

Thurston Park

Thurston

Travel Information Pack

Claim your
£150 voucher or
public transport
tickets today.

Find out more inside



SmarterTravel
from Richard Jackson Limited

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This Travel Information Pack has been produced exclusively for residents of **Thurston Park, Thurston**. We hope you find the information enclosed useful and trust it helps highlight the variety of sustainable travel options available to you in the area.

As part of the commitment from Hopkins Homes to you as a resident of Thurston Park, you are entitled to claim **one** of the following:

- **2 x One month bus passes** for local bus services, **or**
- **2 x One month season tickets** for Greater Anglia services to Stowmarket or Bury St Edmunds, **or**
- **A £150 active travel voucher** to be redeemed online at Wiggle.co.uk

See page 18 for further details on how to claim (T&C's apply).



Produced on behalf of Hopkins Homes
by Smarter Travel Ltd



IMAGE © Tim Sheerman-Chase Source: Flickr



Sustainable Travel – Good for you and your community

Engaging with sustainable ways of travel can have plenty of positive benefits including:

- Improving your health and wellbeing;
- Reducing your travel costs;
- Improving your accessibility to local services;
- Increasing the local road safety;
- Reducing travel times;
- Improving your travel choices and options; and
- Creating a cleaner, more vibrant local community.

Thurston Park

Thurston

Dear resident,

Congratulations on moving into your new home and welcome to Thurston Park, Thurston.

It is important to Hopkins Homes that you settle in well to Thurston and the local area.

To help make your move a little bit easier, we have produced this **Travel Information Pack**.

Throughout this pack, you'll find information on the variety of local travel options available to and from Thurston Park, including information on public transport services as well as walking and cycling routes.

As a resident of Thurston Park, we would like to invite you to claim **one** of the following:

- **2 x One month bus passes** for local bus services, **or**
- **2 x One month season ticket** for Greater Anglia train services to either Stowmarket or Bury St Edmunds, **or**
- **A £150 active travel voucher** to be redeemed online at Wiggle.co.uk

For information on how to claim your vouchers, please take a look at page 18.

We really do hope that you find the information included useful and also enjoy exploring Thurston and the surrounding areas using the variety of travel options available to you.

On behalf of Hopkins Homes, thank you for selecting Thurston Park as the place you will call home.

Kind regards,

Heidi

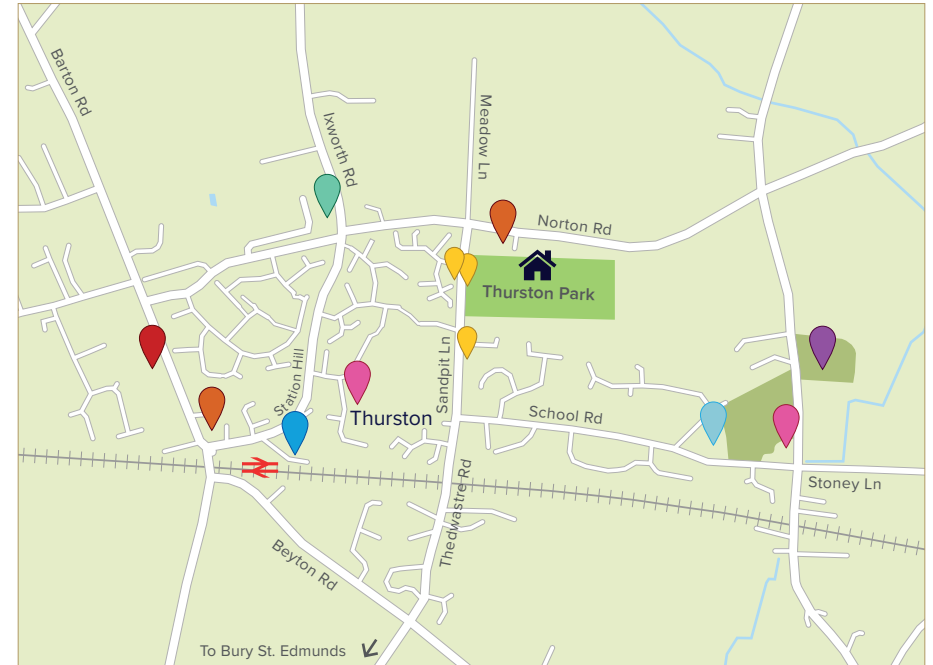
Your Travel Plan Coordinator **Smarter Travel Limited**



