



International Fellowship Guide



Information for 2025-2026

Introduction

Taking part in the ICENI Centre International Fellowship Programme will offer you the opportunity to improve your skills and is a great step in advancing your career in your chosen specialty.

You'll receive first-hand support from our **International Fellowship and Training Officer, Amy Sinclair**, who will also support your welfare during your stay in the UK if you're successful in receiving an offer of an International Fellowship with us.

Being part of the East Suffolk and North Essex NHS Foundation Trust (ESNEFT) we're just an hour away from London, and we are conveniently connected by a direct train link from Liverpool Street Station to both our Colchester and Ipswich hospitals.



East Suffolk and North Essex NHS Foundation Trust

Formed in July 2018, ESNEFT is one of the largest Trusts in the East of England and is located across various sites. As a fellow you will be based at either Colchester Hospital or Ipswich Hospital, or across both hospitals. Both sites have a long history of being active in research, and a number of research teams are employed across the Trust to support our researchers.

The Trust employs roughly 10,000 staff and facilities include an on-site nursery for children under school age.



Accommodation

There are several options for your accommodation during your fellowship.

Swan Housing Association

These are key worker accommodation units based onsite at Colchester Hospital. It's within easy reach of the city centre and has excellent transport links. The accommodation is fully furnished and can range from one bedroom flats, to two and three bedroom family houses, as well as shared accommodation options. Eligibility for the accommodation is prioritized for NHS key workers who are working at Colchester Hospital.

Ocasa Homes

This Pearson Square property is located close to Ipswich Hospital for key workers. It's within easy reach of the town centre and has excellent transport links. With a modern design and close amenities, there is an onsite office to support residents during the week. The accommodation consists of a mixture of self-contained and shared apartments.

Private Rentals

Whether your coming alone or with your family, there are plenty of local letting agents that can help you find accommodation to privately rent. (Name of a few sites with links) Current prices for buying or renting property within a 5-mile radius of the hospitals can be viewed at Rightmove (needs link).

Hotels

The heart of Colchester City and Ipswich town contain hotel options, a few of which include:

(Name of a few hotels with links).

Prices at hotels can vary and other options are available.

Bed & Breakfast

The two biggest bed and breakfast resorts are (Rye Farm) and (The Black Blond Hall). These are slightly cheaper options and feature access to tranquil garden and farm surroundings. Prices can vary and other options are available.

Schools in Colchester

If you are bringing your family with you then you'll need to look at which schools are available in the area. Some of the best schools and nurseries are listed below, but there are other options available.

Nurseries

- Dragonfly Day Nursery
www.dragonflydn.com
- Holly Corner Kindergarten
www.hollycorner.co.uk
- Brimpton House Day Nursery
www.brimptonhousenursery.co.uk

Primary Schools

- Queen Boudica Primary School
www.qbps.essex.sch.uk
- Roach Vale Primary School
www.roachvaleprimary.co.uk
- Brinkley Grove Primary School
www.brinkleygrove.essex.sch.uk
- Montgomery Junior School
www.Montgomery-jun.org.uk

Secondary Schools

- Colchester County High School for Girls
www.cchsg.com
- Colchester Royal Grammar School
www.crgs.co.uk
- St Helena School
www.st-Helena.essex.sch.uk
- The Gilberd School
www.gilberd.com

Schools in Ipswich

If you are bringing your family with you then you'll need to look at which schools are available in the area. Some of the best schools and nurseries are listed below, but there are plenty more options available.

Nurseries

- Small World Kindergarten
www.smallworldkindergarten.co.uk
- Highfield Nursery School
www.highfield.suffolk.sch.uk
- The Lodge Day Nursery
www.lodgedaynursery.co.uk

Primary Schools

- The Oaks Primary School
www.theoaksprimary.co.uk
- Handford Hall Primary School
www.handfordhall.omat.org.uk
- Murrayfield Primary School
www.murrayfieldacademy.paradigmtrust.org
- Holbrook Primary School
www.Holbrook-pri.suffolk.sch.uk

Secondary Schools

- Northgate High School
www.northgate.suffolk.sch.uk
- Copleston High School
www.copleston.suffolk.sch.uk
- Ipswich High School
www.ipswichhighschool.co.uk
- Kesgrave High School
www.kesgrave.suffolk.sch.uk

Things to do in and near Colchester

The Borough of Colchester stretches well beyond the city centre, covering 135 square miles of coast and countryside, so you'll find plenty to see and do. From riverside towns and coastal communities to historic houses and gardens, Colchester's beautiful borough has a wealth of hidden treasures for you to find.

Arts and Culture

With three theatres, two cinemas and several art galleries, Colchester is the cultural hub of the local region. If you like watching a play, pondering art or losing yourself in a film then there are plenty of places available to you including the Mercury Theatre, Firstsite Art Gallery and the Curzon cinema.

