

# Living and working in the east of England: A guide to our Workforce Partnership areas

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## East of England

The east of England covers a diverse population of almost six million people, with a mixture of rural and urban areas and learning environments. The region stretches from London up to the Norfolk coast, and also borders the east midlands. The area boasts fantastic transport links to places such as Birmingham and London via train or car, and has airports in Norwich, Cambridge, Luton and London Stansted.

# Contents

- Essex .....3
- Norfolk and Suffolk .....5
- Cambridgeshire and Peterborough ....7
- Bedfordshire and Hertfordshire .....11
- Where we are .....15

## What is Health Education East of England?

Health Education East of England (HEEoE) is the Local Education and Training Board that covers Bedfordshire, Hertfordshire, Cambridgeshire and Peterborough, Norfolk, Suffolk and Essex. In April 2013 HEEoE took over responsibility for the quality of education, training and development in the east of England, previously managed by the East of England Multi-Professional Deanery.

We also aim to enable the health and care workforce to respond effectively to the needs of patients, carers and families.

**“It is a deanery where people seem to know who you are rather than just being an anonymous name!”**

*ST2 Paediatric trainee*

## ESSEX

Bordering London, Suffolk, Cambridgeshire, Hertfordshire, and the North Sea, the county of Essex offers a great experience to live and study in the east of England. London is a short journey away, but if you want to get away from the city lights, you can visit one of the many rural villages in the region or see some of the 350 miles of coastline; from the famous Southend Pier (the longest pleasure in the world) to the quieter Frinton and Mersea Island in the North of the County.



*The V Music Festival held during the penultimate weekend in August in Chelmsford, bringing together more than 150,000 people to watch live music from world famous singers and bands.*

Essex is famous for its nightlife, with numerous towns and cities boasting bars and clubs. Whilst being the setting and inspiration behind ITV's famous 'The Only Way Is Essex' series, there is a wide range of entertainment venues for different tastes, including numerous live music venues. Chelmsford, Colchester and Southend also have theatres.

## Shopping



*Essex is famed for its shopping, and has a number of different locations including the enormous Lakeside shopping centre. Colchester and Chelmsford also offer a range of different shops and there are plans for further development in Chelmsford.*

## Stately Homes and Castles

With its Victorian days and the terrifying Halloween Ghost Walk, Audley End is a mansion with a difference, and one of England's finest country houses. Alternatively, if you want to brush up on your history you can visit one of Essex's castles in Hedingham, Colchester and Hadleigh.

## Sport

Essex has close ties to West Ham United, but is also home to Colchester United (AKA The Ewes) and Southend United (AKA The Shrimpers) Football Clubs. You can also see Ice hockey team Chelmsford Chieftans in action at the weekends, or join one of the many running, riding, cricket or athletics teams if you want to break a sweat. If you would prefer some gentler exercise, then take advantage of one of the many walkways through the countryside in the region, such as the Essex Way.



## The Essex Way

The Essex Way is a long distance footpath stretching for 82 miles right across Essex. Although it officially starts in Epping and ends in Harwich, the Essex Way is actually signposted both ways so you can either start at the coast and head inland or vice versa. The route takes you through ancient woodland, open farmland, tree-lined river valleys and leafy green lanes with plenty of picturesque and historic villages along the way.

### Did you know?

- Colchester is the oldest recorded Roman town in Britain. For a time it was also the Roman capital in Britain
- Southend has the longest pleasure Pier in the world extending 1.34 miles into the Thames Estuary.
- Britain's first public broadcast was made from Chelmsford on 15 June 1920.
- Some historians claim Robert the Bruce was born at Montpelier's Farm in Writtle near Chelmsford in 1274.
- Chelmsford is the county town of Essex and for a short period in 1381 was the capital of England. It was awarded city status in 2012. Chelmsford has a cathedral and is also home to Anglia Ruskin University. The University was built on the site of an ammunition factory which was bombed continually during the war (Hoffmans Factory).

