



THE WAY TO GO



Picture House Green Leiston

Travel Pack

Claim your
£150
travel voucher



Encouraging walking, cycling
and wheeling across Suffolk





Claim your complementary voucher below

As the first residents of your new home at Picture House Green, your household is entitled to **receive one sustainable travel voucher worth up to £150** towards the cost of a new bike and accessories or free bus travel in the local area. We hope that this will help with travel to work or school, keeping you healthy and reducing traffic in your local area.

If you would like to use the voucher for bus travel, the £150 will provide one month's free travel on BorderBus or First Bus.

Visit thewaytogosuffolk.org.uk and click on the Travel pack section and to your respective development, then fill out the form to redeem the voucher.

Introduction

Congratulations on moving into your new home and welcome to Picture House Green, Leiston.

The Way To Go team at Suffolk County Council have produced this exclusive Travel Information Pack for you as part of the Residential Travel Plan on behalf of Flagship Homes, to give residents a choice of travel modes and encourage them to travel more sustainably.

A Travel Plan is a document that aims to encourage and support a shift to more active and sustainable modes of travel, through the implementation of a range of measures and monitoring progress throughout an agreed timeframe.

Flagship Homes has appointed The Way To Go Suffolk team as the Travel Plan Coordinator for Picture House Green.

Within this pack you'll find information such as a travel map of your local area, useful websites, free travel vouchers, details about public transport services and cycling routes. Through Picture House Green Travel Plan, The Way To Go team aims to improve accessibility to local services, road safety, air quality and reduce congestion by enhancing sustainable travel options that would benefit both mental and physical health.

If you are interested in receiving a personalised travel plan for your regular journey to work or school, please email us at **thewaytogosuffolk@suffolk.gov.uk**

The Way To Go Suffolk

🔗 thewaytogosuffolk.org.uk

✉ thewaytogosuffolk@suffolk.gov.uk

📘 The Way To Go Suffolk

Walking

Walking is simple, free and one of the easiest ways to get more active and become healthier. It can help you build stamina, burn excess calories and make your heart healthier.

But what's often overlooked is that walking is a free mode of transport. If you can and especially for shorter journeys, why not hang up your car keys and walk to work, school or the shops? It's often quicker than sitting in a traffic jam and there's no parking fees to worry about.

And did you know that a brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.

To create your own walking routes, visit:

- www.plotaroute.com/routeplanner
- www.gojauntly.com
- www.discoversuffolk.org.uk/explore-suffolk



Cycling

Choosing to cycle rather than drive can save you money and help the environment as well as improve your health.

Regular cycling can reduce the risk of a number of serious illnesses including heart disease and type 2 diabetes as well as improve your mental health.

Cycling is a low-impact exercise, meaning it's easier on your joints compared to high-impact aerobic activities like running.

Each of the houses in the Picture House Green development come with bike shelters in the garden which are big enough to store three bikes.

How to start cycling

A bike shop will be able to advise you on choosing the right bike for you. If you buy a bike second hand, consider having a mechanic check it over to make sure it's roadworthy.

Your local bike repair shop is Sax Velo: www.saxvelo.co.uk



Points of interest in Leiston and travel time by walking and cycling from the Picture House Green development

Amenity	Distance from site	Approximate walking time	Approximate cycling time
Education			
Leiston Primary School	1 mile	20 mins	5 mins
Alde Valley Academy	1.1 miles	24 mins	6 mins
Summerhill School	0.6 miles	14 mins	4 mins
Utilities			
Leiston library	0.4 miles	9 mins	3 mins
Leiston Film Theatre	0.6 miles	14 mins	4 mins
The Long Shop Museum	0.4 miles	9 mins	3 mins
Leiston Community Centre	0.8 miles	17 mins	4 mins
Leiston Post Office	0.6 miles	14 mins	4 mins
East of England Co-Operative Foodstore	0.7 miles	14 mins	4 mins
Londis	0.7 miles	16 mins	4 mins
Sizewell Sports & Social Club	1.3 miles	28 mins	7 mins
Leiston Leisure Centre	1.2 miles	27 mins	7 mins
Restaurant			
The White Horse Hotel	0.4 miles	8 mins	2 mins
Leiston Traditional Fish and Chips	0.5 miles	11 mins	3 mins
Medical			
The Leiston Surgery	0.4 miles	9 mins	3 mins
Leiston Dental Care	0.7 miles	15 mins	4 mins

