

YOUR GUIDE TO RELOCATING TO BRISTOL AND WESTON

WELCOME





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A very warm welcome



...to University Hospitals Bristol and Weston NHS Foundation Trust (UHBW).

On behalf of the Trust, I would like to personally thank you for choosing UHBW as your employer of choice and for travelling across the world to start your new life here in the beautiful heart of the South West of England.

This guide had been designed to give you essential information to help ensure your arrival to the UK and the Trust goes as smoothly as possible. It includes information about our hospitals, living in the UK and life in Bristol and Weston, travel and transport and other key documents.

Our Pastoral Support and Relocation Manager, who has been with you on your journey so far, will continue to provide you with help and support as you adapt in your new role. We have divisional recruitment and retention leads as well as divisional nurse wellbeing leads, who together with your manager, will help you settle in to life here at UHBW and all want you to prosper and enjoy your career with the Trust.

The team are very excited to meet you and some have recorded personal welcome messages which you can view on www.uhbwcareers.nhs.uk/welcome-international-nurses/.

Kindest regards,

Deirdre Fowler

Chief Nurse

Quarantine Period

The quarantine period is continuous from the day you arrive in England and lasts for the next 10 full consecutive days after the day you arrived up until midnight of day 10. For the purposes of counting days, the day after arrival is considered 'day 1'. This period is necessary because it can take up to 10 days for COVID-19 symptoms to appear.

You may be visited by someone carrying out checks on behalf of the government to make sure you're complying with your legal duty to quarantine.

If you break the quarantine rules, you may face a penalty of up to £10,000.

What you can and cannot do in quarantine

You must quarantine in one place for the full quarantine period, where you can have food and other necessities delivered.

You must quarantine at the address you provided on the passenger locator form.

You cannot have visitors, including friends and family, unless they're providing:

- emergency assistance
- care or assistance, including personal care
- medical assistance
- certain critical public services

Going out

You cannot leave the premises where you're in quarantine. You cannot visit family or friends who do not live in the premises where you quarantine. You must only exercise inside the place where you're quarantining or garden.

You must not go shopping. If you need help buying groceries, other shopping or picking up medication, you should ask a member of the Resourcing team or order a delivery. You can leave to escape risk of harm.

Exceptional circumstances

You may also be allowed to leave your accommodation in exceptional circumstances. This includes purposes such as:

- accessing basic urgent necessities like food and medicines where you cannot arrange for these to be delivered or travelling to a COVID-19 testing site
- accessing critical public services including social services
- moving to a different place for quarantine where you can no longer remain where you are

What to do if you get COVID-19 symptoms

You should immediately contact 111 to arrange a COVID-19 test for you if you develop at least one of these 3 symptoms at any point:

- a high temperature
- a new, continuous cough
- you've lost your sense of smell or taste or it's changed

Only then contact the Pastoral and Relocation Manager

Rules for the people you stay with

As far as possible, avoid contact with other people in the place where you're quarantining to reduce the risk of spreading COVID-19. You should stay in a well ventilated room with an outside window that can be opened, separate from other people in your home.

Stay 2 metres apart from other people staying there at all times and wear a face covering.

Living in Bristol and Weston

Bristol is an amazingly diverse city, home to people from all over the world. Sometimes called little London, the city has many music venues, galleries and festivals that drive its creative reputation.

It is only a few miles away from many picturesque villages and small towns in Gloucestershire and Somerset, which are all within commuter distance. The beaches of Devon, Dorset and Wales are within a two-hour drive from Bristol; a city with great green credentials, with excellent bus service and cycle lanes.



It is home to the famed graffiti artist Banksy (you can find many of his pieces around town), the cartoon Wallace and Gromit, some of Brunel's greatest feats of engineering (the Clifton Suspension Bridge and the S.S. Great Britain), an international hot air balloon festival, and two universities (The University of Bristol and the University of the West of England).

It is a very livable city and, in addition to having a fascinating history of its own, it is close to some of the top attractions in the U.K. such as Bath, Stonehenge, Salisbury and more.



Weston-super-Mare, also known as just Weston, is a seaside town in Somerset. It lies by the Bristol Channel 18 miles (29 km) south west of Bristol. Dominated by long stretches of sandy beaches, Weston-super-Mare attracts thousands of tourists and visitors in the warmer months.

The main Weston landmark is the Grand Pier. Rebuilt 11 years ago after a fire destroyed the original construction, the pier offers arcade games, fairground rides and classic seaside treats and it hosts different events throughout the year.

There is a wide variety of cafes, pubs and restaurants so you can always find something to satisfy your appetite. The most popular foods are fish and chips.

Weston locals are known for their friendliness and community spirit.

On arrival

As soon as you arrive to the UK there is a list of things that you need to do:

Opening a Bank Account in the UK

You must open your UK bank account immediately on day one. This is necessary to set you up on the payroll system and to be able to shop online or in store with a debit card. We will also need a copy of the account opening letter as a proof of address to carry out your DBS check.

To open your Monzo account please follow the steps below:

1. Go to the app store on your phone and search for Monzo Bank & download the app
2. Choose the type of account you want – you can just choose the free basic current account
3. Complete all questions – use your permanent accommodation address
4. You need to confirm your identity by taking a short selfie video - follow instructions on the app
5. Give your accommodation address for them to send the card
6. Once you've got your card you will need to activate it – instructions will arrive with your card
7. Please as soon as you have your account set up, download the confirmation letter showing your postal address and your new bank account number and email it to your recruitment coordinator.



You may want to open a new bank account later on in one of the many banks with offices in Bristol or Weston-Super-Mare. For this you will be typically asked to provide the following:

- 2 proofs of identity
- Proof of Address
- Biometric card permit

They will normally ask you to do what they call an “interview” which is simply an appointment with them, so they have enough time to process your account and discuss what kind of account you are entitled to have.

The following banks offer help to our employees if you wish to open an account with them:

- > **Barclays:** uhbw-support@barclays.com
- > **HSBC:** customer.care.team@hscb.com

The list of companies provided are in no way endorsed by the NHS, the list of third party providers have been provided as a result of research and candidate feedback. The Trust accepts no liability for the actions of the suppliers listed and any contracts entered in to between yourself and the partners are entirely at your own risk.

