this over the telephone or via email without your prior knowledge. Treat any new contact as suspicious if you were not expecting it and ask a colleague at work to help.

Laws & Legislation

The laws in the UK may be different from those in your home country. This especially applies to the use of tobacco, alcohol and self-defence sprays.

- You must not carry drugs with you of any kind (unless prescribed by a doctor), or use any illegal drugs, including cannabis, ecstasy, LSD or amphetamines.
- It is illegal to carry any sort of weapon including knives, self-defence CS gas sprays, guns or stun guns.
- You must be 18 or above to buy tobacco and alcohol.
- Never buy property that you think might be stolen, no matter how tempting the bargain.
- It is an offence to falsely report the theft of property.
- All sexual acts are a criminal offence if at least one of the people involved, male or female, is under 16.



If you break any UK laws, there is a danger that you will be arrested, questioned and potentially charged with an offence by the UK police. If you find yourself involved with the police, you should be co-operative. In the unlikely event that you are arrested, you should contact your line Manager who will be able to give you contact details for support.

Unions

In the UK, Allied Health Professionals refers to fourteen registerable titles and are collectively regulated by the Health and Care Professions Council (HCPC). Each of the Professional Group has its own membership body and some are affiliated with trade unions. The Allied Health Professions Federation (AHPF) comprises twelve professional bodies representing Allied Health Professionals (AHPs). The AHPF provides collective leadership and representation on common issues that impact its members' professions.

You can find links to the member organisations from the link: http://www.ahpf.org.uk/member_organisations.htm.

Health services

GP surgery

We recommend you sign up for a GP (general practitioner). If you're seeking treatment for a physical or mental health concern, a general practitioner is likely your first point of contact.

Anyone living in England can register with a GP surgery to access NHS services and it is free to register.

They help everyone from new-borns to older adults.

They can treat many conditions and give health advice.

Most people register with a surgery close to where they live.

You can use the Find a GP service to look for a surgery:

www.nhs.uk/service-search/find-a-gp



Sexual Health and Maternity Services

From a contraception point of view we would recommend that everyone registers with their GP, and they are the first point of contact for contraception. They can also access the Unity Sexual Health website.

If anyone needs emergency contraception, the easiest thing to do is buy it over the counter from a pharmacist.

From a pregnancy point of view, if someone does not wish to continue with their pregnancy (and consider abortion services), we have a single point of access number: 0345 872 5435.

If you are continuing with a pregnancy, then you'll need to register with a midwife. You do this via a book form by calling 0117 4146743.

More information

about the Trust

scan below



We are
**supportive
respectful
innovative
collaborative.
We are UHBW.**