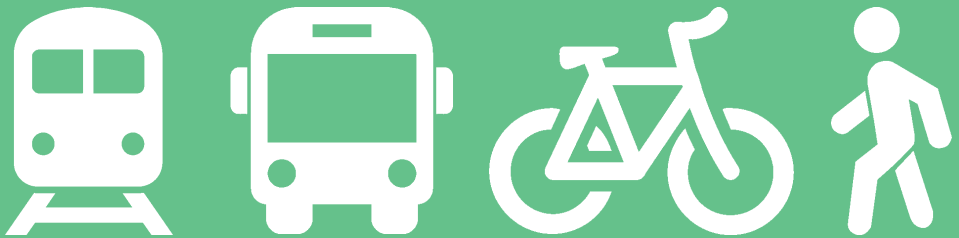


Let's Talk Travel

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



Find new resources and information at:

www.gcrp.org.uk

Supported by:

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 you are aged 14-19 travel training with Lift Plus may help.
- If your travel is to and from work Access to Work may help.
- Explore community transport options in your area.

USEFUL RESOURCES:

Glos travel:	gloucestershire.gov.uk/thinktravel
Route planning:	traveline.info
Assisted travel:	passengerassistance.com gwr.com/travel-information/passenger-assist
JAMcard:	jamcard.org
Access to Work:	gov.uk/access-to-work
Sunflower lanyard:	hiddendisabilitiesstore.com
Glos Access Maps:	gloucestershirecommunityrail.org/access-maps

Share your own travel tips with us at: letstalktravel@gcrp.org.uk