GETTING ABOUT

London’s transport system provides for car users, public transport users, pedestrians and cyclists alike.

PUBLIC TRANSPORT

The best way of travelling to the city centre is by bus, by rail or by the famous London Underground. Travelcard tickets allow unlimited, integrated travel on all of these. They are available for periods from one day up to one year, and there are also family tickets offering discounted travel to parents with children.

Transport for London (TfL) offer free help to plan any journey on London Buses, Underground, Docklands Light Railway, connecting railway services and River Buses. The National Rail enquiry service provides up-to-the minute information on train departures in London and across the UK. These services are available on the internet and by telephone, and can provide detailed timetable and pricing information.

www.transportforlondon.gov.uk
TfL Information Line: 020 7222 1234
E: travinfo@tfl.gov.uk
www.nationalrail.co.uk
Rail Information Line: 08457 48 49 50

MOTORING

The London road network is extensive, though often congested during peak times. However, traffic conditions have improved since the introduction of the Congestion Charge, a fee levied on all drivers entering Central London during business hours. Parking in much of London is tightly controlled. Spaces are generally available in the vicinity of your destination, but you need to pay parking charges or display a valid permit if you don’t want to risk an expensive fine.

The Royal Automobile Club and the Automobile Association are the UK’s leading motorists’ organisations. Their websites have a wealth of travel information and provide a detailed route planning service.

www.theaa.com
www.rac.co.uk

CYCLING

Cycling is a good way of beating the traffic jams, and is increasingly popular. London has finally achieved the completion of its network of cycle lanes, and space for cyclists is clearly marked out on many main roads.

The London Cycle Network website has suggestions on safe cycling and news about the cycle network.

www.londoncyclenetwork.org

WALKING

Pedestrians can benefit from the many open spaces – large and small – scattered all over London, which can make walking a pleasant, healthy experience. Streets in most shopping areas are pedestrianised and many are covered for protection from the elements.

LOCAL CONNECTIONS

Barking and Dagenham is well served by national rail and London Underground’s District Line. The journey time to the City of London is a mere 15 minutes. Travelling out of London to the Essex towns and countryside takes a little longer, but is equally convenient. Rail services may be provided by a number of different train operating companies – including ‘C2C’, ‘Silverlink’ or ‘GER’.

Barking & Dagenham

London Underground and other Rail
Main Road
Motorway

North East London

CITIZENS ADVICE BUREAUX

The Citizens Advice Bureau Service offers free, confidential, impartial and independent advice. Citizens Advice Bureaux help solve nearly six million new problems every year including consumer issues, housing, legal matters, employment, and immigration. Advisers can help fill out forms, write letters, negotiate with creditors and represent clients at court or tribunal.

www.nacab.org.uk

LOCAL AREA GUIDES

‘Up My Street’ is a website for information about an area including property and education statistics, events and more.

www.upmystreet.com

UK GOVERNMENT

The Government’s website is packed with information on all aspects of public life and advice for citizens.

www.ukonline.gov.uk

NHS

Barking and Dagenham PCT
T: 020 8590 6060
www.barkingdagenhampct.nhs.uk

North East London Mental Health NHS Trust
T: 01708 320 222
www.nelmht.nhs.uk

Barking, Havering and Redbridge Hospitals NHS Trust
T: 0845 60 60 655
www.bhrhospitals.nhs.uk

NHS Careers
T: 0845 60 60 655
E: advice@nhschoices.nhs.uk
www.nhschoices.nhs.uk
The London Borough of Barking and Dagenham is at the Heart of the Thames Gateway, with excellent transport links into central London and out into the Essex countryside.

The history of the Barking and Dagenham area can be traced back to the Stone Age. Axes and other flint implements have been found at various sites in the Borough and evidence of settlements during the Bronze and Iron Ages have also been discovered in the area.

