



WELCOME TO
MILTON KEYNES
UNIVERSITY HOSPITAL

WELCOME

Welcome Pack for Nurses

CONGRATULATIONS
AND THANK YOU
FOR CHOOSING
TTM HEALTHCARE

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www.facebook.com/ttmhealthcareUK

A WARM WELCOME FROM TTM HEALTHCARE

Congratulations on your move to the United Kingdom and to your new home city, Milton Keynes. We welcome you to the start of an exciting nursing career at the Milton Keynes University Hospital NHS Foundation Trust (MKUH), and to your new life in this dynamic part of the world.

Specialists in Healthcare Talent Management

For 10 years we've been helping nurses from abroad grow their futures and reach their potential working in the UK – and we're proud to be doing the same for you. We'd like to make sure you have all the support you need to make settling into your new home as easy, convenient and enjoyable as possible. So together with the nurses we work with, we've put together some information and advice on getting started in Milton Keynes. From how to open a bank account and use public transport, to healthcare and everything in between – this information will help you manage your early days here with ease. If you need help with matters not covered in this pack, please email us on internationalteam@ttmhealthcare.com

Your journey ahead will be one of growth, teamwork, diversity and challenges – with many new experiences, discoveries and adventures. At TTM Healthcare we're here for you every step of the way: should you need any help in the coming days, please get in touch - our pastoral care service is there to support and guide you through your transition to your new life in the UK. And if you find you need a little support at any time throughout your career here – please get in touch.

Thank you for choosing to make your move with TTM Healthcare – we're so happy to have you as part of our nursing family.





A LITTLE ABOUT MKUH NHS FOUNDATION TRUST

‘Milton Keynes is a hospital committed to learning, to honesty, and to the best possible care and experience for every patient, every time.’

As a medium-sized district hospital, Milton Keynes University Hospital (MKUH) NHS Foundation Trust provides a full range of acute hospital services and an increasing number of specialist services to the growing population of Milton Keynes and the surrounding areas.

The hospital has around 550 beds and employs more than 4,000 staff – treating around 400,000 patients each year – on both an outpatient and emergency attendance basis.

The Trust is organised into four clinical divisions (medicine, surgery, women and children and core clinical) as well as several corporate directorates. The Trust has invested heavily in its site over the past 10 years – introducing many new services and pathways to improve the patient experience as well as outcomes.

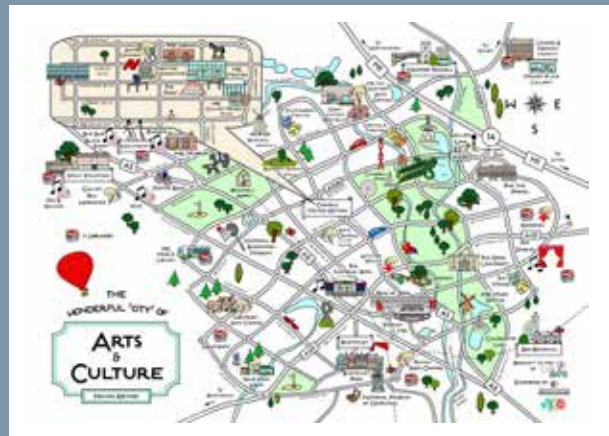
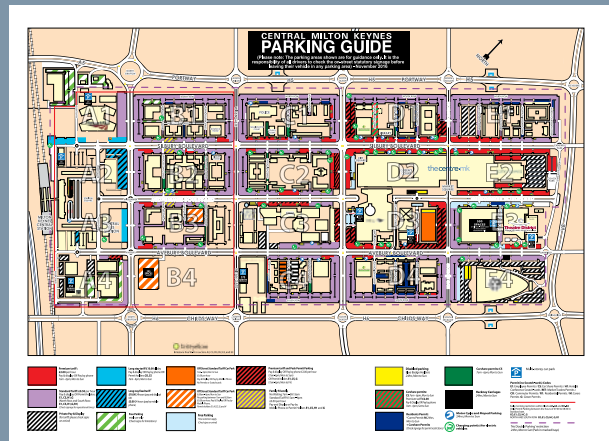
MILTON KEYNES AT A GLANCE

- Milton Keynes is known by locals as ‘MK’
- MK is an urban area / city.
- The city covers an area of 89 km (34 square miles)
- It has a population of 229, 941
- It is situated 50 miles from London and is in the county of Buckinghamshire.
- The dialling code for MK is 01908

Milton Keynes is a large city in Buckinghamshire, about 50 miles north-west of London. The city was built in the 1960s, under a scheme from the government to ease housing congestion in London. It was the biggest site in this scheme and had a target population of 25,000.