On behalf of Hopkins Homes

Thurston Park

and the local area



Key

	Thurston Park		Place of Worship
	Bus Stop		Community Centre
	Post Office		Primary School
	Secondary School		Co-op convenience store
	Public House		Railway Station



Don't forget to claim your bus tickets by completing the survey at the end of this pack.

THURSTON

Bus Travel

Your most regular local bus service is:

Galloway Local Buses 384/385:

Stowmarket to Bury St Edmunds. Approximately every 90 mins, Monday to Saturday.



Your nearest bus stops are located along Sandpit Lane. You will also find additional stops along Norton Road and Thedwastre Road. See the map on page 5 for locations.

Locations such as Stowmarket and Bury St Edmunds with services operating approximately every 90 minutes, Monday through to Friday. Full bus timetables can be found on the Thurston Park section of the Smarter Travel website.

For anyone aged between 16 and 19, you can apply for an Endeavour card which gives you at least **25% off participating bus services**. Again, **visit the Suffolk On Board website to apply**. The card is free of charge to apply for and your journey must either start or finish in Suffolk to be able to receive the discount.

Stowmarket	45 mins
Haughley	29 mins
Elmswell	23 mins
Woolpit	14 mins
FROM SANDPIT LANE BUS STOPS	
Moreton Hall	11 mins
West Suffolk Hospital	16 mins
Bury St Edmunds Bus Station	21 mins

Useful Apps & Websites



Bus Checker



First Buses



Suffolk on Board



Traveline

Bus Checker

Bus Checker gives you instant up to date information for buses throughout the UK. The app also offers journey planning. buschecker.com

Zip Trip

See instantly when your bus will arrive, use smart journey planning to help you get around, and view real-time disruption updates, traffic reports and stop alerts - all from one easy-to-use app. ziptrip.co.uk

Suffolk on Board

The Suffolk On Board website is a great hub for all public transport enquires within Suffolk. You can access local bus timetables as well as reporting any issues with public transport in the area. suffolkonboard.com

Traveline East Anglia

As with Suffolk On Board you can access public transport timetables through the Traveline website or app. Additionally, Traveline offers comprehensive journey planning for free. travelineeastanglia.org.uk



THURSTON

Train Travel

Save money on rail travel!

Railcards are a great way to easily save money on the cost of train travel (up to 1/3rd off) with a variety of cards available, such as: 16-25 Railcard, Disabled Persons Railcard, Two Together and Senior Railcard. Visit the Railcard.co.uk website to find out more and how to apply.



Your nearest train station is located in Thurston which is located along Station Hill. The station is approximately a 12-minute walk from Thurston Park or alternatively a 4-minute cycle ride.

Train services from Thurston run hourly through to Ipswich and Cambridge. Additionally, Bury St Edmunds, Stowmarket, Newmarket and Needham Market are all accessible by train from Thurston. Tickets can be purchased at the station from the ticket machine, however, it is always best to try and purchase tickets in advance to receive the best possible price - we would recommend 12 weeks in advance if possible.