### Nearest big cities

Essex has fantastic transport links into London. It only takes 30 minutes from Chelmsford into the city. You can also easily access neighbouring

counties of Cambridgeshire, Hertfordshire and Suffolk as well as further up the coast to Norfolk.

Essex has 2 major airports at Stansted and Southend.



*Each spring, the Maldon Mud Race sees competitors race to be the first to complete a 400 metre dash over the bed of the River Blackwater. The race can only take place at low tide when the water is low enough to allow participants to run safely through the water to the opposite bank and back again.*

The Dunmow Flitch Trials exist to award a flitch of bacon to married couples from anywhere in the world if they can satisfy the Judge and Jury of 6 maidens and 6 bachelors that in 'twelvemonth and a day' they have 'not wisht themselves unmarried again'. A reference to the Dunmow Flitch can even be found in The Wife of Bath's Tale within Chaucer's 14th century Canterbury Tales. The Flitch Trials are held every 4 years in Great Dunmow.

Essex International Jamboree is the biggest UK scout/guide jamboree. It is held every four years for the scouts and guides of Essex to experience the fun and challenge of living with a number of countries from around the world.

The Orsett Country Show has been held on the first Saturday in September for 125 years, making it one of the oldest country shows in the UK. Whilst the 19th century roots of the show, steeped in agricultural history, are still evident the Orsett Show is very much a 21st century attraction.

Norfolk and Suffolk offer the opportunity for you to combine an exciting career with a quality lifestyle. It is a large, mostly rural county with many hidden treasures. According to recent figures released by the Government, people living and working in East Anglia have the 'best quality of life', with the fastest growing incomes, less than average crime levels and longer life expectancy.

The area stretches from King's Lynn in West Norfolk to Southwold in East Suffolk, from Cromer on the North Norfolk coast to Newmarket in Suffolk.

### Natural Beauty

With beautiful, unspoilt countryside, nationally protected beaches, over 200 miles of picturesque inland waterways to explore on the Norfolk Broads, many historic towns and villages of all shapes and sizes to explore, this may sound like somewhere you'd like to live.



## Norwich

The county's capital city, Norwich, is rare and extraordinary. It is the historic centre of Norfolk and offers a wealth of modern amenities both socially and culturally, in a delightful heritage setting. It boasts not one, but two, cathedrals, more medieval churches than any other city in Western Europe and a magnificent Norman castle. There is a wealth of cafes, bars, restaurants, clubs and cinemas to choose from, as well as a huge range of shops, which have made Norwich one of the top ten shopping cities in Britain. It's easily accessed by road and rail and it has its own international airport (which, as well as flying direct to a number of UK and European destinations, links to the rest of the world via Schiphol airport in Amsterdam).

Outside Norwich, you'll find idyllic countryside and miles of beautiful coastline (much of it designated as an area of Outstanding Natural Beauty), which can be reached in 30 minutes by road or rail. To the east lie the Norfolk Broads, with all kinds of water-based activities and leisure pursuits.



Football fans can enjoy Premier League football at Norwich City's Carrow Road home.



## West Norfolk

Here you'll find the medieval port of King's Lynn, with its grand market place and restaurants, and a stunning coastline of sandy beaches within easy reach. The area is a joy for history lovers and you can visit museums, priories, castles and windmills, as well as the 17th century Custom House.

There are a variety of local attractions including Sandringham House, the Norfolk residence of the Royal Family, and Holkham Hall. Adrenaline junkies will love the rush of the highest ropes course in the east of England. There is certainly no shortage of entertainment. As well as a cinema, the Corn Exchange hosts a diverse range of shows, where concerts, stand-up comedians, musicians and psychics pull in crowds from all over the region. Culture vultures will enjoy the Arts Centre, West Acre River Studios and Summer Theatre, and there are a multitude of potteries, art galleries and gardens to explore.

## Great Yarmouth and Waveney

If you'd like to live beside the seaside, this pretty and peaceful stretch of eastern England (with 40 miles of Heritage Coast set in an area of outstanding natural beauty) could be for you. Its landscapes inspired the painter John Constable to create some of his most famous paintings and the countryside makes long walks and cycle rides popular pastimes.