History and Heritage

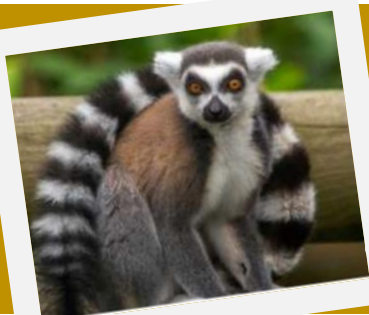
The former capital of Roman Britain, Colchester has many important and unique Roman sites and ruins. But if you want to find out more about the Normans, Tudors, Victorians, and the English Civil War then our museums are the place for you.

Family Days Out

With a Norman Castle to investigate, a local football team to cheer on, a Jam Factory to tickle your taste buds, and Colchester Zoo animals to visit, Colchester is a great start for adventurous children. There's more to see and do, whatever the weather, and your days out don't have to break the bank.

Outdoor Adventures

Mersea Island and the famous 'Constable Country' in Dedham Vale are on Colchester's doorstep, as are several award-winning parks, gardens and nature reserves. There's plenty of opportunity to explore the outdoors.



Ipswich

England's oldest Anglo-Saxon town

Things to do in and near Ipswich

With a rich heritage and a proud history, Ipswich is England's oldest continuously inhabited town. A waterfront town, it's also surrounded by beautiful Suffolk countryside and is home to world class culture, food and drink. With internationally-acclaimed dance, theatre and comedy, be entertained at great festivals and events, and shop in a mix of the old and the new.

Arts and Culture

With a number of art galleries, theatres and three cinemas, if you're looking for some art or culture then Ipswich is a great place to start. With plays, dance, film and art, there are several festivals and events throughout the year.

History and Heritage

Being England's oldest Anglo-Saxon town, Ipswich has a wide and varied history including the Corn Exchange which has been a part of Ipswich life since the 19th century and now hosts events and festivals. Visit Ipswich's Museums and find out more about one of England's oldest continuously habited towns.

Family Days Out

With Jimmy's Farm and Wildlife Park to roam around, a local football team to cheer on, a late 12th century castle in nearby Framlingham to visit, and a seaside to build sandcastles on, Ipswich is a great start for adventurous children. There's more to see and do, whatever the weather, and your days out don't have to break the bank.

Outdoor Adventures

Boasting a number of parks and water activities, you'll find plenty of outdoors fun in and around Ipswich. With river cruises, golf clubs, the Suffolk Ski Centre and Clip and Climb, there's more to see and do if you love the outdoors.



Norwich

Things to do in and near Norwich

Norwich is a place where the curious are rewarded.

Founded in 1096, Norwich Cathedral is set in the 44 acre cathedral Close, a peaceful city centre sanctuary. The Cathedral itself is one of the finest complete Romanesque buildings in Europe, with the highest Norman tower and largest monastic cloisters in England.

If you enjoy the outdoors then why not enjoy a riverside walk along the banks of the River Wensum, taking in medieval sights. Or you can paddleboard on the water, admiring the city sights as you pass them. With the Broads National Park in Norfolk you can even get in a spot of bird watching.

Norwich has several museums and Norwich Castle is a particular highlight. If you like your art and culture then the theatres, art galleries and cinemas should be your port of call.

Find your favourite stores and more at intu Chapelfield, which is located in the city centre, or find a present for everyone back home by browsing through Norwich market.

There is a frequent rail service to Norwich train station from Colchester and Ipswich, with Norwich station only a 20mins walk from the shopping centre.



Cambridge

Things to do in and near Cambridge

The city of Cambridge has been called one of the “most beautiful cities in the world” by Forbes magazine, and there’s always plenty to see and do.

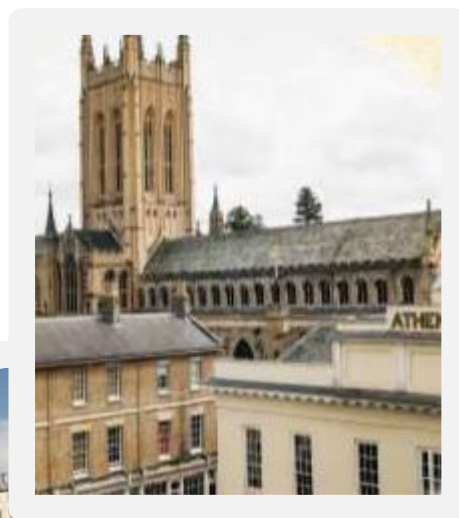
The river is navigable by punt, canoe and row boat from Cambridge up to Byron’s Pool. Punting is a particularly lovely way to enjoy the river and its surrounding meadows. Scudamore’s Mill Lane Punting Station is the easiest place from which to hire a craft if you’re heading out to Grantchester. Shared punting tours along the Backs can be taken with the punts able to seat up to 12 people.