Amenity	Distance from site	Approximate walking time	Approximate cycling time
Place of worship			
United Church Leiston	0.6 miles	12 mins	4 mins
Leiston Baptist Church	0.7 miles	16 mins	4 mins
St Margaret of Antioch Church Leiston	0.2 miles	4 mins	2 mins
Transport			
Church Road bus stop (eastbound)	0.1 miles	2 mins	1 min
Church Road bus stop (westbound)	0.1 miles	2 mins	1 min

To create your own walking routes, visit www.plotaroute.com/routeplanner, www.gojauntly.com or www.discoversuffolk.org.uk/explore-suffolk

For more information, please visit our website – thewaytogosuffolk.org.uk



Local amenities

- ① Leiston Primary School
- ② Alde Valley Academy
- ③ Summerhill School
- ④ Leiston library
- ⑤ Leiston Film Theatre
- ⑥ The Long Shop Museum
- ⑦ Leiston Community Centre
- ⑧ Leiston Post Office
- ⑨ East of England Co-Operative Foodstore
- ⑩ Londis
- ⑪ Sizewell Sports & Social Club
- ⑫ Leiston Leisure Centre
- ⑬ The White Horse Hotel
- ⑭ Leiston Traditional Fish and Chips
- ⑮ The Leiston Surgery
- ⑯ Leiston Dental Care
- ⑰ United Church Leiston
- ⑱ Leiston Baptist Church
- ⑲ St Margaret of Antioch Church Leiston
- ⑳ Church Road bus stops