Testing in quarantine

UHBW has ordered your quarantine tests which will arrive to your accommodation. If for some reason, they don't please contact the Pastoral Support and Relocation Manager.

Day-2 test

You will need to take a COVID-19 test on or before day 2 of your quarantine period. The day of arrival in England will be treated as day 0. This first test is designed to help identify any potentially harmful variants of COVID-19 at the earliest opportunity. Tests will be taken in your own accommodation.

If you get a positive result from your day-2 test, you must quarantine for 10 days beginning the day after the test was taken. If you get a positive result from your day-2 test, you do not need to take a test on day 8.

Day-8 test

You need to take a COVID-19 test on or after day 8, unless you got a positive result from your day-2 test. If you get a positive test result from your day-8 test you will need to quarantine immediately and continue for 10 days. The day of the test counts as day 0. Your household will also need to quarantine immediately and continue for 10 days, with the day of the test counting as day 0.

If at any point you test positive for COVID-19, please stay in your room and alert the Pastoral Support and Relocation Manager.

Online training

During your quarantine period you need to complete the Trust's corporate induction. For this you will need to access the Learning and Development Portal known as Kallidus, you will be provided with information to access Kallidus. In addition to this you will also attend live sessions on Microsoft Teams as part of the corporate induction.

Please find the full corporate planner and instructions to use both systems in the documents attached.



If you have any problems please contact our Learning and Development team on 0117342 0020 or CorporateEducation@UHBW.nhs.uk

Medical and dental services



Soon after your arrival you will need to register in your local General Practice Centre and Dentist. You may find the following links helpful to search for the services near you:

- www.nhs.uk/service-search/find-a-GP
- www.dentists-near-me.co.uk/nhs-dentist

Find out more on how to register with a GP Surgery: www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/

After arrival in the UK if you require immediate medical/dental advice, you can phone 111. For emergencies call 999.

NHS staff and care workers from overseas will no longer have to pay an NHS surcharge.

Biometric Card

A BRP (biometric residence permit) is an identity card, granted to those who have been granted a visa to be in the UK for 6 months or more. It will contain your NI number and must be collected on first day out of isolation. You will need to take your passport and the Home Office letter if you received one.

Transport will be arranged if needed to take you to correct Post Office and back to accommodation.



Claiming Expenses

In order to claim the reimbursement of your NMC registration and Language Test (OET / IELTS) you will need to complete the attached Travel and Subsistence Claim Form. You will receive instructions about how to fill this form in one of the catch up video calls during your quarantine period. You will need to provide proof of the payments (receipts or online payment confirmations) together with the form for Payroll to process the reimbursement.

Other useful information

Get connected

Social media and other networks can help you find fellow citizens or other expats to exchange experiences and tips to support each other.



- **Facebook:** The Trust has a page setup specifically for new international nurses. Which you will be provided with instructions on how to join. You can find groups for pretty much every nationality living in Bristol and Weston such as 'Bristol Indians', 'Portugueses em Bristol UK' or 'Filcom Bristol' (Filipino Community in Bristol) among others. They share useful information and you can ask questions.
- **InterNations:** Online network where international people meet, connect, and exchange information.
- **Meetup.com:** This is an online platform where you can find groups of people and attend events that match your interests.
- **Language exchange:** This is a great way of meeting people and improving your knowledge of English while teaching your own language. There are a number of venues and language schools that organise them across the city such as Leftbank or International House Bristol when the Covid-19 restrictions are not in place.

Income Tax

When you start earning you will have to pay income tax if you earn more than a specified personal allowance in any tax year (a tax year usually runs from April to April).

Your personal allowance varies depending on your circumstances. Your tax will usually be taken from your wages by your employer and passed to the revenue service. The amount of tax you pay will show on your payslip.



You can find out more about personal allowances and income tax rates at the HMRC website:

www.gov.uk/government/publications/rates-and-allowances-income-tax/rates-and-allowances-income-tax

Cost of living in the UK

It is difficult to estimate your living costs when you are in the UK, as this will largely depend on your lifestyle. The table below gives some examples of approximate prices of products in the UK, although please be aware prices do vary considerably depending on the shop and brand.

Item	Approximate price (in £)	(in £)
Loaf of bread		1.20
One kg of rice		1.90
Pint of milk		0.50
500g butter		1.00
500g cheese		4.00
Six large eggs		1.50
500g mince beef		2.50
T – Shirt, shirts, sweaters		10.00-20.00
Jeans, trousers, skirts		20.00-50.00
Heavy coat		30.00-100.00
Shoes, trainers		30.00
Shampoo bottle		2.00
Tube of toothpaste		1.50
Duvet/quilt		20.00
Bed sheets		10.00
Restaurant meal		10.00+
Cinema ticket		7.00
Pint of beer/drink in a bar		3.50
Haircut		15.00+

International Nursing Associations

The NHS is committed to inclusion, and values the diversity of all cultures. It is important that you can connect to people who understand your culture, mindset and your journey and lived experience. As part of your induction you will be introduced to our Union leads, you may also want to reach out to the following international nursing associations (not Bristol or Weston based):

All Pakistani Nurses Association (APNA)	wakcare@gmail.com
Association Isabel Zandal: Association of Spanish Nurses and Health Workers working in the UK C.I.C	@IsabelZandal
Association of Guyanese Nurses and Allied Professionals (AGNAP)	agnapuk.wordpress.com AGNAP@aol.com @AGNAP2
Association of South African Nurses in the UK (ASANUK)	asanuk.com info@asanuk.com
Barbados Overseas Nurses Association (BONA)	barbadosoverseasnursesassociation.co.uk ceivongoodie@gmail.com
British Indian Nurses Association (BINA)	admin@binauk.org @BINA_UK
Cameroon Nurses Association UK (CAN UK)	camnursesuk.org info@camnursesuk.org
Commonwealth Nurses and Midwives Federation (CNMF)	commonwealthnurses.org cnmf@commonwealthnurses.org @CNMF4U
Filipino Nurses Association United Kingdom (FNA)	fnauk.org.uk president@fnauk.org.uk @filipinonurseuk
Gambia Healthcare Matters UK (GHM UK)	gambiahealthcarematters.org info@gambiahealthcarematters.org @GambiaUk
Ghana Nurses Association UK (GNA UK)	gna-uk.org info@gna-uk.org
Malawian-UK Nurses Association for Advancement (MUNAA)	munaa.co.uk info@munaa.co.uk @MalawianUKNurse
Nigerian Nurses Charitable Association UK (NNCAUK)	nncauk.org info@nncauk.org @NNCAUK
Nurses Association of Jamaica UK (NAJ UK)	naj.org.uk info@naj.org.uk @NAJUKNursing
Philippine Nurses Association of United Kingdom (PNAUK)	mypnauk.org admin@pnauk.org.uk @PNA_UKnurses
The Organisation of Sierra Leonean Healthcare Professionals Abroad (TOSHPA)	toshpa.org.uk info@toshpa.org.uk @TOSHPA_OFFICIAL
Uganda Nurses Midwives Association (UNMA-UK)	uganmas.uk@gmail.com @UgDiasporaNMAUK
Zimbabwe Health Training Support (ZHTS)	zhts.org.uk info@zhts.org.uk

