

# Skylarks Botesdale

## DISS

# TRAVEL PACK



**THE WAY TO GO**  
*Suffolk*



# Welcome

The Way to Go Suffolk travel pack includes, useful websites, discounts and local information on sustainable travel in and around Diss. This comprises of information and guidance on walking, cycling, taking the bus, train, and car sharing.

## The Way To Go Suffolk

[www.thewaytogosuffolk.org.uk](http://www.thewaytogosuffolk.org.uk)

Email: [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)

@TWTGSuffolk

## Suffolk Highways

[www.suffolk.gov.uk/roads-and-transport](http://www.suffolk.gov.uk/roads-and-transport)

@Suff\_Highways



The Way To Go Suffolk is a Suffolk County Council initiative to encourage active 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.



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## Walking and Cycling

### Walk and cycle - approximate times

Education	Local Retail and Other Facilities
<b>St Botolphs VC Primary School</b> 9 min walk, 3 min cycle	<b>Botesdale Village Hall</b> 4 min walk, 1 min cycle <b>The Bell Inn</b> 12 min walk, 3 min cycle <b>The Greyhound Restaurant</b> 10 min walk, 3 min cycle <b>Co-op Food</b> 14 min walk, 4 min cycle <b>Santiago's Art Café</b> 10 min walk, 4 min cycle <b>St Botolph's &amp; District Bowls Club</b> 12 min walk, 4 min cycle
Transport	
<b>Diss Railway Station</b> 31 mins cycle	<b>St Botolph's Church Botesdale</b> 8 min walk, 2 min cycle <b>Botesdale Fish &amp; Chip Shop</b> 10 min walk, 3 min cycle

To create your own walking routes, visit:

[www.plotaroute.com/routeplanner](http://www.plotaroute.com/routeplanner)

[www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk)

[www.gojauntly.com](http://www.gojauntly.com)

To view and download for free cycle maps in Suffolk, visit:

[www.thewaytotgosuffolk.org.uk](http://www.thewaytotgosuffolk.org.uk)

# 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/](https://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/](https://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/](https://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.

# 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.

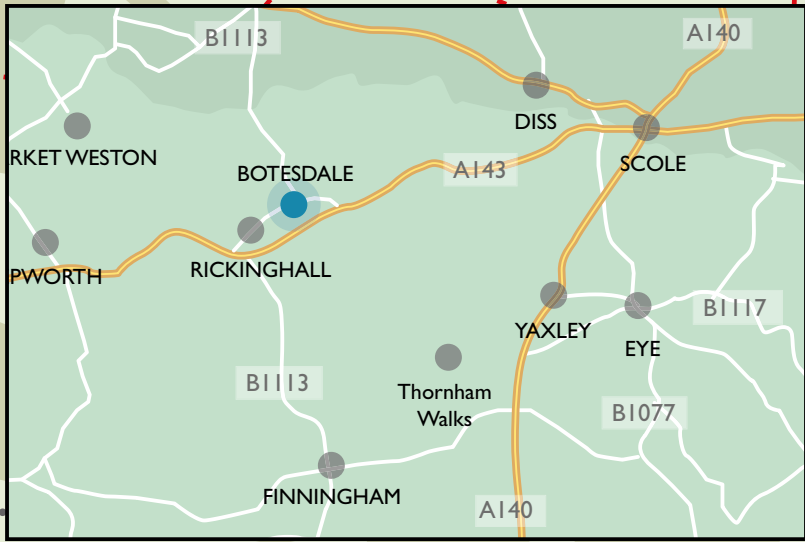
**Easy to read timetables and help sheets to familiarise yourself on how to catch the bus are also available to freely download, as well as:**

- 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 operators in Botesdale

- **Simonds**  
[www.simonds.co.uk](https://www.simonds.co.uk)  
email: [info@simonds.co.uk](mailto:info@simonds.co.uk)



**KEY**

- Skylarks Botesdale
- 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/uk/community/suffolk](http://www.liftshare.com/uk/community/suffolk)

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.



# Useful websites

## Walking and Cycling

- [www.thewaytogosuffolk.org.uk](http://www.thewaytogosuffolk.org.uk) – information on cycling in Suffolk, including FREE cycle maps available to download
- [www.suffolk.gov.uk/adviceontravel](http://www.suffolk.gov.uk/adviceontravel) – Advice on where to find sustainable travel options during COVID-19
- [www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk) – find walking and cycling leisure routes in Suffolk
- [www.hikideas.co.uk](http://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.plotaroute.com/routeplanner](http://www.plotaroute.com/routeplanner) - Use this website to plan your own walking routes in Suffolk
- [www.onelivesuffolk.co.uk](http://www.onelivesuffolk.co.uk) – free health walks
- [www.ramblers.org.uk](http://www.ramblers.org.uk) – find walks from the Ramblers Association charity
- [www.livingstreets.org.uk](http://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](http://www.nhs.uk/change4life) - find out how you could make a change to stay fit and healthy
- [www.cyclestreets.net](http://www.cyclestreets.net) or [www.openstreetmap.org](http://www.openstreetmap.org) – find the best cycle route to work
- [www.bikeweek.org.uk](http://www.bikeweek.org.uk) – join in the Bike Week national challenge to get more people cycling to work
- [www.britishcycling.org.uk](http://www.britishcycling.org.uk) – what's hot in the world of cycling
- [www.cyclinguk.org](http://www.cyclinguk.org) – the UK's largest national cycling membership organisation

## Public Transport

- [www.suffolkonboard.com](http://www.suffolkonboard.com) – the guide to passenger transport in Suffolk for planning bus and rail journeys in the county
- [www.greateranglia.co.uk](http://www.greateranglia.co.uk) – the main rail operator for Suffolk
- [www.plusbus.info](http://www.plusbus.info) – to add an urban bus pass to your rail ticket
- [www.nationalrail.co.uk](http://www.nationalrail.co.uk) – the definitive source of information for all passenger rail services
- [www.travelline.info](http://www.travelline.info) – timetables and journey planner for public transport
- [www.nextbuses.co.uk](http://www.nextbuses.co.uk) – find the bus times for your local bus stop
- [www.transportfocus.org.uk](http://www.transportfocus.org.uk) – an independent public body set up by the Government to protect the interests of public transport passengers

## Car Sharing

- [www.liftshare.com/suffolk](http://www.liftshare.com/suffolk) – a FREE on-line car sharing scheme to help you find a car share partner

## Other useful links

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



# Free £100 voucher

Your household is able to claim one voucher to the value of £100 which can be redeemed for either money towards a cycle and accessories or Simonds bus ticket purchases.

Please visit our website and head to the travel packs tab and click on your Housing Development:

[www.thewaytogosuffolk.org.uk](http://www.thewaytogosuffolk.org.uk)



## Useful contacts

### The Way To Go Suffolk

-  [www.thewaytogosuffolk.org.uk](http://www.thewaytogosuffolk.org.uk)
-  @TWTGSuffolk
-  [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)

### Suffolk Highways

-  [www.suffolk.gov.uk/roads-and-transport](http://www.suffolk.gov.uk/roads-and-transport)
-  @Suff\_Highways

### Botesdale Parish Council

-  [www.botesdale.onesuffolk.net](http://www.botesdale.onesuffolk.net)





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.