Picture House Green



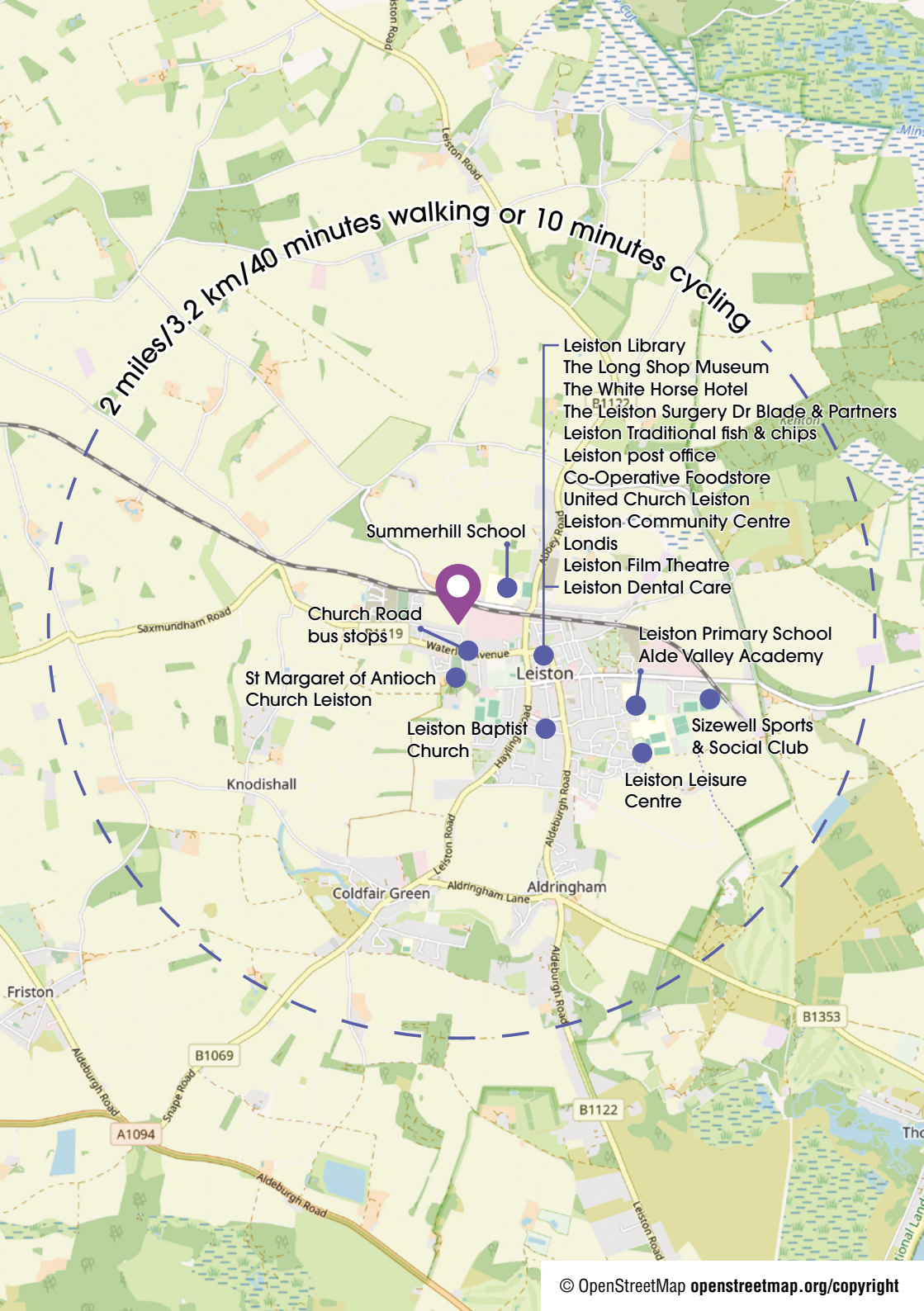
Key

- Local cycleway
- Footway





2 miles/3.2 km/40 minutes walking or 10 minutes cycling



- Leiston Library
- The Long Shop Museum
- The White Horse Hotel
- The Leiston Surgery Dr Blade & Partners
- Leiston Traditional fish & chips
- Leiston post office
- Co-Operative Foodstore
- United Church Leiston
- Leiston Community Centre
- Londonis
- Leiston Film Theatre
- Leiston Dental Care

Summerhill School

Church Road bus stops¹⁹

St Margaret of Antioch Church Leiston

Leiston Baptist Church

Leiston Primary School
Alde Valley Academy

Sizewell Sports & Social Club

Leiston Leisure Centre

Suffolk on board

There are many benefits when it comes to taking the bus. No stress when it comes to driving in traffic during your daily commute, no upfront car costs as well as an opportunity to catch up on work, reading or listening to music!

Taking the bus can also mean you have to walk to and from the bus stop which can help you get healthier.

Go to **www.suffolkonboard.com** where you'll find downloadable timetables, an online journey planner, school transport options, services in Suffolk and lots more.

Easy to read timetables and help sheets to familiarise yourself on how to catch the bus are also available.