Personal & Online Safety

Unfortunately there are people making a living by deceiving the public (scams) so if you are approached by telephone or email by someone asking for money or your bank details for ANY REASON, do not be scared into giving this information. No reputable organisation would ask for this over the telephone or via email without your prior knowledge. Treat any new contact as suspicious if you were not expecting it and ask a colleague at work to help.

For Online safety tips, please visit <https://www.ncsc.gov.uk/section/information-for/individuals-families>



Laws & Legislation

The laws in the UK may be different from those in your home country. This especially applies to the use of tobacco, alcohol and self-defence sprays.

- You must not carry drugs with you of any kind (unless prescribed by a doctor), or use any illegal drugs, including cannabis, ecstasy, LSD or amphetamines.
- It is illegal to carry any sort of weapon including knives, self-defence CS gas sprays, guns or stun guns.
- You must be 18 or above to buy tobacco and alcohol.
- Never buy property that you think might be stolen, no matter how tempting the bargain.
- It is an offence to falsely report the theft of property.
- All sexual acts are a criminal offence if at least one of the people involved, male or female, is under 16.

If you break any UK laws, there is a danger that you will be arrested, questioned and potentially charged with an offence by the UK police.

If you find yourself involved with the police, you should be co-operative. In the unlikely event that you are arrested, you should contact your line Manager who will be able to give you contact details for support.

Bristol Hospitals Site Map





Key

- Zone A Bristol Royal Infirmary
 - Zone B Bristol Royal Infirmary
 - Zone C Bristol Heart Institute
 - Zone D Bristol Haematology and Oncology Centre
 - Zone E Bristol Royal Hospital for Children
 - Zone H Bristol Eye Hospital
 - Other Trust buildings
-
- Entrances
 - Restricted Access Department Only
 - Free Hospital Shuttle Bus
 - Disabled Parking
 - Drop-Off Area
 - Park & Ride Bus Stop
 - Woodland Walkway
 - Car Parks
 - Emergency Department (Accident and Emergency)
 - Children's Emergency Department (Accident and Emergency)

Temple Meads

M32 M4

BRISTOL SHOPPING QUARTER

N C P

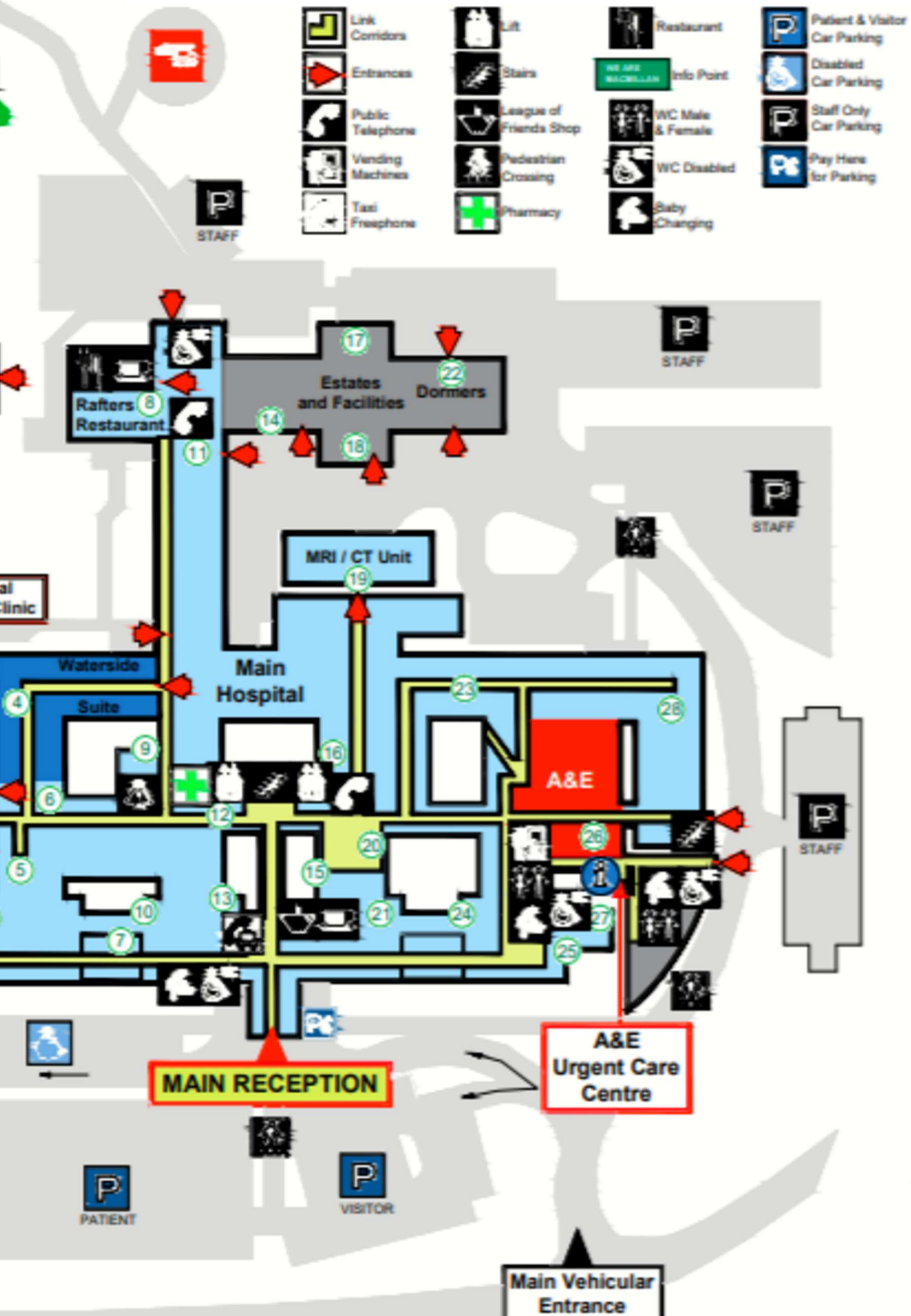
St James Barton
50 metres

Weston Hospital Site Map



University Hospitals Bristol and Weston

NHS Foundation Trust





Accommodation

The Trust has agreed to provide you with furnished accommodation upon arrival for your first few months, whilst basic, we do hope you find them clean, comfortable and sociable.

