

Chilsey Green Farm,

Welcome to the first edition of the Chilsey green farm Park newsletter. Read on to find out what is happening in your local area and to find out about the various travel options available to you. If you would like to contribute to future issues or provide us with any feedback, please email us at: travelplans@stuartmichael.co.uk.



Spring 2024

Adapting your travel behaviours

Our Newsletters are here to provide you with information regarding what is going on in your local area, how you can reduce your impact on the environment through travel adaptations, and how you can get out to do some physical exercise! This Spring edition provides up-to-date information on your local public bus services and train services and also gives you some ideas for having fun outdoors as the days are getting lighter and evenings are becoming longer.

In the UK, we have become very reliant on our cars for getting around. Green House Gas emissions from transport accounts for 27% of the UK's total emissions. That is more than any other sector! Reducing your travel by car, and instead, increasing your travel on foot, by bicycle or public transport, you can do your part to reduce the country's environmental impact.

Sometimes travel by car is unavoidable. Enterprise Car club membership provides access to more than 1300 vehicles nationwide, the opportunity to use a wide range of vehicles, vehicles can be reserved in advance or on the go with hourly charges capped at the daily rental charges. This is particularly useful if the unexpected happens and you require the vehicle for longer than anticipated. Telephone support is available 24/7 and fuel, road assistance and liability protection is also included. The nearest car club vehicle to your home is located on Elderbury Place, Cartwright Drive, KT16 9LL, approximately 20 minutes on foot, which will also help contribute towards your daily step count.

On your feet

Walking and Cycling are great ways to boost your health, fitness and well-being. It is recommended that the average adult should do 30 minutes of exercise 5 times per week. Walking or cycling to work, the shops or school is an easy way to achieve this target. Walking and cycling also offer a cheaper alternative to a monthly gym membership!

Surrey County Council help to organise a number of local walking groups throughout Surrey. To find out about walks taking place in your local area, or to volunteer as a walk leader, visit:

<https://www.surreycc.gov.uk/culture-and-leisure/countryside/what-can-you-do/walking/health-groups>

Alternatively, Surrey County Council also provide an interactive map which offers up a number of self-guided walking routes around Surrey. These walking routes have been provided in conjunction with

the [AllTrails.com](https://www.alltrails.com) digital walking app where you can track and record all of your walking activities on the 57 Explore Surrey collection walks. More information about this can be found here: <https://>



Being Active

Vitamin D is one of the most important nutrients for our health. But, it's also one that most of us don't get enough of 68% of people have below optimal levels of vitamin D. The best way to increase and maintain your vitamin D levels is to get as much sunlight as you can. Now the weather is getting warmer and the days are lighter, getting out in the fresh air is a great way to get out and do some exercise!

The daily recommended steps for a healthy adult is 10,000. You can do this, or the equivalent, by walking, running, and cycling! The local area offers attractive routes for physical activity. Keeping physically fit will help you feel stronger and healthier, and can also have a positive impact on your mental health. Taking a break and looking after your mind and body is vital, especially with the majority of people now working from home! Why not download the 'Strava' app and start recording your physical activity? It is a great way of tracking your progress and you can share your routes with friends! Strava is available for download on iOS and Android.



Travelling by Public Transport

The nearest bus stop to your home is located on St. Ann's Road, approximately 910m from your home. From this bus stop, you can access the different areas of Chertsey and surrounding settlements every 20 minutes

The Falcon Buses 456 bus service operates every 20 minutes from Monday to Friday from the Guildford Street and St Ann's Road Bus Stops. This bus service travels between Woking and Staines. See enclosed map for route details.

Additionally, service number 466 is accessible via the Guildford Street and St Ann's Road Bus Stops (operated by White Bus). This service also provides connections to Woking, St. Peter's Hospital, Thorpe Park and Staines.

Real time bus information can be accessed on the White Bus App. It is also possible to download mobile day and weekly tickets and view timetables from the app. Download from the App Store on Apple or Android by searching 'White Bus'.

New to the App? Head to <https://www.whitebus.co.uk/bus-services/>

white bus

The government £2 bus fare cap is extended until December 2024 on selected bus services and routes as announced by the Prime Minister on 4th October 2023. For more information and guidance visit: <https://www.gov.uk/guidance/2-bus-fare-cap>.

Cycling in the Spring

Though it feels like the rain will never stop, the days are getting longer and warmer. Despite inclement British weather, cycling to work can still be the highlight of your day if you have the right equipment and attitude. The UK weather is rarely bad enough to stop you cycling. So long as you're prepared, riding your bike remains comfortable, convenient, and satisfying.

Getting outside in the fresh air regularly is good for your mental health too. Plus you'll experience the slow change of the seasons first hand, and as well as gloomy days there will be crisp, clear sky ones that beg to be experienced by bike.

Cycling to work in Winter doesn't lift your spirits quite like Summer mornings but it's far from the grimness you might expect. The UK weather is rarely bad enough to stop you cycling. So long as you're prepared, riding your bike remains comfortable, convenient, and satisfying.

Top tips for cycling in Winter:

Plan your route through apps such as 'CycleStreets', 'Google Maps' or 'Bike Hub'. If you're travelling further afield, don't rule out cycling. You can always cycle part of the way and use public transport for the rest.

Keep your feet warm with a decent pair of socks and a pair of waterproof shoes.

Check your bike to make sure everything is still screwed tightly and ready for the road. Check that the tyres are pumped up and have enough tread.

Ride with the flow of traffic, not against it. Bikes are the safest when they follow the same rules of the road that apply to motor vehicles.

Keep your hands and head warm with waterproof gloves and a hat. If you are riding in icy conditions, make sure you have a snood or a cycling balaclava at the ready.

Wear lots of thin layers as it can be easy to get hot and sweaty when riding a bike, even in Winter!

Keep it slow as you begin your ride to give your muscles and joints time to warm up properly.

For those who are looking for other people to cycle with, make sure you check out the local club finder at:



www.britishcycling.org.uk/clubfinder

Don't forget to claim your free £50 cycle voucher to be used

for online purchases at Evans Cycles!