Property prices are still highly attractive, and although London is only a 2-hour train ride away, there's more than enough fresh air and countryside to make you feel like you've got away from it all. The area is guaranteed to thrill 'foodies', bursting as it is with tempting local produce at restaurants, gastro pubs, delis and farmers'

markets. The area hosts regular music festivals and has a wealth of heritage properties, antique shops and theatres. Families will love 'Africa Alive', just outside Lowestoft, and Pleasurewood Hills, voted Best Attraction on the Sunrise Coast in 2006.

## Ipswich and East Suffolk

Ipswich is steeped in history, yet full of life. There's a chance to stroll along its historic Waterfront and streets, and plenty of entertainment - a vibrant mix of heritage, the arts, theatre, cinema, clubs and bars.

Yet wherever you are in or around the town, you are only minutes away from some of the prettiest Suffolk villages and countryside, as well as the stunning scenery of the celebrated Suffolk coastline.

Ipswich is home to Suffolk New College and University Campus Suffolk.

## Bury St Edmunds and West Suffolk

Bury St Edmunds in Suffolk is a unique and dazzling historic gem. An important market town with a richly fascinating heritage, the striking combination of medieval architecture, elegant Georgian squares and glorious Cathedral and Abbey gardens provide a distinctive visual charm. With prestigious shopping, an award-winning market, plus variety of attractions and places to stay, Bury St Edmunds is under two hours from London and very convenient for Cambridge. The towns and villages around Bury St Edmunds are very pretty, with a range of accommodation and some excellent schools.

## Cambridge



### A history of education

Cambridge is most commonly associated with its famous university, which is consistently ranked one of the top five universities in the world. Cambridge University includes the renowned Cavendish Laboratory, King's College Chapel, the University Botanic Gardens and the Cambridge University Library. It also has the Anglian Ruskin University which, with a student population of 31,000, is one of the largest universities in the East of England.

ARU's Cambridge campus is in heart of the city and has recently reached a milestone in its history with the opening of the new £35-million redevelopment.

Today, Cambridge is at the heart of the high technology centre known as Silicon Fen (a play on Silicon Valley and the fens surrounding the city.) Its economic strengths lie in industries such as software and bioscience, many start-up companies having been spun out of the university. Over 40% of the workforce has a higher education qualification, more than twice the national average.



## The city

Cambridge has some beautiful architecture, majestic college buildings and an historic market place. The city boasts the country's highest concentration of internationally renowned museums and art galleries outside London. Many of the University of Cambridge's eight museums are free to enter.

## Music in Cambridgeshire

All kinds of live music are covered in Cambridge from internationally acclaimed orchestras and ensembles to touring pop stars, pub gigs, the world-famous Folk Festival, ever-popular Beer Festival, family-friendly Big Weekend and magical Secret Garden Party festivals. The two main venues are the Corn Exchange and The Junction.



King's College Chapel is celebrated for its choral services including the famous A Festival of Nine Lessons and Carols, broadcast live by the BBC to the nation and across the globe on Christmas Eve. The sublime Choir of King's College is regarded amongst the best in the world.

## Activities

Tourists from around the world come to Cambridge to view the beautiful city in a number of ways: punting along the River Cam, joining a walking tour of the city or exploring further afield from the seat of a bicycle following the excellent network of cycle paths in and around the city. There are both independent shops as well as the high street brands along the city centre and in The Grand Arcade and Grafton Centre shopping centres. Cambridge has various multi-storey car parks, but to reduce cost, traffic and the carbon footprint you can make use of the various Park and Ride schemes or the newly built Guided Busway, which links more of the rural towns and villages together.

With a range of beautiful pubs, restaurants and cafes, Cambridge has a variety of options for a night out, whether in an historical pub, such as the Eagle, where features include the RAF bar, with a ceiling by World War Two pilots with its world famous ceiling; and the room in which the discovery of DNA was announced, or one of the largest Wetherspoons pubs in the country. If you are looking to eat out, you can visit Jamie Oliver's restaurant in the old Guild Hall, or the Rainbow Café, vegetarian restaurant and winner of the TripAdvisor Certificate of Excellence 2013.