Did you know that you can take bicycles on trains? Taking your bicycle with you is **free of charge** but can be subject to reservations at peak hours. However, folding bikes can be taken at any time. To find out more information, visit the **PlusBike** website: plusbike.nationalrail.co.uk or follow them on Facebook and Twitter: [@nationalrailenq](https://twitter.com/nationalrailenq)

Ipswich	30 mins
Needham Market	20 mins
Stowmarket	15 mins
FROM THURSTON TRAIN STATION	
Bury St Edmunds	6 mins
Newmarket	46 mins
Cambridge	52 mins

Useful Apps & Websites

Greater Anglia

The Greater Anglia app has a variety of different features including the option to purchase mobile tickets and receive live departure updates. greateranglia.co.uk

National Rail

The National Rail app allows you to plan train journeys as well as receiving alerts and notifications in the event of any disruption or delays. nationalrail.co.uk



Greater Anglia



National Rail

Keep up to date through Twitter by following [@greateranglia](https://twitter.com/greateranglia)



IMAGE: NomadicPics Flickr

THURSTON

Walking in the area

There are numerous footpaths located across Thurston making walking around the village easy and convenient. To find out more about these footpaths and where they are located visit the Thurston Park section of the Smarter Travel website.



There are many local facilities that can be reached by foot. The local Co-op convenience store, public houses, Post Office and the library are all within a 15-minute walk of Thurston Park. Please refer to the map on page 5 for more information.

Just outside of Thurston, towards Norton, you will find Black Bourn Valley Nature Reserve. Open all year round, the nature reserve is a wonderful place for a leisure walk. For more information go to:

suffolkwildlifetrust.org/blackbournvalley



It is recommended that adults get 150 minutes of exercise per week (which works out as 30 minutes per day over five days in the week). One of the easiest ways to accomplish this is heading out for a brisk walk.

There are many benefits to walking:

- Can help maintain body weight and lower the risk of obesity;
- Can lower the risk of chronic diseases and high blood pressure;
- Improvements to your mood and wellbeing; and also
- Studies show that it can encourage creativity!

FROM THURSTON PARK

Sandpit Lane bus stops	3 mins
Thurston Community College	9 mins
Library	9 mins
Co-op Convenience Store	10 mins
Pharmacy	10 mins
Nursery	12 mins
Thurston Train Station	12 mins
Post Office	13 mins

Useful Apps & Websites



Map My Walk



Discover Suffolk



Active 10



Suffolk Area Ramblers

Map My Walk

This app can record your workout duration, distance, pace, speed, elevation, calories burned and the route travelled.

mapmywalk.com

Discover Suffolk

Walking, cycling and horse riding throughout Suffolk. With a variety of walking routes and trails suggested for all abilities.

discoversuffolk.org.uk

Active 10

Created by Public Health England, the Active 10 app records your brisk walking activity as well as showing the benefits of regular exercise.

nhs.uk/oneyou

Suffolk Area Ramblers

With around 1,600 members currently, the Ramblers Association provides a variety of regular walks throughout Suffolk.

ramblers.org.uk/suffolk



THURSTON

Cycling in the area

Cycle to work schemes allow you to receive a bicycle and cycling equipment through a salary sacrifice scheme. By using the scheme, you can save up to **39%** on the cost of equipment. Speak to your employer to see if they are signed up to one of the many options available.



Cycling is a great alternative to short car journeys and again many local facilities can be easily reached by bike. There is a combination of on-road cycle routes and traffic free cycle routes in the area, some of these are part of National Cycle Route 1. You can find an off road cycle route all the way into Bury St Edmunds from just outside of the village.

If you prefer cycling for leisure, visit the **Cycling UK website** to find local cycling groups or clubs such as the St Edmunds Cycling Group.

Cycling has a huge amount of benefits, including:

- Improving wellbeing by relieving stress;
- Helps prevent chronic and life threatening illnesses;
- Being more cost effective than running a car. Letsride.co.uk states that running a car in the UK costs around £3,500 a year on average, a decent bike would set you back a fraction of that; and
- Cycling can reduce congestion and pollution on our roads.