Milton Keynes has one of the strongest economies in the UK: it has the 5th highest number of business start-ups per capital in the UK and is also home to several major and international companies.

MKUH is committed to educating, developing and supporting our Nurses in practice. Staff have access to career enhancing accredited courses and our international nurses will undertake a 1 Year Preceptorship programme.



THE MK LIFESTYLE

The Weather

In general, the climate of the UK is cool and often cloudy and rainy. High temperatures are infrequent.

The United Kingdom straddles the higher mid-latitudes between 49° and 61°N on the western seaboard of Europe. Since the UK is always in or close to the path of the polar front jet stream, changes in pressure and unsettled weather are typical. Many types of weather can be experienced in a single day.

You can get a five-day weather forecast at:

www.metoffice.gov.uk/

www.bbc.co.uk/weather

Easy Connectivity

Milton Keynes has exceptional transport links – making it a popular place to settle and buy property. The city is located alongside the busy M1 and A5 – so everywhere is just a quick drive away.

Leaving Milton Keynes Central Station, you can be in London in 30 minutes, and in Birmingham in 45 minutes. And if you live outside of the centre there are plenty of other stations close by, such as Wolverton, Bletchley and Woburn Sands. You are also within easy reach of Bedford, Luton, Northampton and Cambridge.

On average, 13 people move to Milton Keynes every day, making it one of the fastest growing cities in the UK.

www.limestonemk.co.uk

WHAT OUR INTERNATIONAL NURSES SAY

Fact is, my journey to the UK wouldn't have materialised if it wasn't for the timely, professional and top notch expertise of TTM Healthcare.

TTM were very professional and friendly, they treated me more like a sister than an applicant. They were there all through to answer my questions and help with the journey requirements.

TTM were very helpful since I started applying. They have been consistent and their high-quality team have ensured my application has been smooth sailing from the beginning.

THE MK LIFESTYLE

Green Open Space

While Milton Keynes has been designed on an American grid system, the city has an incredible amount of green space and beautiful parks. There are over 200 parks in Milton Keynes including Willen Lake South Park, Campbell Park and the beautiful Linford Lakes Nature Reserve - which is home to a rich collection of animal and bird life, including herons, owls and deer. There are plenty of places to enjoy easy strolls, bike rides and runs in the evenings and at weekends.

An Enterprising City

Milton Keynes is a successful city. There is a wealth of enterprising, start-up businesses, as well as large multinationals such as Mercedes-Benz, BP, Dominoes, Red Bull Racing and Argos. Since MK is home to so many businesses, getting on the property ladder can be affordable.

Technological Innovation

Milton Keynes is the new home to unique technology trials: it is trialling Aurigo self-driving pods within the city centre. With the ability to travel up to 15 miles per hour, the pods need only one single charge to last up to one hour – making them a really efficient transport alternative.

Water Wonderful

The city is home to 15 beautiful lakes and 11 miles of canals. Leisurely boat rides can be enjoyed down the Grand Union Canal, while Caldecotte Lake is a wonderful picnic spot.

Rich History and Culture

The area is famous for Bletchley Park – an estate that became the principal centre of Allied codebreaking during WWII, while Newport Pagnell is the birthplace of Aston Martin. The city is also a thriving hub for art and music, and is one of the UK's busiest theatre centres outside of London's West End. The MK Gallery offers a wealth of contemporary art, live performances and film screenings, while The Stables and The Bowl are famous venues for live music.

Exceptional Education

The MK area is home to many good schools and colleges: over 30 of which have been rated 'Outstanding' by OFSTED. There are also several good independent schools in Milton Keynes and Buckinghamshire.

Exciting Adventure

Leisure-wise there are plenty of options, from skiing and snowboarding at SnoZone, to an indoor sky-diving experience. Willen Lake also offers some great sailing, paddleboarding and powerboating.