Very close to the town centre is the Cambridge Leisure Park, including bowling, numerous restaurants and bars, a gym and one of Cambridge's three cinemas.

Cambridge has a lot to offer for any sports fan, with multiple swimming pools, local parks and the Cambridge United Football Stadium.

Set in 350 square miles of fantastic cycling and walking countryside, the district of South Cambridgeshire offers the perfect opportunity to relax and explore. Ely is steeped in history and is principally renowned for Ely Cathedral, a magnificent building with its unique Octagon Tower which dominates the landscape for miles around. In July 2014, the Tour de France third stage begins in Cambridge before winding its way to London to finish on The Mall in front of Buckingham Palace.

## The surrounding areas

### Ely



Full of charm and beauty and home to one of the most magnificent cathedrals in England, the historic city of Ely is nestled in the Fen countryside in East Cambridgeshire. You can also see Oliver Cromwell's house, where you can learn about this important historical figure.

To see Ely at its best, follow the eel trail: This circular walk self-guided by brass waymarkers set in the ground, takes you past the oldest parts of Ely with its beautiful monastic buildings with stunning architecture and spectacular views.

### Newmarket

If it's horses & horseracing you are interested in, then Newmarket is the place to visit! Experience the excitement of the turf at the world's most famous racing venue. Pick an afternoon event or book in for one of the Newmarket Nights on the July Course when first class racing is followed by a major musical concert by top performers.





## Peterborough

The Cathedral City of Peterborough lies at the heart of the Cambridgeshire, Rutland, Lincolnshire and Northamptonshire borders. The local area is flat and low-lying, and in some places lies below sea level. The area known as the Fens is to the east of Peterborough. The City of Peterborough includes the outlying military installation of RAF Wittering, and as a unitary authority it borders Northamptonshire and Rutland to the west, Lincolnshire to the north, and Cambridgeshire to the south and east.

Many events are held throughout the year including the Peterborough Festival, Peterborough Beer Festival, river festivals, open air concerts and circuses. On any day of the year the Embankment is a lovely place to sit & unwind and as it is less than five minutes walk from the city centre. The Embankment has overnight mooring facilities and public conveniences and in the summer months the water's edge can be an array of colours with many boat owners deciding to spend the day in Peterborough. There is ample parking in the area for those who wish to enjoy a casual walk along the willow lined footpath and cyclists can follow the Green Wheel route towards Whittlesey or Flag Fen. The river is also popular with anglers.

There are over 20 Nature reserves and country parks and prime leisure such as Nene Valley Park and Ferry Meadows. Peterborough hosts a major running event in the national calendar, the Perkins Great Eastern Run.

Peterborough Showground holds major events throughout the year.

## Sport

- The Cambridgeshire and Peterborough area has a number of professional football teams including Peterborough United, Cambridge United and Histon Football Clubs.
- University Boat Race - one of the most historic and iconic sporting events in the World calendar sees Cambridge University take on Oxford University in one of the most famous sporting events in the world, and you can often see the University rowing club practicing on the Cam.
- The Peterborough Phantoms play in the English Ice hockey Premier League, having won the league numerous times, making the Peterborough Ice Arena well worth a visit.
- You can also have a fun filled evening at the Peterborough Greyhound Stadium, or Peterborough's East of England Showground, one of the top racing tracks in Britain - a regular venue for World Championship events, including World Finals.

## Travel connections

Cambridge Train station is part of the main line into London, Kings cross and Liverpool Street. Main access routes for Cambridge via M11, A14, A10 and A1.

Peterborough has excellent connections and easy access by road (A1M) and rail (45 minutes direct from London)

Regular bus services in and out of both Cambridge and Peterborough to other major cities.

Cambridge lies approximately 50 miles north of London, and the direct train to King's Cross only takes around 45 minutes. The city is also boasts good road connections due to the A11, M11 and A14 roads that encircle Cambridge.