Electric bikes (e-bikes) are becoming increasingly popular, offering a little extra assistance when needed. E-bikes open up more possibilities when travelling by bike. Find out more on the Thurston Park section of the Smarter Travel website. You can even purchase e-bikes through the CycleScheme – saving up to 39%.

Cyclescheme.co.uk

FROM THURSTON PARK

- Thurston Community College
4 mins
- Library
4 mins
- Co-op Convenience Store
4 mins
- Pharmacy
4 mins
- Nursery
4 mins
- Thurston Train Station
4 mins
- Post Office
5 mins

Useful Apps & Websites



Cycle Streets



Strava



BBC Weather

Cycle Streets

This website allows you to easily plan cycle journeys with variable route options regardless of the level of cyclist.
cyclestreets.net

Strava

This app records your cycle ride and you can compare your performance overtime, as well as sharing with the local community.
strava.com

BBC Weather

The great British weather is always something to consider when cycling. Use BBC's weather app to be prepared for whatever nature may throw at you!
bbc.co.uk/weather



THURSTON

Greener Car Travel

Did you know that by lift sharing the same or a similar journey with other people you can save money on the cost of car travel – the average commuter could save £1,000 per year! Sign up for free to Suffolk Car Share or organise your own lift with someone you already know and start saving money. Suffolkcarshare.com

Car travel is sometimes unavoidable, but there are also ways of travelling by car in a more eco-friendly and sustainable way. Smarter and greener car travel is recommended where other ways of sustainable transport are not possible.

Sometimes it's a necessity to drive, so here are seven eco-driving tips that can help make a difference to your journey:

1. Service your car regularly to maintain engine efficiency;
2. Check your tyre pressures regularly (and before long journeys), under-inflated tyres use more fuel as they increase rolling resistance;
3. Lose any unnecessary baggage, extra weight means extra fuel;
4. Combine short trips; cold starts use more fuel so it pays to combine errands;
5. Drive smoothly, accelerate gently and read the road ahead to avoid unnecessary braking;
6. Cut down on the air-con; air-conditioning increases fuel consumption at low speeds (the effects are less noticeable at higher speeds); and
7. The faster you go the greater the fuel consumption (cruising at 70mph uses up to 9% more fuel than at 60mph and up to 15% more fuel than at 50mph).



Each week, the average Brit spends seven hours in their car

The average annual cost of car insurance is £436

Drivers spend on average £89.67 per month on fuel

It's likely that you will play eye-spy in the car around 1,470 times during your lifetime!

Over your lifetime, on average you will have 7,817 singalongs to the car radio!



The future is electric! Cars and vans are changing, electric and hybrid vehicles are becoming increasingly popular as they are cleaner, quieter and cheaper to run. To find out how much you could save or for information on government grants, visit GoUltraLow.com

Concessionary & Community Travel

There are a selection of local incentives to promote travelling by public transport including bus passes. People at the age of retirement, or with an eligible disability, are entitled to a bus pass that allows free off-peak travel on weekdays and anytime travel on weekends.

To apply for either of these bus passes or to find out more information, visit the **bus transport section** of the **Suffolk on board website** or alternatively, call **0345 606 6171**



Additionally, for those that are less able to travel by regular public transport, there are a few options available, including;

- **Student Travel Assistance**
- **Connecting Communities Suffolk**

To find out more about these services please visit:

Suffolk.gov.uk or call **01449 614271**.

If you have school aged children, you can find out information on school bus passes through the **Suffolk On Board website**



Smarter travel choices

Are there other ways in which you can reduce your travel? Perhaps you could speak to your employer to see if it is possible to work from home just one day a week? Not driving the car for one day a week can automatically reduce car usage by 20%. Or alternatively, you could ask to adapt your working hours slightly to travel outside of peak hours.

Of course, we understand that this is not possible for everyone and every occupation, however, if you believe your workplace could benefit from a Workplace Travel Plan, please feel free to contact us – we can assist your employer in promoting and implementing measures to encourage more sustainable travel to and from the workplace.