Superior Shopping

Milton Keynes shopping centres attract over 27 million visitors each year. 'The Centre:MK' is the 14th largest shopping centre in the UK, with thousands of brands under one roof, while the Intu Milton Keynes offers a two-floor food hall and a five-screen boutique cinema.

Cost of Living in MK

According to the average local monthly cost, London is 42% more expensive than Milton Keynes.

Excluding rent, a single person's estimated monthly costs are £698.12 without rent.

A meal for one in an inexpensive restaurant costs about £12 and a meal for two people in a mid-range restaurant would average £50.

Buying Property

The current average house cost for Milton Keynes in 2021 stands at £329,751, which has an increase of 5.34% compared to the previous year. This is considerably less than London property, which averages £636,363.

Property Type	Average Cost Per Calendar Month (PCM)
Room	£496
Flat	£1,106
House	£1,286



Property Type	Average Price Paid (£)	Current Average Value (£)	Value Change (%)
Detached	496,364	501,886	8.61
Semi-Detached	301,355	289,311	7.64
Terraced	258,942	238,725	6.76
Flats	153,279	175,178	7.92

To look for rental property in your area, contact one of the local estate agents below:

Jackson-Stops - Woburn

1 Market Place, Woburn, Milton Keynes, MK17 9PZ
01525 290641

Michael Anthony Estate Agents - Bletchley

190 Queensway, Bletchley, Milton Keynes, MK2 2ST
01908 648666

Hunters Estate Agents, 398A Long Lane

01895808468

M & P Estates Ltd, 111 Daiglen Drive

01708 851 999

Property Eagle

Aztec House, 137A Molesey Avenue
01932 560400

A Total Property Company - Linford Wood

209 Milton Keynes Business Centre Haley Courtfox,
Foxhunter Drive, Linford Wood, Milton Keynes,
MK14 6GD
01908 644230

All Under 1 Roof - Milton Keynes

51 Colindale Street, Monkston Park, Milton Keynes, MK10 9PX

Astons Estate Agents - Newport Pagnell

26 St. John Street, Newport Pagnell, MK16 8HJ
01908 616636

Beasley & Partners - Milton Keynes

6 High Street, Woburn Sands, Milton Keynes, MK17 8RL
01908 282820

Black & White Estate Agents - Milton Keynes

31 Caldecote Street, Newport Pagnell, Milton Keynes,
MK16 0BU
01908 550660

Brick House Properties - Bletchley

57b Aylesbury Street, Fenny Stratford, Milton Keynes,
MK2 2BH
01908 698998

To look for rental property in your area, contact one of the local estate agents below:

Brown & Lee Chartered Surveyors - Milton Keynes

15 Furzton Lake, Shirwell Crescent, Furzton, Milton Keynes,
MK4 1GA
01908 508100

Caldecotte Group - Milton Keynes

15 London House, Swinfens Yard, Milton Keynes, MK11 1SY

Connells - Milton Keynes

500 Landmark Place, Silbury Boulevard, Milton Keynes,
MK9 2AD
01908 674 141

Countrywide Residential Lettings - Milton Keynes

Countrywide House, Walton, Milton Keynes, MK78JA

Elevation Estate Agents - Milton Keynes

Whittle Court, Loughton, Milton Keynes, MK5 8FT
01908231551

Haart - Milton Keynes

889-897 Silbury Boulevard, Milton Keynes, MK9 3XJ
01908 666888

Hauser Real Estate

20 Darin Court, Crownhill

Homes On Web Ltd - Milton Keynes

Unit 3 Lodge Farm Business Centre, Castlethorpe,
Milton Keynes, MK19 7ES
01908 516 11