Full details of terms and conditions will be available in your contractual documentation. See Declaration form attached which explains that damages and costs will need to be recovered from yourself. You will need to read, sign and return this form as soon as possible after your arrival.

Upon arrival, you will be provided with the following:

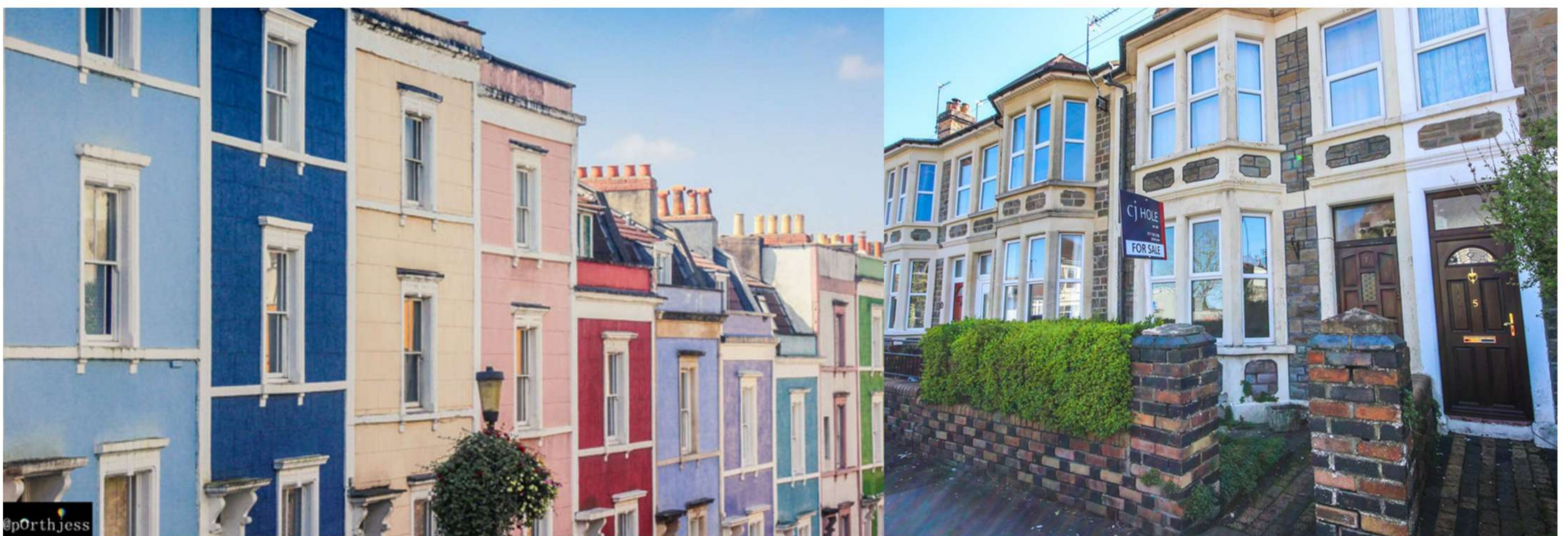
A bedding set, crockery and pans for shared use and cleaning tools and products.

All the properties provided include all basic services (water, heating, electricity, etc.) and internet connection. Should you encounter any problems please let the Relocation and Pastoral Support Manager or your Resourcing contact know as soon as possible for these to be resolved.

Once your agreed length of stay is complete you will need to move out of the accommodation provided by the Trust and find your own. Finding accommodation in Bristol and Weston can be difficult and expensive and there are a number of scammers out there, so please be careful to use reputable companies for your first rental. If it is too good to be true, it probably is, again speak to the pastoral team if you are unsure.

You may choose to live in the city itself or you might consider commuting from neighbouring areas such as North Somerset, South Gloucestershire or beyond. There is a wide range of temporary and long-term accommodation available.

It is a competitive housing market, therefore you would be advised to browse some of the following links to see what furnished rental accommodation is currently available at what cost. You will see that rooms are available to rent for from £400 per calendar month (including utilities) if you wish to share a flat or house, this is the most inexpensive option. One bedroom flats from £475 pcm up to £1200 pcm excluding tax and utility bills.



Bristol & Weston Councils offer helpful tips and advice to people looking for rental properties. You may want to look at their websites:

www.bristol.gov.uk/housing/find-a-home-to-rent-with-a-private-landlord
www.n-somerset.gov.uk/wp-content/uploads/2018/06/private-renting-booklet.pdf

WHERE TO LOOK

- The following property websites:

www.rightmove.co.uk	www.hometurflettings.co.uk
www.zoopla.co.uk	www.greenwoodsonline.co.uk
www.dssmove.co.uk	www.willowletting.co.uk
www.gumtree.com/bristol	www.homehunt.co.uk
www.spareroom.co.uk	www.bristolpost.co.uk/letting
www.nestoria.co.uk	www.placesforpeople.co.uk
www.piperproperty.co.uk	www.uk.easyroommate.com
www.propertypigeon.co.uk/rent-homes	



- The Evening Post and Trade-It papers are also accessible online:

www.bristolpost.co.uk
www.tradeit.co.uk

- Shop windows / community notice boards / supermarket notice boards.
- Social media sites, like Facebook, often have 'market place' pages so it may be worth ensuring you are joined up to the appropriate pages for your preferred areas because Landlords may advertise for tenants here!
- Don't forget to speak to friends and colleagues – word of mouth can often give great results.