The locality was one of the earliest Saxon settlements in Essex, and its name is believed to derive from the ancient names given to Barking – ‘Berica’s people’ – and Dagenham – ‘Daecca’s village’.

population ................................................. 164,000
area (sqkm) .................................................. 36
primary schools ........................................... 34
secondary schools .......................................... 9
car-owning households ................................. 62%
average property price ................................... £143,000

Planning and developing the NHS workforce
www.nelwdc.nhs.uk
LEISURE & CULTURE

Come to Barking and Dagenham, and be part of the rich cultural life of London – the city which is undoubtedly one of the most diverse, innovative and exciting places to live and work.

With just about every language spoken, every culture celebrated, and every faith worshiped, London is the world's home town. Add to this the strong, local traditions which are very much alive in London's East End, and you can have the time of your life here.

The sheer range of cultural, entertainment and leisure activities on offer is breathtaking. Whether you’d like to experience Rigoletto at the Royal Opera House, or prefer to come face-to-face with the artists at your local venue – there is always more to see and do than you imagined.

For ideas and information on what to do in London after work, 'TimeOut' publishes a weekly magazine, and a continually updated website. Many other organisations, including the BBC, also provide information on entertainment, both London-wide and in your neighbourhood.

www.timeout.com/london
www.bbc.co.uk/london
www.barking-dagenham.gov.uk
www.londontouristboard.co.uk
www.travelinlondon.org

THE LOCAL SCENE

Barking and Dagenham has a budding arts scene, which manifests itself in a wide range of creative activities in the community and a growing number of flagship projects, which are attracting attention on a regional and national level.

There are many places of interest – some of great historical importance. Firstly there are the ancient ruins of Barking Abbey, founded in AD666 and destroyed in 1539 during Henry VIII’s reformation. There is also the Parish Church of St Margaret's dating back to the 13th century. At the Town Quay on Abbey Road in Barking there is a 17th century timber-framed old granary building and at Eastbrookend, off Dagenham Road, the council has created a Country Park.

The Broadway Theatre in Barking is undergoing major refurbishment and is due to reopen in autumn 2004 as a new centre for the performing arts.

Work is underway on a cultural industries complex in Barking called 'The Malthouse' to provide a focus for creative industries in the Borough.

Barking and Dagenham is also home to the 'A13 Artscape Project', one of Europe's largest and most ambitious public arts projects. It takes its name from the major road which leads to the borough, and transforms previously bleak roadside spaces into new landmarks.

For up-to-date information on places to visit, events, sports, recreation and tourism in Barking and Dagenham, visit the 'Leisure' section of the Council's website.

www.barking-dagenham.gov.uk

FINDING A HOME

New housing of all types – from single rooms for rent to family homes for sale – is always becoming available. With a little help and perseverance, those looking for a new home should not have too much difficulty to find the right kind of accommodation, in the right place, at an affordable price.

For people on low incomes, there is a limited amount of accommodation available at low rents through local councils and publicly funded housing associations.

Most private housing for sale or rent is offered through local estate agents – whose businesses can be easily found in high streets everywhere in the UK.

All properties in the UK are individually identified by their postcode, together with the house number or name. With this, it is possible to find information for any address in the United Kingdom.

Environmental data, for instance, can be found on-line at Homecheck, while average property prices are published on the Government's Land Registry website.

www.homecheck.co.uk
www.landreg.gov.uk

The UK Government's website contains a wealth of information to help with major life events – such as moving home.

There is guidance on finding a home, information about each area, council services and much more.

www.ukonline.gov.uk/YourLife

NHS ACCOMMODATION

For the benefit of its employees, the NHS has its own, nationwide accommodation service to help find a home, as well as providing general information on rental accommodation and home ownership.

NHS Accommodation has a large number of properties on its books and can offer NHS employees a choice covering many housing types, a wide range of prices, and most locations. Should your requirement not be met by any of the offers available at the time, NHS Accommodation can refer you to other organisations that offer help.

NHS accommodation can be contacted on the helpline telephone number or by email. Helpline: 08456 040 240
E: NHSAccommodation helpline@doh.gsi.gov.uk
www.nhs.uk/accommodation

LOCAL HOUSING SERVICES

In Barking and Dagenham, housing advice is given by the Council’s Housing Advice Unit.