## Bedfordshire

### Bedford



#### History

Whilst being noted for its connections to the lace industry (reputedly started by Katharine of Aragon), Bedford is particularly famous for its connection with John Bunyan, (born at Elstow near Bedford, in 1628) and the author of the "Pilgrim's Progress". Many of the villages surrounding Bedford are associated with his preaching and this world famous book. In the north of the county, there is a World War Two 'Airfield Trail', once alive with the Big Band sound of Glenn Miller (who was stationed here during the war), and it was from the airfield at Twinwood that he took his final flight. The Shuttleworth Collection where aircraft are kept in full flying order can often be seen 'looping the loop' in the skies above Old Warden. Bedford is also well known for its thriving Italian and multi-cultural communities.

There are fascinating reminders of our past dotted all around the Borough of Bedford, tucked away on country lanes, among them the extraordinary 16th century dovecote and stables at Willington. Cardington is famous for its connections with the airship industry. The huge airship hangars, which were built to house the R100 and R101 airships, are visible from miles around and are a reminder of the areas rich aviation heritage. Britain's first hot air balloon landed there too.



Many archaeological sites can be found in the borough and provide a remarkable insight into Bedford's rich historic past. Bedford has some significant royal connections, including the Royal Charter. One of the notable achievements of King Henry II was the creation of about 150 chartered boroughs throughout the country. The Bedford Charter was given in 1166. The original is in the Bedfordshire Record Office at Borough Hall, and a framed copy is on the Parlour wall. The Bedford Charter is probably the second oldest in the country. The oldest was presented to Oxford and is mentioned in the Bedford charter.

## Woburn Abbey

The home of afternoon tea: enjoy priceless treasures, uncover captivating stories, stroll through beautiful gardens and browse the outstanding antiques centre, all set within 3,000 acres of deer park!

## Grrreat days out!

Visit the award winning Woburn Safari Park and get up close to the world's most exotic and endangered animals. The area also boasts Whipsnade Zoo, the UK's biggest zoo with more than 2,500 animals.

## Natural Beauty

Set in a rich rural landscape, Bedford is host to many areas of outstanding natural beauty and attractions, including stately homes and gardens, woodland walks and nature reserves, country parks and world-famous animal parks. The Embankment area is particularly popular, with gardens on the banks of the River Great Ouse.

## Wakeboarding

If you love sports, Bedfordshire has a huge range to offer. Whether you see the Bedford Blues Rugby Club, or experience the thrill of wakeboarding, keyboarding or waterskiing without a boat at Box End Park. Alternatively, Bodyflight is the world's largest and best indoor skydiving wind tunnel, or The College Equestrian Centre is a championship venue holding equestrian competitions every Saturday and Sunday with free spectator access.

## Entertainment in the city

Bedford has a Corn Exchange and 3 Theatres, hosting various productions of music, comedy and other entertainments.. Every two years, The River Festival is held near the river in Bedford during early July, the next taking place in July 2016. The event lasts for two days and regularly attracts about 250,000 visitors. The event includes sports, funfairs and live music. The Bedford Regatta is an annual one-day river rowing regatta, which takes place each May.

The University of Bedfordshire has four main campus sites, across Bedfordshire, Luton and Aylesbury, Buckinghamshire, offering a wide curriculum at undergraduate and post graduate levels.

The Bedfordshire population is served by Bedford Hospital and SEPT for its hospital and community based healthcare respectively, as well as many GP and Dental Practices and pharmacies for primary care.

## Luton

Luton has lots of parks and open spaces and, at its edge, the scenic beauty of the Chilterns. And, if you are a golfer, we have one of the best public courses in the region. Luton is home to the Stockwood Discovery Centre, Wardown Park Museum and two theatres, The Hat Factory and Luton Library Theatre. Luton Town FC, also known as 'The Hatters'.

Luton Hoo is one of the UK's the leading hotel resort and spa, which offers an abundance of history and royal visitors, including the Queen and the Duke of Edinburgh, Queen Mary, Edward VII and Lord Mountbatten as well as many heads of state. Visitors can expect 5\* luxury, as well as access to extensive landscaped gardens designed by Capability Brown.

