

RESIDENT'S ACTIVE SUSTAINABLE TRAVEL PACK

Wickham Gate PETTISTREE

Claim your
**£160 travel
voucher**
on page 2



THE WAY TO GO
Suffolk


**HOPKINS
HOMES**

INTRODUCTION

The Way To Go Resident's Active Sustainable Travel Pack includes useful websites and local information on sustainable travel in and around Ipswich. This comprises of information and guidance on walking, cycling, taking the bus, train, and car sharing.



THE WAY TO GO *Suffolk*

The Way To Go Suffolk is a Suffolk County Council initiative to encourage sustainable travel in the County. Transport can sometimes be an issue, whether its cost or an increase in congestion making it difficult for you to get from A to B. We can help overcome the barriers with travel planning advice and guidance. Our website provides details on the travel options and highlights the associated financial and health benefits.

Claim your complimentary £160 voucher

Your household can claim one active travel voucher to the value of £160 which can be redeemed for either money towards bus ticket or cycle purchases.

Visit our website to complete the form to redeem this:

thewaytogosuffolk.org.uk

If you would like to use the voucher for bus travel, the £160 will provide 6 weeks free travel on First Buses services 63 and 64 towards Wickham market. Visit our website to fill out the form to redeem this:

thewaytogosuffolk.org.uk

If you are interested in receiving a personalised travel plan for your regular journey to work or school, email us at:

thewaytogosuffolk@suffolk.gov.uk

HEALTH BENEFITS OF WALKING AND CYCLING

WALK AND CYCLE SITE - APPROXIMATE TIMES	
Education	Local Retail and Other Facilities
<p>Wickham Market Primary School 13 min walk, 4 min cycle</p> <p>Thomas Mills High School & Sixth Form 37 min cycle</p> <p>Farlingaye High School 34 min cycle</p> <p>Woodbridge School 26 min cycle</p> <p>Framlingham College 39 min cycle</p> <p>The University of Suffolk 1.20 hr cycle</p> <p>Suffolk New College 1.20 hr cycle</p>	<p>SS Peter & Paul Church 11 min walk, 4 min cycle</p> <p>East of England Co-op 8 min walk, 2 min cycle</p> <p>Butchers/Bakers/ Post Office 9 min walk, 3 min cycle</p> <p>Newsagents 13 min walk, 4 min cycle</p> <p>Pharmacy 9 min walk, 3 min cycle</p> <p>Medical Centre 9 min walk, 3 min cycle</p> <p>Library 9 min walk, 3 min cycle</p> <p>Skatepark 7 min walk, 2 min cycle</p> <p>Village Hall 7 min walk, 2 min cycle</p>
Transport	Cycle Shops
<p>Cemetery bus stop 1 min walk</p> <p>Wickham Market Square bus stop 8 min walk, 3 min cycle</p> <p>Wickham Market Railway Station 58 min walk, 14 min cycle</p>	<p>Kiwi's Bike Shop 20 min cycle</p> <p>Coleby Cycles 26 min cycle</p> <p>Virtue Electric Bikes 22 min cycle</p>

To create your own walking routes, visit:

www.plotaroute.com/routeplanner

www.gojauntly.com

www.discoversuffolk.org.uk/explore-suffolk

For more information, visit our sustainable travel website: thewaytogosuffolk.org.uk



SUFFOLK ON BOARD

There are many benefits when it comes to taking the bus. Not having the stress of driving in traffic during your daily commute, not having the upfront costs cars come with, meaning you can catch up on work, read, listen to music, or just relax without feeling the stress of rushing to get to your destination.

Taking the bus can also mean you may have to walk to and from the bus which can help towards leading a healthier lifestyle.

www.suffolkonboard.com provides an online journey planner which includes all other areas of travel, including a personalised journey planner, school transport options, trains, walking times and distances between bus stops if necessary.

