

# **Bradley Stoke Surgery is committed to a**

## **Green Travel**

### **Policy**

We would like to see as many staff and patients walking to the Surgery, riding their bikes or using public transport.

#### **BIKING**

Have you thought about riding your bike to work or to your appointments? There is now a general consensus amongst researchers that active travel is the easiest way for people to build everyday activity into their lives.

Maps for cycle routes across South Gloucestershire can be downloaded for the Better By Bike website:

[www.betterbybike.info/](http://www.betterbybike.info/)

#### **JOURNEY PLANNING**

There is a West of England Joint Local Transport Plan and its website is [www.westofengland.org](http://www.westofengland.org)

If you need help to plan your journey there is an excellent journey planner which provides details of any journey between two points in the Bristol area, by bus and or rail. It can be used by patients and staff to find bus number times and train routes.

A telephone information service for local travel information is also available from Traveline on 0870 608 2608

#### **WALKING**

There are many benefits of walking so please think about walking to the Surgery if you live within a few miles.

The benefits are:

- Walking is free
- Walking is good for you – it is a gentle but robust form of exercise and as part of a regular routine can help to keep weight down and maintain fitness
- Walkers are independent – they do not rely on other people to get around
- Walking is reliable – allowing accurate predications of journey times and hence time of arrival to be made

Further information about walking in the Bristol area can be found at [www.bristol.gov.uk](http://www.bristol.gov.uk) healthy living section.