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

Redbridge is on the London Underground Central Line, providing direct services to the City and West End. The Dartford Crossing to the South allows easy road access to Kent and the Channel ports.

Information for transport within Redbridge can be found on the Council’s website.

www.redbridge.gov.uk/transport

LOCAL COUNCIL

London Borough of Redbridge
Town Hall
PO Box 2
Ilford IG1 1DD
T: 020 8554 5000
E: customer.cc@redbridge.gov.uk
www.redbridge.gov.uk

MAYOR OF LONDON

This website reports on the work of the Mayor and the Assembly for transportation and all other aspects of London government.

www.london.gov.uk/

UK GOVERNMENT

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

www.ukonline.gov.uk

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.racab.org.uk

GETTING ABOUT

Multimap and Streetmap are websites where you can find addresses or view street and road maps for London and the UK.

www.multimap.co.uk
www.streetmap.co.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

NHS

Redbridge PCT
T: 020 8926 5217
North East London
Mental Health NHS Trust
T: 020 8590 6060
www.nelmht.nhs.uk
Barking, Havering and Redbridge Hospitals NHS Trust
T: 01708 345533 ext. 3986
www.bhrhospitals.nhs.uk
NHS Careers
T: 0845 60 60 655
E: advice@nhscareers.nhs.uk
www.nhscareers.nhs.uk
The London Borough of Redbridge is an area of mixed affluence in North East London, covering the areas of Wanstead, Woodford, Hainault and Ilford—the premier centre for the whole region. It has excellent transport links and shopping facilities, as well as a major new leisure and cinema complex. Ilford makes a substantial contribution to the quality of life in the whole of the borough. The town centre provides a welcoming setting for work or leisure—doing business or meeting friends—taking a lunch break or dining out.

There are excellent rail, underground and road links with the centre of London, which is just seven miles away. London City Airport and Stansted Airport are within very easy reach.

In the year 60 AD, Queen Boadicea is reputed to have ridden down what is now Ilford High Road. Nearby green spaces and woodlands dating back to her time and earlier are still being enjoyed by Romford’s residents today.
LEISURE & CULTURE

Come to Redbridge, 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 entertainment, visit the Leisure section of the Council’s website. For up-to-date information on places to visit, events, sports, recreation and tourism in Redbridge, visit the Leisure section of the Council’s website.

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

Housing in Redbridge is always in demand and new units are under construction. All local housing information can be found under the Housing section of the Council’s website. Alternatively, you can write to its housing advice service.

London Borough of Redbridge Town Hall PO Box 2 Ilford IG1 1DD T: 020 8554 5000 E: customer.cc@redbridge.gov.uk www.redbridge.gov.uk/housing

For information about childcare in Redbridge contact: Hainault Community Centre, 100b Manford Way, Chigwell, Essex IG7 4DF T: 0800 587 7500 E: childrensinformationservice@redbridge.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.

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

For information about 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 créches, 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
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 student’s welfare outside of the classroom.

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 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 4647
www.nhsdirect.nhs.uk

HEALTH CARE

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

SCHOOLS IN REDBRIDGE
The ‘Learning’ section of the borough’s web site contains advice on education for your children.
www.redbridge.gov.uk/learning

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

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).

Information about healthcare in Redbridge can be found under the Health section of the Council’s website.
www.redbridge.gov.uk