The Luton population is served by the Luton & Dunstable Hospitals Foundation Trust, and Cambridge Community Services, as well as primary care services from local GP and Dental practices and pharmacies.

For those who like to go Shopping, there are several shopping centres in Bedfordshire and Luton, including the Harpur Centre in Bedford, the Quadrant in Dunstable and the Arndale Centre in Luton. There is also the Olde Watermill, a shopping village in Bedfordshire.

## Hertfordshire

Hertfordshire is a county full of contrasts that blend together to create a superb quality of life for residents and visitors alike. Thriving modern towns have developed amongst historic market towns. Country lanes and sleepy, picturesque villages are never far away.



The southern border is just 12 miles from the centre of London, providing employment opportunities for commuters making the most of the fast train links into central London. From some towns in south Hertfordshire, central London is less than 20 minutes away by train. The county has a population of about 1,000,000 residents. Hertfordshire is well served by London Luton Airport to the North and London Stansted Airport to the East, both of which are situated a few miles outside the county, while London Heathrow Airport is less than 1 hour away.

The largest town in Hertfordshire is Watford, situated within the M25 motorway and has a thriving shopping centre and business parks. Other large, historic towns include St Albans, Hitchin and Hertford. New towns include Letchworth and Welwyn Garden City, as well as many picturesque towns and villages.



Hertfordshire is a green county, with half of the county designated by the government as Green Belt. Picturesque woodland, river valleys, and open farmland make up a beautiful and varied landscape. The Chiltern Hills to the west and north-west of the county are designated an Area of Outstanding Natural Beauty. The county has more than 1,800 miles of public paths and rights of way, including the Hertfordshire Way, a 166 mile circular footpath. The county also has a number of designated cycle paths.

For the more adventurous the county's canals, rivers and lakes provide opportunities for a number of water sports such as sailing and canoeing as well as the more gentle boat cruises that depart from various points through Hertfordshire. The White Water Rafting events during the London 2012 Olympics took place at the Lee Valley White Water Centre in Waltham Cross.

Hertfordshire has a fine selection of historic houses, including Hatfield House and Knebworth House, both of whom host large open air music events during the summer months. Hatfield House was seized by Henry VIII and was the childhood home of King Edward VI and Queen Elizabeth I, and was also the residence of Queen Mary I for a period, and is now open for visitors. Knebworth House also has a long history, and the house and grounds are also open to the public. There are also several museums and other tourist attractions across Hertfordshire. There is a large selection of hotels for visitors and tourists, and a wide ranging and vibrant commercial and industrial community, with strengths in financial services, computer-related industry and pharmaceuticals.

Health care in Hertfordshire is provided by East and North Hertfordshire Hospitals, West Hertfordshire Hospitals, Hertfordshire Community Trust and Hertfordshire Partnership Foundation Trust, as well as a range of GP and dental practices and pharmacies across the County.

Hertfordshire's top football club is Watford FC. The Hornets currently play in the Football League Championship, and were famously owned by Sir Elton John for a few years in the 1980's. Former non-league Stevenage Borough FC now play in League 1 and following relegation from the football league, Barnet FC play in the Conference Premier.

## The home of Harry Potter

For muggles and wizards alike, the Harry Potter franchise has been a worldwide phenomenon and fans can take a trip around the enchanting Warner Brothers Harry Potter Studio Tour and see how the films were made.



## Theatres

There are several theatres in Hertfordshire, offering a wider range of music, drama and comedy.