The adverts will provide contact details of the estate agents dealing with the rental and viewings. Each agency sets its own terms and conditions of business and fee structure - it is the tenants responsibility to ensure they understand all requirements and charges prior to signing any agreement. Agency fees should not be charged until an agreement to let a property has been signed. Typically, agency fees are 35% + of the first month's rent and you may be required to pay one month rent as a returnable deposit.

Advertising Accommodation

Another good resource to find your accommodation is the Staff Bulletin Board on Connect (Trust intranet site). This bulletin enables colleagues to advertise within two sections: Accommodation offered and Accommodation wanted. Although you will not find a large number of adverts, it is worth having a look.

Where to live

BRISTOL - Each neighbourhood in Bristol has its own sense of style. We've put together a brief guide to the most popular areas in Bristol.

Bristol City Centre and Redcliffe, BS1

The once-derelict Floating Harbour is now the salty heart of the city, with a combination of history, offices, narrowboats and new waterfront apartments. Heading south towards the centre, the harbourside hosts a weekly street food market, numerous bars and the award-winning gallery, The Arnolfini.

Further down, there's Wapping Wharf, now home to a series of shipping containers transformed into barbers, bars, restaurants and yoga studios.



Dozens of new property developments are taking place across Redcliffe and the City Centre, but property here is in high demand. Living in this area will have you close to all the action of the city, as well as a short walk to the Bristol Royal Infirmary and our central Bristol hospitals. You will also find great transport links.

The average property price may still seem quite affordable for living in the city centre, but most properties available are flats or apartments, and you will be getting less space for your money.



St Paul's BS2

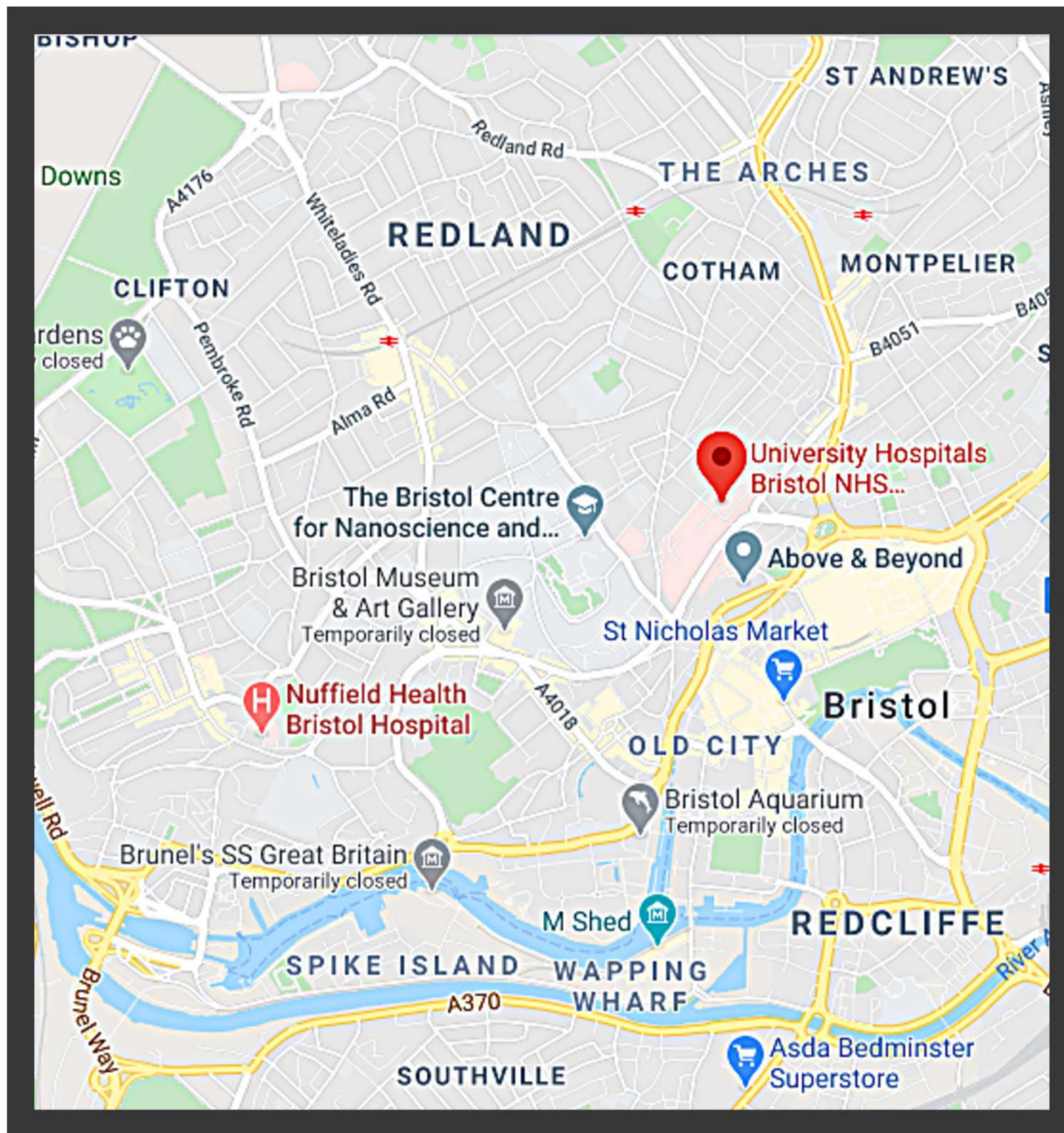
The area is a great showcase to what Bristol has on offer culturally and socially. Most well-known for holding the yearly African Caribbean celebration St Paul's Carnival, which boasts a vibrant colourful procession, sound systems dotted around streets, and culturally diverse food stalls.

It's also a great area for music, its central location means that it's close to some of the best venues and clubs in the city, so you won't have to walk far to see live music in abundance.

Montpelier, BS6

Montpelier has fast become one of the most popular areas for renters moving from outside of Bristol, and with young professionals. Close to the nightlife and cultural hub that is Stokes Croft, with a multicultural and eclectic community of creatives, and an urban vibe, Montpelier is great for those who love to live in the inner city at walking distance of the centre and the our central hospitals. Plus, you can still snap up plenty of those beautiful Georgian terraces, but as significantly cheaper prices than in Clifton.





Cotham and St Andrew's, BS6

Walking up the steep hill from the Bristol Royal Infirmary you find Cotham. This is a prosperous and leafy suburb that features a lot of large old houses many of which have been converted into multi-person occupancies.