Easy to read timetables and help sheets to familiarise yourself on how to catch the bus are also available to freely download, as well as:

- Reading timetables
- Downloading timetables
- Train timetables
- View details of upcoming changes to passenger transport services in Suffolk
- Search for a bus timetable by service number
- Find out more information on school term dates

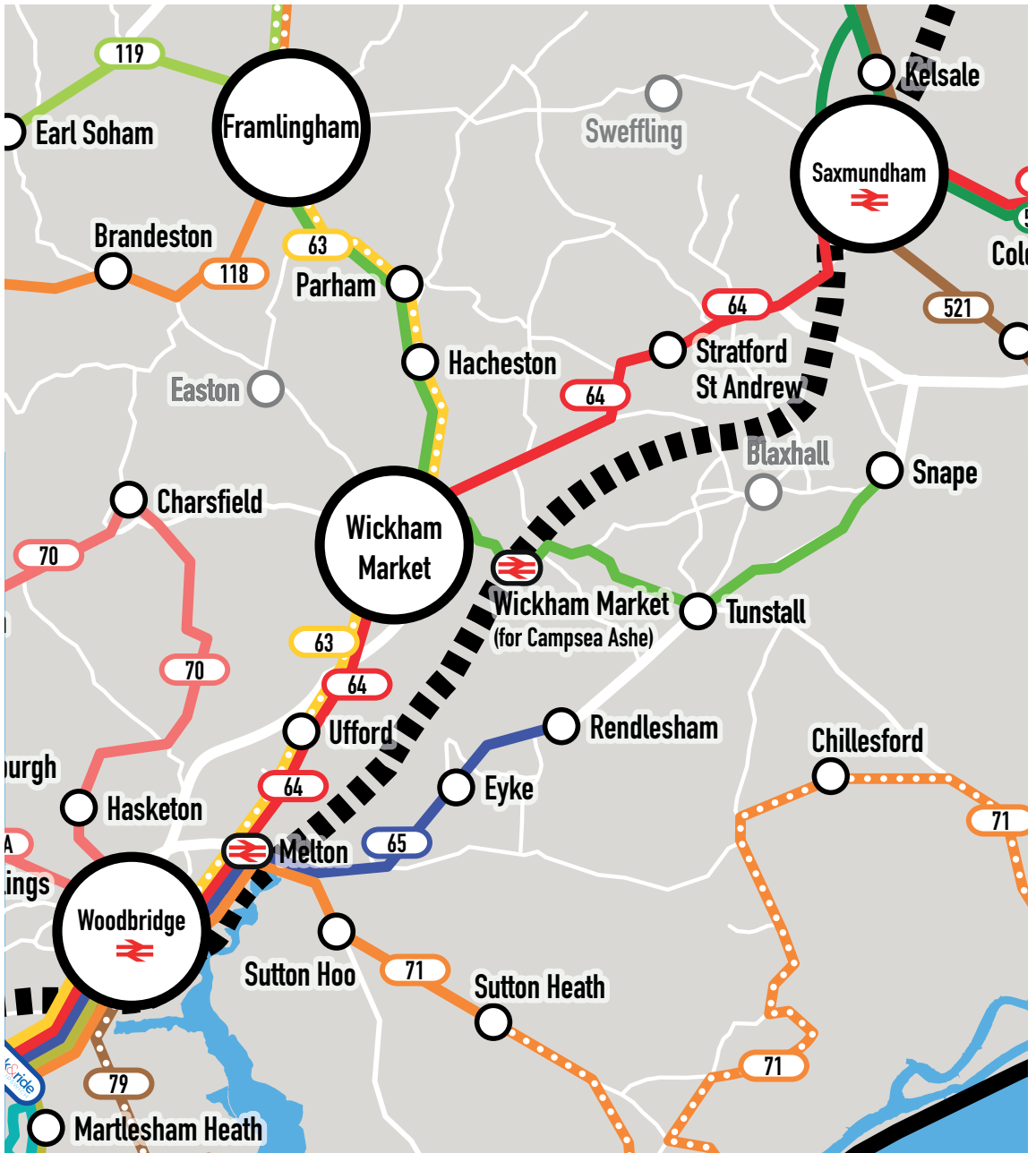
To follow live updates from Suffolk on Board you can follow them on Twitter **@suffolkonboard**

Your local operator in Pettistree

- **First in Norfolk & Suffolk**
www.firstgroup.com/norfolk-suffolk
- **KATCH Bus**
www.communities.suffolkonboard.com



