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 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

Havering is well served by national rail and London Underground’s District Line. The fastest journey time to Liverpool Street Station in the City of London is less than 30 minutes. Travelling out of London to the Essex towns and countryside is equally convenient. Rail services are provided by the train operating company ‘First Great Eastern’.
Havering is one of the largest boroughs in Greater London. To the north and east, the borough is bordered by the Essex countryside, to the south by a three mile River Thames footage, and to the west by the neighbouring boroughs of Redbridge and Barking & Dagenham.

The borough encompasses shopping centres, industrial sites as well as countryside. Havering has many sites of historical interest, which tend to reflect the development of an agricultural site, a village or a town. The Royal House in the picturesque village of Havering atte Bower was occupied by many kings from Edward the Confessor to Charles I. Romford has a lively market that has been in existence for over 750 years as well as an excellent modern shopping centre.
LEISURE AND CULTURE

Come to Havering, 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 worshipped, 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.onsitesites.co.uk/london
www.lonontouristboard.co.uk
www.travelinlondon.org/

THE LOCAL SCENE

Havering has several places of historical interest such as Rainham Hall, Upminster Windmill, Upminster Tithe Barn as well as Havering Country Park and 34 miles of country walkways. There are also many nightclubs, bars, restaurants, music and comedy venues.

The leisure section of the Council’s website provides lots of useful information about arts, entertainment and culture in Havering, as well as sports, open spaces and parks.

www.havering.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 – who 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

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.

For advice on education for your children at any age, contact the Department for Education and Skills or visit its website for parents:

DFES Public Enquiry Unit
Sanctuary Buildings
Great Smith Street
London SW1P 3BT
T: 0870 000 22 88
E: dfes.ministers@dfes.gsi.gov.uk
www.parentcentre.gov.uk

CHILD CARE

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

The Havering Childcare Information Service provides information on all aspects of childcare in the borough. For further information contact:

T: 01708 371991
F: 01708 434252
E: haveringcis@havering.gov.uk
www.haveringcis.org.uk

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

**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).

Up to date news and information about local health services can be found on the NHS website for Barking and Havering.

www.barkinghaveringhealth.nhs.uk