St Andrew's is immediately to the east of Cotham. Apart from its popular park, where to have a drink with friends when the sun is out, St Andrew's is particularly well known by its main street, Gloucester Road. This long road contains lots of small independent shops and is well served by public transport with multiple buses going to and from the city centre. This area is very popular and counts with a good selection of cafes and pubs.



Clifton, BS8

Clifton is often the first place people think of when moving to Bristol. Although made famous by its grand Georgian terraces, Regency crescents and picturesque garden squares, Clifton's got inner beauty too, with a vibrant array of pubs, restaurants and boutique bars.

Clifton is one of the most remarkable areas in Bristol, with it being the home of the Clifton Suspension Bridge, Clifton Cathedral, Bristol Zoo and Clifton Down. With its location along the River Avon, it is a very desirable place to live and is thus home to many successful artists and architects.



Due to its popularity, most properties are let out as leasehold flats and prices are one of the highest in Bristol.



Southville and Bedminster, BS3

Described by some as "Bristol's Notting Hill", Southville went unnoticed for years but after a decade of regeneration kicked off with the emergence of the Tobacco Factory as an arts and theatre hub in the late 90's, is now an area in high demand. Alongside neighbouring Bedminster, Southville now boasts a thriving independent restaurant and bar scene, as well as becoming an emerging arts hub, pioneered by the live graffiti festival Upfest and proximity to renowned gallery Spike Island.

There are still plenty of terraced properties remaining from the Victorian era as well, with many of them having been converted into multi-person occupancies at more reasonable rents.

Despite being South of the River, Southville is only a short walk away from the harbourside and the city's centre.

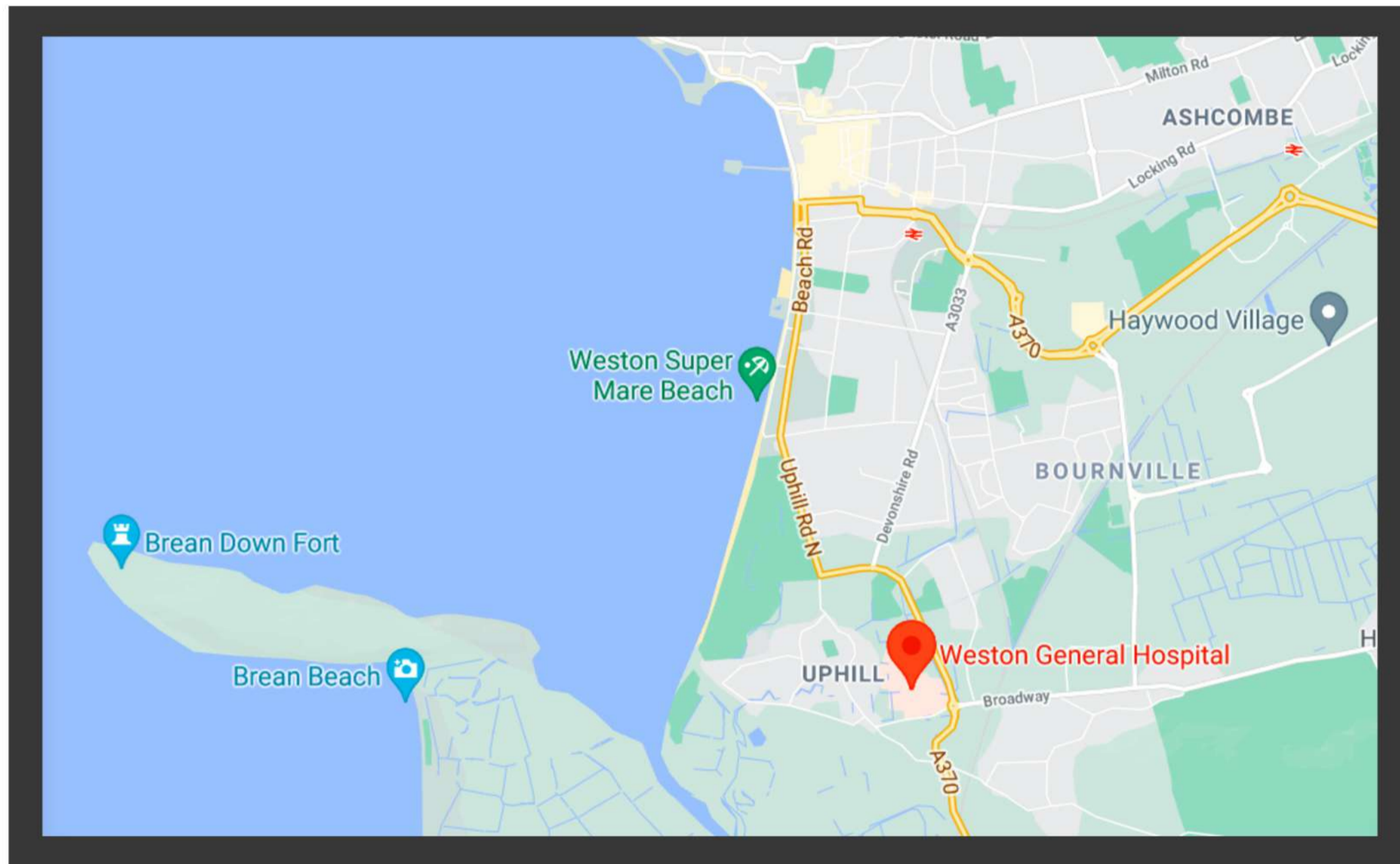
Totterdown and Temple Meads BS4

Totterdown was built in the 19th century around the railway industry and may be an ideal place to live if you're on more of a budget. With narrow streets sprawled across this urban village, houses are often older and smaller than those in nearby areas. The neighbourhood itself is artsy and creative, with many of the Victorian and Edwardian houses painted in bright colours that create one of Bristol's best views. Totterdown is a very popular area for young families due to the local schools, local parks and friendly atmosphere created by its residents.

Bristol's central railway station, Temple Meads sits at the heart of a developing area, Temple Quay which in recent years has become a centre for commerce, business and creative industries, leading to the opening of popular bars, cafes and restaurants. Plus there are weekly food markets and a programme of events held in the central square.