BUS ROUTE MAP



KEY



- Points of interest
- Education



A1120

Thomas Mills High School

Framlingham College

Framlingham

Easton

A12

Charsfield

Wickham Market

Wickham Market Railway Station

Page 7

Bredfield

Ashblocking

Grundisburgh

Farlingaye High School

Melton

Kiwi's Bike Shop

Woodbridge School

Coleby Cycles & Virtue Electric Bikes

WOODBRIDGE

A12

IPSWICH

Suffolk New College

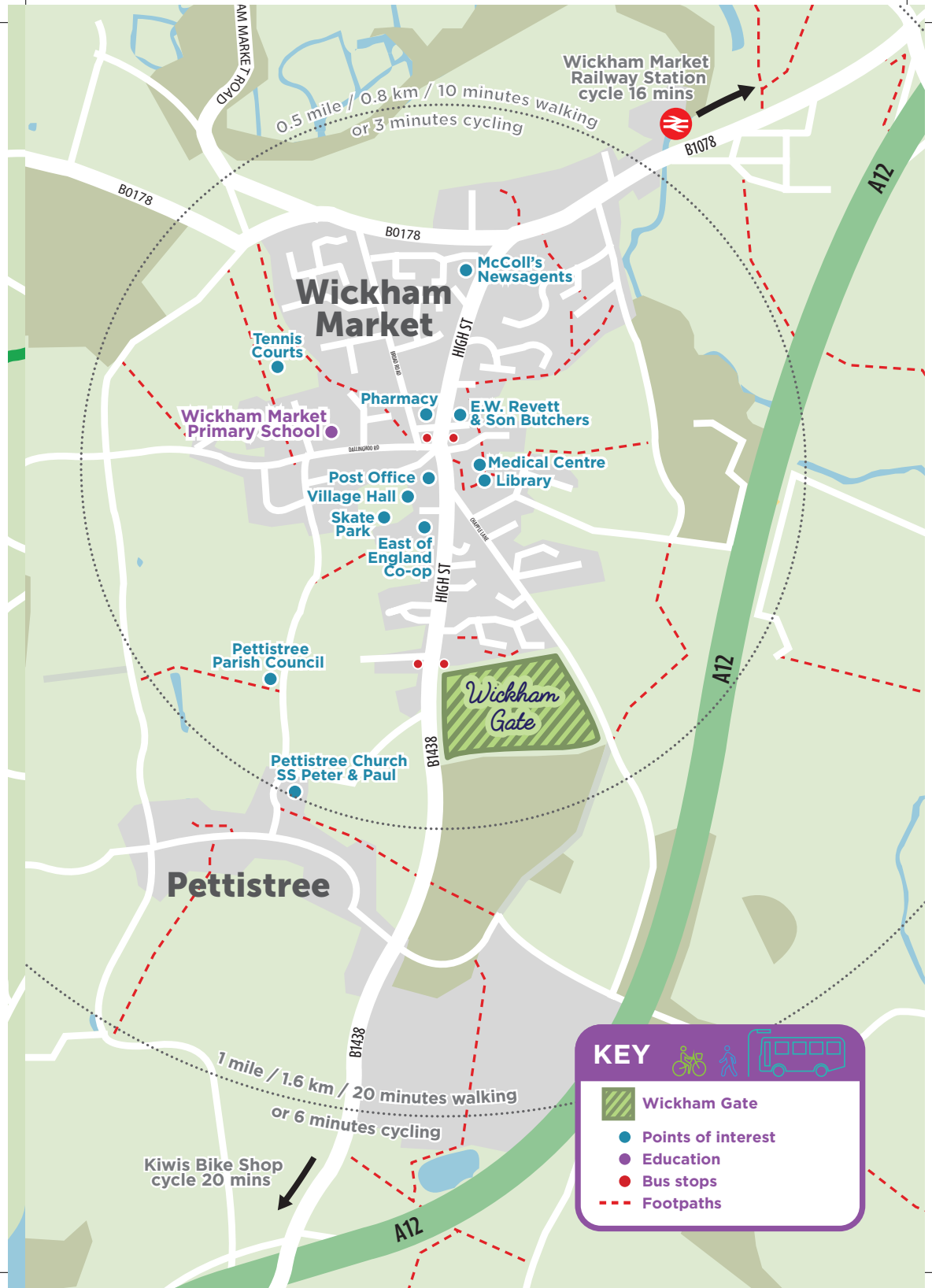
Kesgrave

University of Suffolk

Waldringfield

A14

Bawdsey



Wickham Market
Railway Station
cycle 16 mins

0.5 mile / 0.8 km / 10 minutes walking
or 3 minutes cycling

Wickham Market

Wickham Market
Primary School

Post Office
Village Hall
Skate Park
East of England
Co-op

Wickham Gate

Pettistree

Pettistree Church
SS Peter & Paul

Pettistree
Parish Council

Tennis
Courts

Pharmacy

E.W. Revett
& Son Butchers

Medical Centre
Library

McColl's
Newsagents

Kiwis Bike Shop
cycle 20 mins

1 mile / 1.6 km / 20 minutes walking
or 6 minutes cycling

KEY

 Wickham Gate

 Points of interest

 Education

 Bus stops

 Footpaths



SUFFOLK CAR SHARE

The Suffolk Car Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether it be to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

Sign up for **free** as a driver or passenger. You don't have to share every day and with fuel prices regularly fluctuating, it's as good a time as any to cut down your fuel bill.

Thousands of people who travel in and around Suffolk have joined the scheme and car sharing can save you time as well as many environmental benefits.



Sign up today www.liftshare.com

For further details, use the calculator on the website to see how much you could save. Once matched with someone travelling your way, you can message them either via the website or through the Liftshare app and start sharing as little or as often as you like.



WORKING FROM HOME

COVID-19 has changed the way many people work with lots of employees now working from home.

Take a look at the NHS guidance on working from home. Below are the steps included which are taken from the NHS website

www.nhs.uk/every-mind-matters/coronavirus/simple-tips-to-tackle-working-from-home/