Inspired Sales & Lettings - Bletchley

195 Queensway, Bletchley, Milton Keynes, MK2 2ED
01908 373580

Lanes Rentals Ltd - Milton Keynes

27 Shirwell Crescent, Furzton Lake, Milton Keynes, MK4 1GA
01908 236236

Layco Property Services - Aylesbury

17 Temple Street, Aylesbury, HP20 2RN
01296791960

Limestone Lettings

399 Silbury Boulevard
01908 234 111

Lion Estates

314 Midsummer Boulevard,
01908 465700

Marshall's Estate Agents - Milton Keynes

334 Silbury Boulevard
01908 606908

Martin & Co - Milton Keynes

80b Saxon Gate West, Milton Keynes, MK9 2DL
01908 240044

Mason Kelly Property Consultants - Milton Keynes

Suite B, 22 Walker Avenue, Milton Keynes, MK12 5TW
01908 464054

Michael Graham Estate Agents - Milton Keynes

Midsummer House, 445 Midsummer Boulevard,
Milton Keynes, MK9 3BN
01908 399199

MK Property Sales - Milton Keynes

213 Witan Gate East, Milton Keynes, MK9 2HP
01908 694694

MK Residential

25 Gatcombe
01908835888

Moving Me Ltd - Milton Keynes

177 Queensway, Bletchley, Milton Keynes, MK2 2DZ
1908314949

O'Riordan Bond Estate Agents - Milton Keynes

16 Fyfield Barrow, Walnut Tree, Milton Keynes, MK7 7AN
01908 670007

Precise Locations - Milton Keynes

6a Market Hill, Buckingham, Milton Keynes, MK18 1JN
01280 813285

Simpson & Partners - Milton Keynes

Southgate House Midsummer Boulevard, Milton Keynes,
MK9 3BN
01908 230250

Stratfords Property Services - Milton Keynes

36 Wharfside, Milton Keynes, MK2 2AZ
01908 630100

Thomas Connolly Estate Agents

7 Rillaton Walk
01908 774422

Under 1 Roof - Milton Keynes

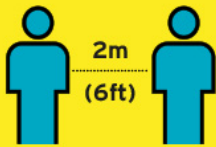
51 Colindale Street, Kingston, Milton Keynes, MK10 9PX
01908 608868

Wilson Peacock - Milton Keynes

653 Midsummer Boulevard, Milton Keynes, MK9 3BQ
01908 850116

Coronavirus

STAY SAFE SAVE LIVES



Keep your distance



Cough or sneeze into your elbow, or a tissue and dispose in a bin



Don't touch your face



Download the StopCOVID NI app



20
secs

Wash your hands well and often



You must use face coverings in enclosed spaces like shops, healthcare settings and on public transport

If you have coronavirus symptoms, even if mild, go home, self-isolate and book a test.

For more information go to www.pha.site/coronavirus

PUBLIC TRANSPORT

When you arrive in the UK, no matter how you travel to Milton Keynes from the airport, it couldn't be easier. Milton Keynes is just 50 miles from London, 60 miles from Birmingham, and equidistant from Oxford and Cambridge. The M1 is right on the doorstep, and it's on the main train line from London to Birmingham.

The international airports of London Heathrow and Birmingham are an hour away, with London Luton even closer.

And once you're in Milton Keynes, moving about the city couldn't be simpler. You can choose to hop on a bike, take the bus, walk, or drive – you'll see the layout and facilities really make easy going.

For local bus information visit: <https://www.milton-keynes.gov.uk/highways-and-transport-hub/bus-and-taxi/bus-timetables-maps-and-travel-updates>

TRAVELING ABROAD

It's so easy to escape to a sunny spot and enjoy a great holiday.

The nearest airport to Milton Keynes is Birmingham (BHX). You can take a train from London Heathrow (LHR) to Milton Keynes via London Paddington Train Station, Paddington Station, Oxford Circus Station, Euston Station, and London Euston in around 1h 7m. Alternatively, National Express operates a bus from Luton Airport London to Milton Keynes Coachway, M1 Junction 14 every 2 hours. Tickets cost £4 - £6 and the journey takes 40 min. Stagecoach East also services this route hourly.

Some travel and transport links you may find helpful are:

<https://www.nationalexpress.com/en>

<https://www.milton-keynes.gov.uk/highways-and-transport-hub/bus-and-taxi/bus-timetables-maps-and-travel-updates>

<https://www.checkmybus.co.uk/milton-keynes>

https://www.nationalexpress.com/en/destinations/milton-keynes?gclid=CjwKCAiAhreNBhAYEiwAFGGKPNICrQEDPTEnMRCrejMWOx5MJDDOWDneqJMFkmz5wfCE1YdtsVPRxaxoCvTYQA vD_BwE&gclid=aw.ds

<https://www.thetrainline.com/>

Taxi

<https://001royalcabs.co.uk/>

<https://www.247taxiline.com/>

<https://www.starlinetaxismk.co.uk/>



YOUR THINGS-TO-DO CHECKLIST

Get Your National Insurance Number

To qualify for certain state benefits and the State Pension, you must make monthly National Insurance (NI) contributions which are deducted from your salary each month. You will be given a personal NI Number.