WESTON - Weston super Mare is the main town, however there are several desirable villages in the area and a number of new property developments



Weston-Super-Mare

This famous seaside town has a lot to offer. It has a beautiful beach and there are plenty of entertainment venues where you can enjoy music, comedy and more. Prices are affordable with single bedroom flats average on £550 and rental rooms on a shared accommodation for under £300 (bills not included). Weston Super Mare neighbourhoods are impressive and the population is generally diverse. The area on the Hillside at the Birneck Pier at the end of the shore is one of the best neighbourhoods. Weston is a tourist destination and attracts thousands of visitors during the summer.



Hutton

At walking distance and only a few minutes cycling from the Weston General Hospital, this historic village is one of the most convenient places to live at a reasonable price, with single bedroom flats from £500 per months. Hutton is four miles inland from Weston and it lies beneath the north slope of the Mendip Hills, on the border of the Area of Outstanding Natural Beauty which bears their name.

Uphill and Bleadon

Uphill is the village where the hospital is located so you won't find anything closer if you work at Weston General. Situated at the southern end of Weston-super-Mare, Uphill Sands is the local sandy and expansive beach. Behind the beach and following the course of the Axe is Uphill Local Nature Reserve. 4 miles inland you find Bleadon, a village where you can combine the best of the two worlds, countryside and cost. Uphill and Bleadon are a world apart from the hustle and bustle you would expect from the seaside resort. However, you won't find quite the same range of facilities as on Weston's main strip.

Other nearby villages are Locking, Kewstoke, Banwell and Worle.



Transport in Bristol

The traffic in Bristol at peak time is generally quite heavy. For that reason and also to reduce pollution and protect the environment, UHBW promotes green travel through a number of initiatives. Staff are encouraged to share cars to work where safe to do so, walk or use bicycles, motorbikes or public transport.

Cycling

The Trust is a cycle friendly workplace and provides spaces for over 500 bikes on-site at all the precincts across the Trust. There is also access to showers, changing rooms and locker facilities available for those cycling to work.

You can find a number of urban cycle routes in Bristol, as well as links to National Cycle Network routes to Bath and London, to Gloucester and Wales, and to the south-western peninsula of England.



Bus

It's easy to get around Bristol by bus, with plenty of services available from all key locations. You can find out more about Bristol bus routes and timetables at www.firstgroup.com/bristol. You can buy your tickets in advance and at better prices on the First Bus App or you can pay contactless on all the buses. You can buy day, season and multiple journey tickets and you will get a 10% discount in your monthly or year tickets for being a UHBW employee.

If you live in the greater Bristol area it's also worth exploring Bristol's most modern public transport system, Metrobus. Metrobus offers a faster, more frequent and reliable service with direct routes to key destinations. This new, environmentally-friendly way of getting around the city has a 'buy before you board service' with ticket machines at every stop. A recent addition to public transport has been the VOI e-Scooters which you will see being ridden throughout Bristol. You will find the app on your mobile phones App Store.



Train

Bristol is at the hub of the national rail network in the West of England. The major train operators run local, regional and inter-city services from Bristol Temple Meads Railway Station and Bristol Parkway Railway Station.

The Hospital Free Bus

There is a hospital free bus for patients, visitors and staff of the UHBW hospitals. This regular service runs every 20 minutes (from 6:40am to 8:45pm weekdays) and connects the Bristol train Station of Temple Meads to all our hospital in central Bristol with stops in Cabot Circus and Broadmead.

Transport in Weston

Weston-super-Mare is easy to get to by public transport and is well served by a bus network, rail line and by the National Express coach services. The quickest way to travel between Bristol and Weston is by train (under 30 minutes journey).

Cycling

There are plenty of covered and lockable bike spaces around Weston General Hospital including a set next to the main hospital reception.

To find the best route by bike please refer to the North Somerset Cycle Map.



Bus

The Bus Network for the main Weston-super-Mare buses is operated by First Bus. You can download their app for departure times and buy tickets. There are, however, other companies operating bus services. Weston-super-Mare does not have a bus station but many of the bus services start in Regent Street or Alexandra Parade in Weston-super-Mare town centre.

If you need any more information, advice or support in arranging your travel to the Hospital and Trust you can contact Travel West on www.travelwest.info

For public transport journey planning please go to: www.travelinesw.info.

Train

The nearest train station is Weston-super-Mare railway station, which is about two miles from the Hospital and approximately 10 minutes' walk from the town centre.

















Great Western Railways trains run regular services to Weston-super-Mare from Bristol Temple Meads, Cardiff Central, London Paddington, Reading, Swindon, Bath, Taunton, Exeter St Davids, Plymouth, Gloucester and Cheltenham. Visit www.nationalrail.co.uk for more information on rail times and fares.

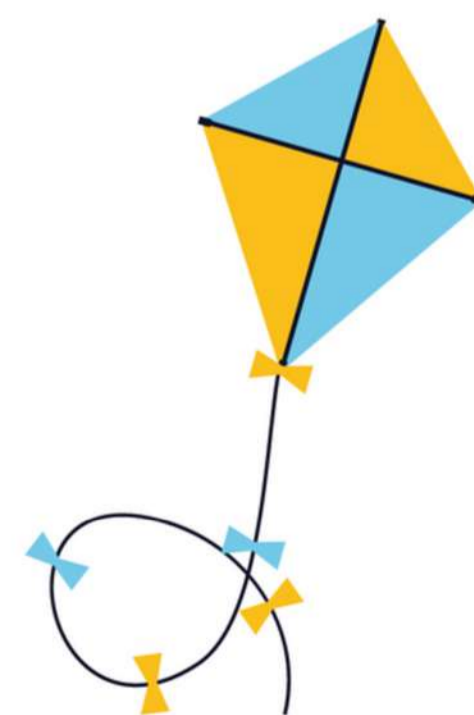
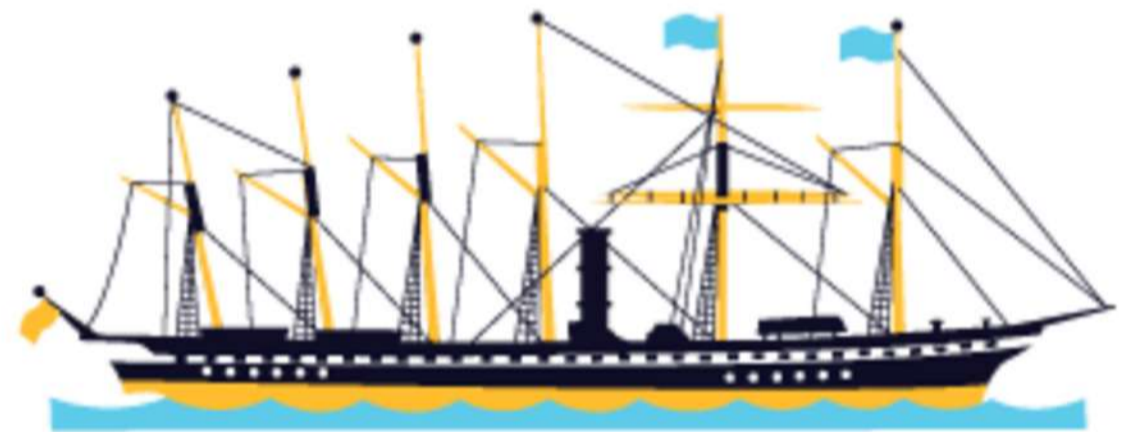