- 1 Set and stick to a routine** – without steady schedules, the lines between work and personal time can get blurred and be stressful to get right. Follow your normal sleep and work patterns if you can, and stay consistent.
- 2 Make a dedicated workspace** – If you can, find a quiet space away from people and distractions like the TV (or the kitchen, when you feel snacky). – to read more on how to set up your workspace correctly, visit www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/
- 3 Give yourself a break** – Making time for breaks is important to help manage feelings of stress. Try to take lunch and regular screen breaks, and give yourself time to concentrate on something else so you feel more focussed when you return. Even just 5 to 10 minutes of short breaks each hour can really help your productivity too. To find out more on home workout videos, visit www.nhs.uk/better-health/get-active/home-workout-videos/
- 4 Stay connected** - While working from home has its benefits, you may also feel more isolated. In and out of work, human interaction matters so schedule video calls and pick up the phone instead of emailing. If you're struggling with working at home, speak to your colleagues or manager about your concerns.
- 5 Set boundaries** – Setting boundaries with other members of your household is key to mental wellbeing while working at home. Have a discussion about your needs, especially with family. Remind them that you still have work to do and need quiet time, and share your schedule
- 6 Think longer term** - You may be continuing to work from home for a while, so think about ways you could improve how you work while at home. Try to explore how you work with others. Are there different ways to talk online or new software you could use?
- 7 Be kind to yourself** – Be kind to yourself and acknowledge that you might not be as productive as you usually would be. Be realistic about what you can achieve given the circumstances and relax when your work is done.

GREATER ANGLIA

greateranglia

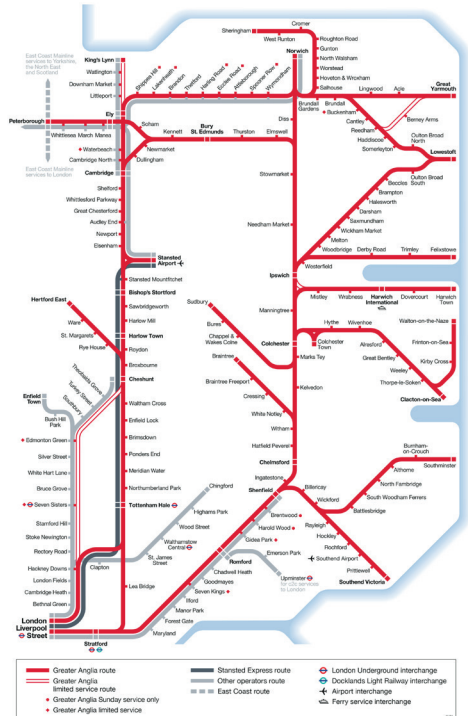
Take a look at the Greater Anglia website for ticket options and discounts. Some of the discounts available are listed below