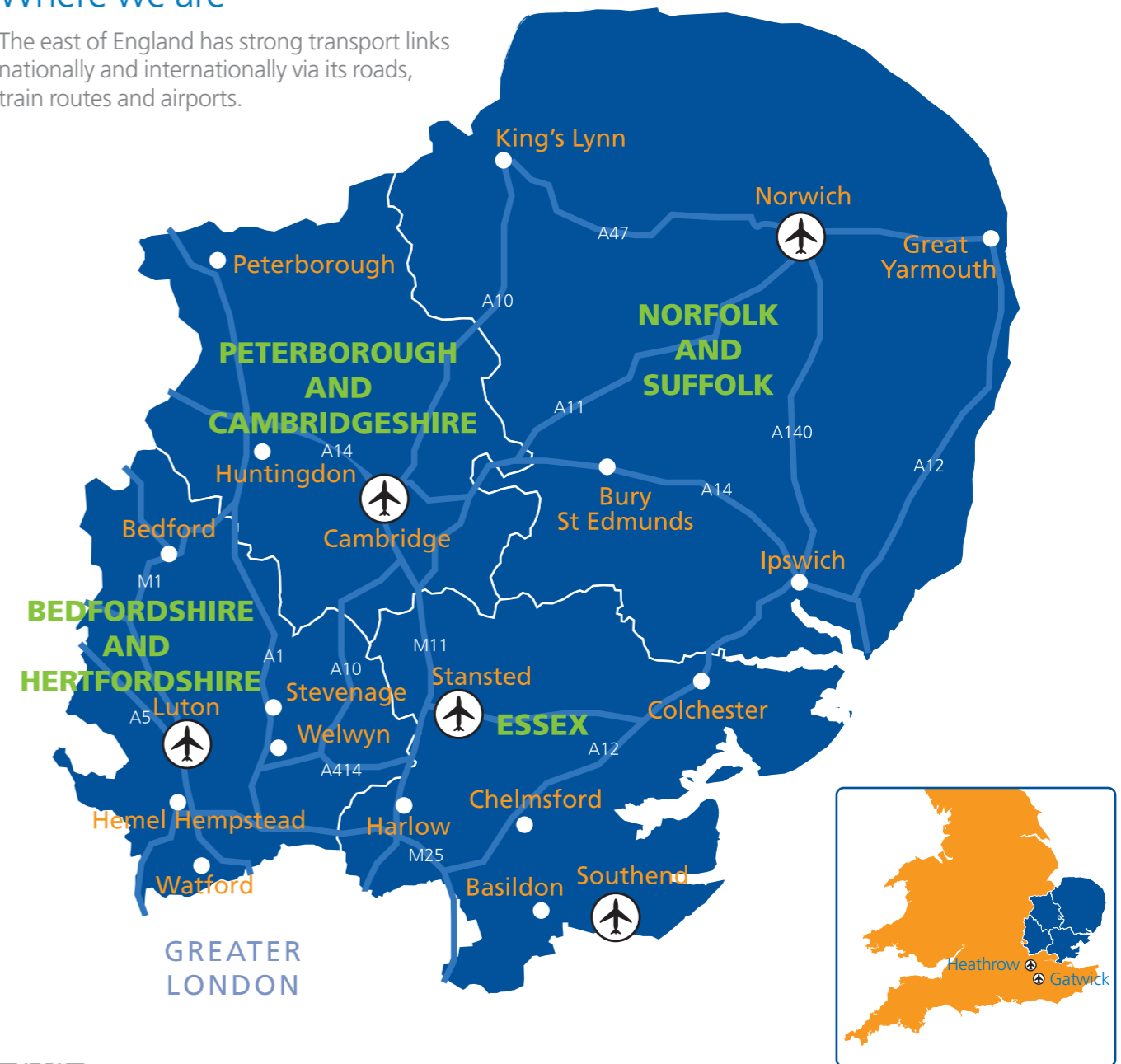
## Transport Links in Bedfordshire, Luton and Hertfordshire

**Road** - Easy access to London and the South Midlands is reached via the M1 and the A1M/A1. Several trunk roads also allow easy access to Cambridge, Milton Keynes and Northampton.

**Rail** - Trains run frequently to London and the Midlands from Bedford, Luton, Dunstable, Hertford, Stevenage and Watford.

## Where we are

The east of England has strong transport links nationally and internationally via its roads, train routes and airports.



For more information on transport in the region visit:  
<http://www.visiteastofengland.com/travel-information.aspx>