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

Your local operator in Leiston

BorderBus

☎ 01502 714565

📧 www.border-bus.co.uk

✉ office@border-bus.co.uk

First Bus

☎ 0345 646 0707

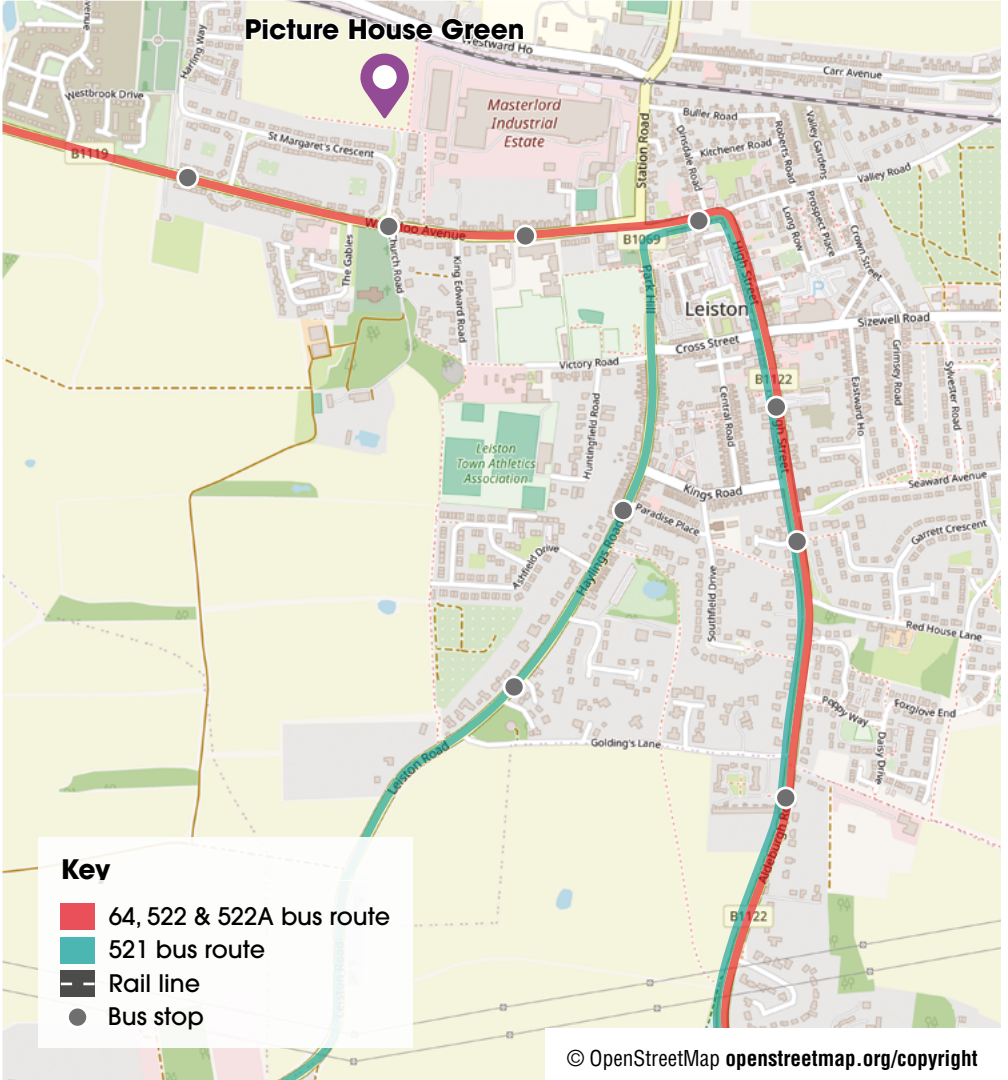
📧 www.firstbus.co.uk



Encouraging walking, cycling and wheeling across Suffolk

Suffolk bus network

Valid from 2 January 2024



Lift sharing

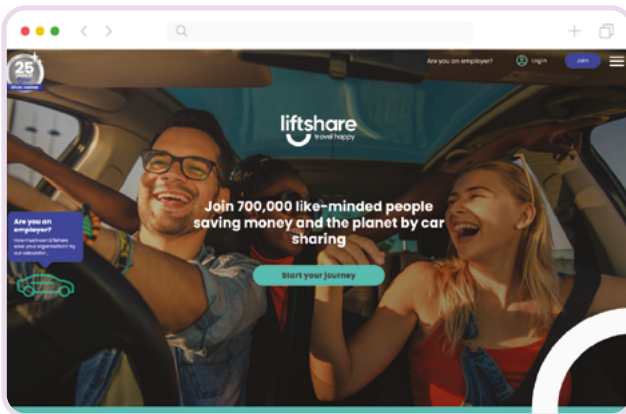
The Suffolk Lift Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

Sign up for **free** as a driver or passenger. Thousands of people who travel in and around Suffolk have joined the scheme and car sharing can save you time and money as well as many environmental benefits.

Sign up today: liftshare.com/uk

How it works

Use the online calculator 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.



Encouraging walking, cycling and wheeling across Suffolk





Greater Anglia

Take a look at the **Greater Anglia website for ticket options and discounts.**
Some of the discounts available include:

- **Season tickets** – Smart card season tickets, Commuter Club, Annual Gold Card
- **Discounts** – GroupSave, PLUSBUS, railcards
- **Business travel** – carnet, discounted season tickets for businesses

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



Encouraging walking, cycling and wheeling across Suffolk

Useful links

Walking and cycling

thewaytosuffolk.org.uk – information on cycling in Suffolk, including FREE cycle maps available to download.

www.discoversuffolk.org.uk – find walking and cycling leisure routes in Suffolk.

www.gojauntly.com – find new walks based on your location.

www.visorando.com/en/ – 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.visitsuffolk.com/see-do/walking – find a local leisure walk you'll love.

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/healthier-families

– find out how you could make a change to stay fit and healthy.

www.cyclinguk.org/bikeweek – join in the Bike Week national challenge to get more people cycling to work.

www.britishcycling.org.uk – what's hot in the world of cycling.

wheelsforall.org.uk – the UK's largest national cycling membership organisation.

feelgoodsuffolk.co.uk – an approach focussed on promoting well-being and positive living.

walkingandcyclinginsuffolk.org.uk – information on social prescribing pilot in Suffolk.

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/home – 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.traveline.info – timetables and journey planner for public transport.

www.firstbus.co.uk/planning-your-journey/next-bus – 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

liftshare.com/uk – platform to help people share car journeys.

Other

www.suffolk.gov.uk/roads-and-transport – transport information from Suffolk County Council.

www.suffolkroadsafe.com – working together to reduce road collisions in Suffolk.

one.network – details current and future roadworks in your area.

www.sustrans.org.uk – the leading UK charity for sustainable travel.

communities.suffolkonboard.com – for those who may not have access to a bus service.

highwaysreporting.suffolk.gov.uk – report a highway issue in Suffolk.

www.activesuffolk.org – website that aims to promote physical activity, sports, and health initiatives across Suffolk.



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**.



Designed and printed by



Phone: 01473 260600

The Way To Go Suffolk

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Travel planning in Suffolk

- thewaytogosuffolk.org.uk
- travelplans@suffolk.gov.uk

Suffolk Highways

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

Picture House Green, Leiston

- flagship-homes.co.uk/developments/picture-house-green