Things to do

When it comes to things to do or see in Bristol and Weston, you will be pleasantly surprised at the variety of offerings. Here you will find a list of some of the things we think you might like from attractions, activities and places to visit.

Bristol

-  Bristol Museum and the Georgian House
-  We the Curious - Science Museum
-  Clifton Suspension Bridge and Observatory
-  SS Great Britain and the Matthew boat
-  Bristol zoo
-  M Shed
-  The Hippodrome
-  Colston Hall
-  Gloucester Road
-  Clifton Lido
-  Brandon Hill & Cabot Tower
-  Ashton Gate
-  Ashton Court
-  Arnolfini
-  Everyman Cinema
-  Bristol Old Vic Theatre



Weston-Super-Mare

- The Grand Pier
- Water Adventure Play Park
- Pirate Adventureland Golf
- Puxton Park
- Court Farm
- Weston Carnival
- Weston-Super-Mare Sand Sculpture Festival



LOVE LIFE, LOVE **BRISTOL & WESTON**



Appendix - Places of Worship



University Hospitals
Bristol and Weston
NHS Foundation Trust

Bristol

Bristol Cathedral (Anglican)
College Green,
Bristol
BS1 5TJ
Tel: 0117 926 4879

St Mary Redcliffe Church (Anglican)
Redcliffe Way, Bristol BS1 6RA
Tel: 0117 929 1487

John Wesley's Chapel (The New Room)
The Horsefair, Broadmead, Bristol BS1 3JE
Tel: 0117 926 4740

Victoria Methodist Church
1A Whiteladies Road, Clifton, Bristol BS8 1NU
Contact: Reverend Ed Standhaft
Tel: 0117 962 1200

Orthodox Jewish Synagogue
9 Park Row, Bristol BS1 5LP
Tel: 0117 925 5160

Al Baseera Mosque And Islamic Information Centre
20 Wade Street, St Judes, Bristol BS2 9DR
Tel: 0117 941 3331

Greek Orthodox Church
St. Peter & Paul (near Claremont Street),
Lower Ashley Road,
Easton, Bristol
Tel: 0117 951 0500.

Hindu Temple
163B Church Road, Redfield, Bristol BS5 9LA
Tel: 0117 935 1007

Bristol Mosque
Green Street, Totterdown, Bristol BS3 4UB
Tel: 0117 977 0944

St Bonaventures RC Church
Egerton Road, Bishopston, Bristol BS7 8HP
Tel: 0117 942 4448

Clifton Cathedral (Roman Catholic)
Cathedral Church of SS Peter and
Paul, Pembroke Road, Clifton, Bristol
BS8 3BX
Tel: 0117 973 8411

Broadmead Baptist Church
Lower Union Street, Bristol BS1 3HY
Tel: 0117 929 1387

St John the Baptist Church
(St. John on the Wall Church),
Broad Street, Bristol.

Elim Pentecostal Church (The City
Temple)
Jamaica Street (Off Stokes Croft),
Bristol
Tel: 0117 924 8840

Progressive Jewish Synagogue
43-45 Bannerman Road, Easton, Bristol BS5 0RR
Email: bwajc@bwajc.org

Lam Rim Buddhist Centre
12 Victoria Place, Bedminster, Bristol BS3 3BP
Tel: 0117 963 9089 / 923 1138

Russian Orthodox Church
The Eucharistic Community of the Holy Trinity
Worshipping at 38 Church Road,
Westbury on Trym, Bristol BS9 3PQ

Sikh Temple
71-75 Fishponds Road, Eastville, Bristol BS5 6SF
Tel: 0117 902 0104

St Josephs Catholic Church
Forest road, Fishponds, Bristol BS16 3QT
Tel: 0117 983 3912

Lord Mayor's Chapel (Anglican)
College Green, (Lower Park Street),
Bristol BS1 5TB
Tel: 0117 929 4350.

Appendix 2 - Places of Worship

Weston

St Paul's Church (Anglican)
Walliscote Rd, Weston-super-Mare
BS23 1EF
Tel: 01934 613259

Christ Church (Anglican)
Weston-super-Mare BS23 2RH
Tel: 01934 641016

Weston Islamic Education Centre
66 Palmer St, Weston-super-Mare
BS23 1RU
Tel: 07834 064700

Milton Baptist Church (Baptist)
Baytree Rd, Weston-super-Mare
BS22 8HJ
Tel: 01934 641574

Victoria Methodist Church
38 Station Rd, Weston-super-Mare
BS23 1XY
Tel: 01934 414158

Corpus Christi Catholic Church
14 Ellenborough Park S, Weston-
super-Mare BS23 1XW
Tel: 01934 621929

Our Lady of Lourdes Catholic
Church
28 Baytree Rd, Weston-super-
Mare BS22 8HQ
Tel: 01934 627137

Catholic Church of St Joseph
Camp Rd, Weston-super-Mare
BS23 2EN
Tel: 01934 629865

Milton Baptist Church (Baptist)
Baytree Rd, Weston-super-Mare
BS22 8HJ
Tel: 01934 641574



University Hospital
Bristol and Weston
NHS Foundation Trust



We are
**supportive
respectful
innovative
collaborative.
We are UHBW.**