If you’ve added Cambridge to your UK road trip itinerary, there is so much to do in the surrounding area too. Visit the Imperial War Museum at nearby Duxford for its collection of planes and tanks.

History buffs will enjoy a trip to Sutton Hoo, where you can visit one of England’s most important archaeological sites.

Near Cambridge is also the picture perfect market town of Bury St Edmunds, which is an hour east of Cambridge.

The London to Cambridge journey is about an hour and is even quicker if you get the express train. Trains depart from Kings Cross or London Liverpool Street.



London

Things to do in London

Big Bus London Hop-on Hop-off Tours.

The routes covered are designed to take in the main landmarks of London.

Red Tour

Tour Duration: 2hours 20mins – Frequency: Every 15-20mins

Featuring live English-speaking guides on all buses, these experts share facts and stories about London's fascinating history, culture and architecture. The tour shows the best of London including Belgravia and Tower Bridge. You're welcome to hop on and hop off the bus at over 20 different stops, each located close to landmarks like Big Ben, Buckingham Palace, the Tower of London, Trafalgar Square and more.

Blue Tour

Tour Duration: 1hour 15mins – Frequency: Every 15-20mins

Discover the best of West London, from elegant Kensington Palace and bustling Harrods, to stylish Notting Hill and the famous Paddington Station. Along the way you'll enjoy an entertaining and informative digital commentary available in 12 languages via complimentary headphones.

Orange Route

Tour Duration: 1hour 30mins – Frequency: Every 30mins

Explore London's best assets with ease on the Orange route. It travels between Madame Tussauds in Baker Street, the London Eye, the London Dungeon, SEA LIFE London Aquarium, and Shrek's Adventureland! In Westminster. You can hop on and hop off at 9 different stops, and enjoy pre-recorded commentary along the way which is available in 12 different languages.

Green Link

Tour Duration: 1hour – Frequency: Every 20-30mins

Hop on the London Green Link Route which connects King's Cross and St Pancras stations with the heart of London, where you'll be able to easily join the Red, Blue or Orange bus tours. The Green Link features pre-recorded commentary which is available in 12 languages.

London

Things to do in London

River Cruise

If you want to experience the River Thames, one of the best ways is to take to the water with a river cruise.

See the city from a different angle with fascinating live commentary. Enjoy the boat's eye view of Tower Bridge, HMS Belfast, Shakespeare's Globe and Tate Modern. A one-way trip operated by City Cruises between Westminster and the Tower of London is included on the Big Bus ticket.



Tower of London

One of London's most famous landmarks, the historic tower that houses the Crown Jewels, the prison cell that held Sir Walter Raleigh (known as the Bloody Tower), the Royal Armories, and the Chapel of St John.

How to get there?

Train - Tower Hill Station (5min walk) is served by the District and Circle lines. It has step-free access to street level. Other nearby stations (10-15mins walk) – Aldgate, Aldgate East, Tower Gateway, Monument, Bank, London Bridge, Fenchurch Street.

Bus – All major sightseeing bus tours in London pass by the Tower of London.



London

Things to do in London

London Eye

The London Eye is a very popular attraction and we strongly advise booking in advance to avoid any disappointment. The London Eye opening times vary throughout the year and includes the London Eye 4D Experience.

How to get there?

Train – Waterloo is the closest tube station and is a 5mins walk from the London Eye. Exit the station following the signs for the South Bank. Embankment and Charing Cross stations are close together on the north side of the River Thames and are a fifteen minute walk.



Harrods

One of London's most famous department stores, Harrods is located in Knightsbridge.

How to get there?

Train - The nearest tube station to Harrods is Knightsbridge on the Piccadilly line. Use the Brompton Road exit. Other nearby stations include South Kensington Station on the Piccadilly, District and Circle lines, and Sloane Square on the District and Circle lines.



London

Things to do in London

The Natural History Museum

The museum exhibits a vast range of specimens from across the globe and in various segments of natural history. It is one of three major museums on Exhibition Road in South Kensington, the others being the Science Museum, and the Victoria and Albert Museum.

How to get there?

Train – The nearest Tube station is South Kensington on the District, Piccadilly and Circle lines. The station is approximately five minutes' walk from the Museum's Exhibition Road entrance. Gloucester Road Station also services the above Tube lines and is approximately a 5mins walk from the Queen's Gate entrance.



Oxford Street

London's Oxford Street spells action where you can shop 'til you drop along England's most famous shopping street. Drop into one of the many pubs for a tasty ale or catch the latest musical at the theatre.

How to get there?

Train - The nearest underground stations to Oxford Street are Oxford Circus which is on the Bakerloo, Central and Victoria lines. Other stations nearby include Tottenham Court Road, Marble Arch and Bond Street.





www.icenicentre.org

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NHS
**East Suffolk and
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NHS Foundation Trust