Also, how about shopping locally where possible and travelling by foot or bicycle? For bigger purchases, why not try shopping online, it can save you both time and money in travelling to the shops, and most major supermarkets offer this service.

Find out more on the Thurston Park section of the Smarter Travel website.



Personal Travel Planning & Vouchers

Don't forget about the free vouchers and free Personal Travel Plan available to you! Just fill in the quick questionnaire at the back of this booklet and send it back to us or complete it online if you'd prefer.

You can choose **one** of the following:

- **2 x One month bus passes** for local bus services, **or**
- **2 x One month season tickets** for Greater Anglia services to either Stowmarket or Bury St Edmunds, **or**
- **A £150 active travel voucher** to be redeemed online at Wiggle.co.uk

A **Personal Travel Plan** provides you with a list of detailed alternative travel options to and from a specific location that you regularly visit. These alternative options will be compared to your current mode of travel in the amount of CO₂ produced and calories burnt. The Personal Travel Plan will show you options such as walking, buses, trains, cycling or driving and which routes are ideal for each mode of travel. Request your free PTP at the back of this pack or online.

Terms and conditions

- Only one of the vouchers per household can be claimed by residents of Thurston Park. We will not accept duplicate requests.
- We will not use your personal details for any direct marketing purposes. We will only use your address/email address for monitoring purposes and issuing vouchers.
- Any personal data is stored in compliance with the Smarter Travel Ltd Privacy Policy, this can be found at SmarterTravel.uk.com
- We are not responsible for lost or damaged vouchers.
- There is no cash alternative to the vouchers and they're non-transferable. Smarter Travel Limited reserve the right to cancel or amend the vouchers to equivalent vouchers at any time. Vouchers are subject to availability.
- We will issue the vouchers within 10 working days to either the postal or email address provided.
- Full terms and conditions can be found on the Smarter Travel Limited website.

Claim your vouchers

Complete the following survey and send it back to us free of charge
or complete online at SmarterTravel.uk.com/ThurstonPark

1. Full name:

2. Email address:

3. Full home address including postcode:

4. Do you or anyone else in the household have a disability that affects mobility and travel choices?

☐ yes ☐ no ☐ prefer not to say

5. Does your household own any electric or hybrid vehicles?

☐ yes ☐ no

6. What is the location/postcode that you and your household mostly travels to?

Location 1

Start time: Finish time:

Location 2

Start time: Finish time:

7. When travelling from your **previous home**, which mode of travel did you use most regularly?

Person 1

Person 2

8. When travelling from your **new home**, which mode of travel do you and your household intend on using the most?

Person 1

Person 2

9. Would you like to receive a free Personal Travel Plan (PTP) based on the information you have provided in this questionnaire?

☐ yes* ☐ no

*By requesting a Personal Travel Plan you are consenting to your information being shared with LiftShare.com. You can view their terms and conditions on their website.

10. Please indicate which **one** of the following that you would like sent to you (one option per household):

☐ 2x One month bus passes for local bus services, **or**

☐ 2 x One month train tickets for services to either Stowmarket or Bury St Edmunds (please specify which), **or**

☐ A £150 active travel voucher to be redeemed online at Wiggle.co.uk

11. Have you found this pack useful when assessing your travel options in the area?

☐ yes ☐ no

We will use the full name, postal address and email address that you have provided to supply the vouchers requested by you and also provide a PTP if requested.

You can find our full terms and conditions including information on how we store your data on the Smarter Travel Ltd website. Alternatively, email us for more information: **ThurstonPark@SmarterTravel.uk.com**

TEAR OFF AND MOISTEN ALONG EDGE

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Complete the travel survey

Claim your
£150 voucher or
public transport
tickets today!

and return to us free of charge
or complete online!

By completing the short survey, you can claim your free Personal Travel
Plan and either a £150 active travel voucher or public transport tickets.

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