Housing & Health Department
Housing Advice
2 Stour Road
Dagenham RM10 7JF
T: 020 8227 5700
F: 020 8227 2841
E: housingadvice@lb bd.gov.uk

CHILDREN & EDUCATION

Britain has a highly regarded educational system which provides great learning opportunities at all ages, both within the state and the independent sectors.

CHILDCARE

Information on registered childcare and Early Years services is available from the Local Authority and many other sources.

The Childcare Link website has advice on all areas of childcare from crèches, local registered child-minders, playgroups, nurseries, holiday play-schemes to after school clubs. It also contains the contacts for local Children’s Information Services (CIS).

National information line 08000 96 02 96
www.childcarelink.gov.uk
For information about childcare in Barking and Dagenham contact the borough’s Children’s Information Service.

CIS
LB Barking and Dagenham
Morline House
160 London Road
Barking IG11 8BB
T: 020 8227 5539
F: 020 8270 6791

SCHOOLS
The UK school education system consists of three phases:

• primary education (ages 5 to 11)
• secondary education (to age 16)
• tertiary education (for over age 16)

By law children are required to attend the primary and secondary phases of school education.

All 24,000 wholly or mainly state-funded schools in England are regularly inspected by the Office for Standards in Education (Ofsted) to maintain a high quality of education. The DfES (Government Department of Education and Skills) website provides details of schools across the UK.

www.dfes.gov.uk/parents

Over 90 per cent of pupils attend publicly funded schools, known as state schools. These have no fees. Primary schools tend to have male and female pupils. Secondary schools are either single-sex or co-educational.

England also has more than 2,000 independent schools. Many of these have charitable status. They receive income from fees paid by parents and profits from investments.

Independent schools, also known as private schools, manage their own day-to-day affairs. The schools undergo regular inspections of their teaching, staffing levels, accommodation and premises. Independent boarding schools also undergo inspection by Social Services Departments to ensure students’ welfare outside of the classroom.

More information can be obtained from the Independent Schools Council Information Service (ISCIS).

www.iscis.uk.net

HIGHER EDUCATION
If you require information about higher education, the HERO (Higher Education and Research Opportunities) website has an array of information about universities, colleges and research organisations in the United Kingdom. There is a profile and information for each University and all Further Education Colleges offering Higher Education courses.

www.hero.ac.uk.

GOING TO SCHOOL IN BARKING AND DAGENHAM
The ‘Pupils, Parents and Schools’ section of the borough’s website contains information about schools, term dates, special needs children, adult education and more. For a comprehensive list of schools in the area, visit the Learning section of the website.

www.barking-dagenham.gov.uk

If you require advice on education for your children, the Admissions Team at Barking and Dagenham is there to help.

Admissions Team
LB Barking and Dagenham
Town Hall
Barking
IG11 7LU
T: 020 8227 3032

HEALTH CARE
Health care is available to all UK residents registered with the National Health Service. Visiting a doctor (known as a General Practitioner or GP), accessing hospitals (including accident and emergency treatment) or using the ‘NHS Direct’ telephone help line are just some of the services provided free of charge by the NHS.

Details of your local NHS services, including local GP surgeries, dentists, pharmacists, opticians and more, can be found on the NHS website.

www.nhs.uk

Private health insurance is also available if you’d like to benefit from additional health services or faster access to non-emergency treatment.

NHS DIRECT
NHS Direct is a 365 days-a-year, nurse-led telephone advice line, giving fast and easy access to health information and confidential advice on all non-emergency health matters. Nurses are on hand day or night, enabling people to choose the right treatments for themselves and their families. If there are signs of any serious problem, calls will be transferred to the GP’s surgery or the emergency services.

NHS Direct: 0845 4647
www.nhsdirect.nhs.uk

LOCAL HEALTH SERVICES
The integration of health and social care in the local community, and the promotion of health in general, are responsibilities of local Primary Care Trusts (PCTs). Barking and Dagenham Primary Care Trust (PCT) works very closely with the Council’s Social Services Department, which is leading to improved services for the borough’s 170,000 residents.

The Barking and Havering Health Community website contains up to date news and information about local health services.

www.barkinghaveringhealth.nhs.uk