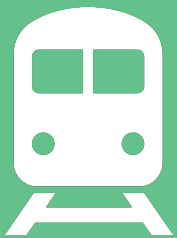


Let's Talk Travel

Want to feel
more confident using
public transport?
We've got some ideas
that might help...



Find new resources & information on our website:
www.gloucestershirecommunityrail.org

Here are some common travel 'what if's' and possible solutions...

I don't know which routes to use?
Or whether to go by bus or train?

- Plan your route beforehand - use tools like Google maps or Traveline to identify routes and means of transport (train, bus, walking, cycling) before you look at the timetables
- Consider different options - going by train and cycling the last bit may be quicker and cheaper
- Check out weekly tickets and off-peak travel

I don't know where my stop is?

- Follow the route on the app on your phone
- Use Google Streetview before you travel to identify nearby landmarks
- Find the stop/station where you start your journey before you travel so you know how much time to allow to get there

I miss the train or the bus is late...

- Allow plenty of time
- Make sure you know about alternative routes and when the next bus or train will come
- Have your mobile phone and the contact details for anyone you are meeting and call them

I worry about someone trying to chat to me... I find busy places and noise stressful...
I worry about someone following me or people behaving badly?

- Find a quiet (but safe) place to sit and wait
- Sit away from other people - on the bus try sitting near the driver
- If you are worried about something tell the bus driver or the staff at the station
- Put your bag/coat on the seat next to you unless the bus/train is full and someone needs to sit there
- Take something to distract you - read, listen to something, do a crossword, text someone, check social media, watch a film
- Use headphones to listen to music, block out sound and show others you don't want to be disturbed

I worry about things being clean...

- Trains and buses are regularly cleaned but take along wipes and sanitiser to use

I don't have a bank card...

- Buses will take cash (take plenty of change)
- Train tickets can be bought from the ticket office and some ticket machines take cash. (Check opening times, tickets can be bought in advance)

I have a mobility issue

- Check your route for potential accessibility problems
- Book any support you need to get around the station or onto the train in advance (on buses the driver will be glad to help you get on and off)

I have a disability which isn't obvious

- Consider using an information card or the Sunflower lanyard to let people know

I need regular travel support

- If your travel is to and from work Access to Work may help
- Explore community transport options in your area

USEFUL RESOURCES:

Glos travel:	www.gloucestershire.gov.uk/thinktravel
Route planning:	www.traveline.info
Assisted travel:	www.passangerassist.com or www.gwr.com/travel-information/passenger-assist
JAMcard:	www.jamcard.org
Liftplus:	07982 071 567
Access to Work:	www.gov.uk/access-to-work
Sunflower lanyard:	www.hiddendisabilitiesstore.com

SHARE YOUR OWN TRAVEL TIPS WITH US AT:

letstalktravel@gloucestershirecommunityrail.org