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

Waltham Forest benefits from good public transport and road links to Central London and the surrounding region, with the London Underground Victoria Line providing particularly fast and frequent services.

Waltham Forest is also part of the North London Strategic Alliance which promotes sustainable travel in and around the North London Area. Their website provides information about bus, rail, tube, road travel as well as car sharing.

www.northlondontransport.org/walthamforestpage.asp
In the London Borough of Waltham Forest, people get the best of town and country right at their doorstep. It is a place where wide ranges of entertainment opportunities combine with a thriving commercial scene. The borough is only a short ride away from London’s City and West End, while access to the major national road, rail and air travel networks is excellent.

One fifth of the borough is open space where beautiful forests, thriving wildlife and outdoor sports facilities are waiting to be enjoyed. The borough also borders rural Essex.
LEISURE & CULTURE

Come to Waltham Forest, 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

THE LOCAL SCENE

Waltham Forest has leisure facilities to cater for all tastes. There are leisure centres, theatres and cinemas, museums, galleries and historic buildings. The borough also has parks and adventure playgrounds, as well as a wide range of outdoor pursuits.

For information on local events, visit the Council’s website and follow the ‘Leisure, Entertainment and Tourism’ link.

www.lbwf.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
www.nhs.uk/accommodation

LOCAL HOUSING SERVICES

Follow the link to ‘Housing and Accommodation’ on the Council’s website for information about finding a home. Free advice is also available at the Council’s Housing Services office.

Willow House
369 Forest Road
Walthamstow
London E17 4UH
T: 020 8496 4197
F: 020 8496 3313
E: housing.direct@hsg.lbwf.gov.uk
www.lbwf.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

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-ministers, 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

Information about childcare in Waltham Forest can be found on the website www.lbwf.gov.uk under the ‘Children’s Information’ section. Alternatively, contact Waltham Forest Children’s Information Service:

Community Place
806 High Road
Leyton
London E10 6AE
T: 020 8539 0870

Childcare Recruitment Line: 020 8539 0967

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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.

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.

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

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).

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