- **Season Tickets** – Smart Card Season Tickets, Commuter Club, Annual Gold Card
- **Discounts** – GroupSave, PLUSBUS, Railcards
- **Business Travel** – Carnet, Discounted Season Tickets for corporates

www.greateranglia.co.uk/tickets-fares/find-right-ticket-you

To find out more about general information, fares, passenger services, accessibility and more, visit

www.greateranglia.co.uk/travel-information/station-information/ips



USEFUL WEBSITE LINKS

Walking and Cycling

- thewaytogosuffolk.org.uk - information on cycling in Suffolk, including FREE cycle maps available to download
- www.suffolk.gov.uk/adviceontravel - advice on where to find sustainable travel options during COVID-19
- www.discoversuffolk.org.uk - find walking and cycling leisure routes in Suffolk
- www.gojauntly.com - find new walks based on your location
- www.hikideas.co.uk - if you want to plan your own routes. Especially if you want to avoid any major inclines whilst walking, as the track data will display distance, vertical gain and drops along your route.
- www.mostactivecounty.com/what-we-do/walking/ - find different walking activities for you and the family
- www.plotaroute.com/routeplanner - use this website to plan your own walking routes in Suffolk
- www.ramblers.org.uk - find walks from the Ramblers Association charity
- www.livingstreets.org.uk - the national walking charity, find out about Walk to Work week, Walk to School week and other events
- www.nhs.uk/change4life - find out how you could make a change to stay fit and healthy
- www.cyclestreets.net or www.openstreetmap.org - find the best cycle route to work
- www.bikeweek.org.uk - join in the Bike Week national challenge to get more people cycling to work
- www.britishcycling.co.uk - what's hot in the world of cycling
- www.cycling.org.uk - the UK's largest national cycling membership organisation

Public Transport

- www.suffolkonboard.com - the guide to passenger transport in Suffolk for planning bus and rail journeys in the county
- www.suffolkonboard.com/buses - receive bus timetable information straight to your phone by text
- www.greateranglia.co.uk - the main rail operator for Suffolk
- www.plusbus.info - to add an urban bus pass to your rail ticket
- www.nationalrail.co.uk - the definitive source of information for all passenger rail services
- www.travelline.info - timetables and journey planner for public transport
- www.nextbuses.co.uk - find the bus times for your local bus stop
- www.transportfocus.org.uk - an independent public body set up by the Government to protect the interests of public transport passengers
- www.suffolk.gov.uk/children-families-and-learning/schools - home to school travel information

Car Sharing

- www.suffolkcarshare.com - a FREE on-line car sharing scheme to help you find a car share partner
- www.liftshare.com - a national event to encourage people to give car sharing a go

Other useful links

- www.suffolk.gov.uk/roads-and-transport - transport information from Suffolk County Council
- www.suffolkroadsafe.com - working together to reduce road collisions in Suffolk
- www.roadworks.org - details current and future roadworks in your area
- www.sustrans.org.uk - the leading UK charity for sustainable travel
- www.communities.suffolkonboard.com - for those who may not have access to a bus service
- highwaysreporting.suffolk.gov.uk - report a highway issue in Suffolk

The Way To Go Suffolk

-  thewaytogosuffolk.org.uk
-  thewaytogosuffolk@suffolk.gov.uk
-  @TWTGSuffolk
-  The Way To Go Suffolk

Travel Planning in Suffolk

-  www.suffolk.gov.uk/travelplans
-  travelplans@suffolk.gov.uk

Pettistree Parish Council

-  www.pettistreesuffolk.org.uk

Suffolk Highways

-  www.suffolk.gov.uk/roads-and-transport
-  @Suff_Highways

If you need help to understand this information in another language please call 03456 066 067.

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo. 03456 066 067

Portuguese

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer. 03456 066 067

Polish

এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন 03456 066 067

Bengali

Jeigu jums reikia šios informacijos kita kalba, paskambinkite 03456 066 067

Lithuanian

Dacă aveți nevoie de ajutor pentru a înțelege această informație într-o altă limbă, vă rugăm să telefonați la numărul 03456 066 067

Romanian

Если для того чтобы понять эту информацию Вам нужна помощь на другом языке, позвоните, пожалуйста, по телефону 03456 066 067

Russian

If you would like this information in another format, including audio or large print, please call 03456 066 067.