Most NI Numbers are given out with BRP cards. When you collect your BRP card, check to see if you have been assigned an NI Number – if not, you will need to apply for one using the government website:

<https://www.gov.uk/apply-national-insurance-number>

Register with a Doctor

You will need to register with a doctor – known as a GP – as soon as possible, especially if you are taking medication that needs a prescription.

You will not need to pay to see a doctor as this is covered by the National Insurance contributions you make.

It is important to register with a GP in your local area as soon as possible as surgeries can be extremely busy.

For more details visit

<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

Arrange Accommodation After 3 Months

As a new member of our team, you will be staying in hospital accommodation for 3 months. This will give you time to look for a rental property. As you will need to move out of your accommodation at the end of the 3-month period, you should start looking for rental property during your first week in the country.

Depending on your personal preference you can choose to rent a house or rent a room share in a house with other professionals.

As MKUH NHS are offering 3 months' accommodation, you have ample time to find and secure alternative accommodation. We advise starting this search at least 4-6 week before you are due to move out of hospital accommodation.

Remember that the time between finding a property and moving in can be lengthy: estate agents and property owners will want to carry out reference checks. You should consider the cost too, as when securing a house, you will need a deposit plus 1 month's rent in advance. If you opt for a room share the deposit tends to be lower as does the monthly cost.

You will also need to consider if the property is furnished: if not, you will have to factor into your budget the cost of furnishing it.

Below are some links to assist you with renting or buying property:

<https://www.rightmove.co.uk/property-to-rent/Milton-Keynes.html>

<https://rentola.co.uk/>

<https://www.onthemarket.com/to-rent/property/milton-keynes/>

<https://www.zoopla.co.uk/to-rent/houses/milton-keynes/>

Open a Bank Account

As soon as you arrive in the UK it is very important that you register for a bank account. This can be difficult for people who relocate from overseas due to not having any proof of address. Some banks are understanding of this and offer different types of accounts for example, a basic account to get you started.

We have liaised directly with Barclays Bank on your behalf. The Bank provides an online system which lets you set up an account virtually – to speed up the process. To do so, you will need to download the Barclays App at the Apple App Store or Google Play Store.

Once you have accessed the App, go to 'I'm new to Barclays' and you will be guided through the process of opening either the Barclays Bank Account or Premier Bank Account.

The following may be useful to you:

<https://www.barclays.co.uk/current-accounts/what-do-i-need-to-open-a-bank-account/>

<https://www.barclays.co.uk/moments/new-to-the-uk/>

YOUR THINGS-TO-DO CHECKLIST

For more information on bank accounts, visit

<https://www.uswitch.com/current-accounts/>

<https://www.expats.hsb.com/accounts/products/bank-account/>

<https://www.santander.co.uk/personal/current-accounts>

<https://www.cashplus.com/current-account/>

Setting up your New Mobile Phone Number

We will send MKUH a SIM Card in your name. You will need to take the SIM Card and register it. Once you have done this, be sure to send your new UK number to TTM Healthcare and MKUH.

Health Checks in England

When you arrive in Milton Keynes, and to ensure you are fit to commence work, you will need to attend the Trusts Occupational Health Department.

This is a routine check for all new staff: be assured that it is very rare for someone to be found 'unfit'. However, should you not pass the health check, you would not be allowed to commence employment and would need to return to your home country.

Please note that you will be swabbed for COVID-19 on arrival. If you are not vaccinated against COVID-19, the Trust will provide this free of charge. All staff are encouraged to take the vaccine

Our International team has compiled all this information and more for you to read on our website at (link)



We hope you have found this Welcome Pack useful. As always, you can get in touch with the TTM Healthcare International Division if you need any assistance.



Clara Bowe - Team Leader
International Division
Private Sector



Lilian Finucane - International
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Stephen Hogan
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We Power Potential

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