

Cavendish View
THURSTON

SMARTER TRAVEL PACK

YOUR LOCAL TRAVEL INFORMATION

Linden
HOMES



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WHAT IS A SMARTER TRAVEL PACK?

This Smarter Travel Pack has been produced exclusively for residents of Cavendish View, 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.

Produced on behalf of Linden Homes by Smarter Travel Ltd.

WHO ARE SMARTER TRAVEL?

Smarter Travel Ltd have been appointed by Linden Homes to promote, manage and monitor the travel plan specifically for Cavendish View. We are providing a free service to all residents of the development and we are your first point of call for any travel related questions or queries you may have relating to your local area.



THE OVERALL AIMS OF THE CAVENDISH VIEW TRAVEL PLAN ARE;

- To reduce the number of single occupancy car journeys to and from the development;
- To promote more sustainable travel habits such as, walking, cycling and using public transport;
- Promote and encourage healthy and active lifestyles with a strong focus on the local community; and
- Provide advice to all residents on how to improve local travel habits.

BENEFITS OF A TRAVEL PLAN TO YOU AND YOUR COMMUNITY.

Engaging with the Cavendish View Travel Plan can have plenty of positive benefits including;

- Improving 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.

WELCOME TO CAVENDISH VIEW

Dear Resident,

Congratulations on moving into your new home and welcome to Cavendish View, Thurston. It is important to Linden Homes that you settle in well to the local area so to help make your move a little easier this pack has been produced specifically for Cavendish View residents only.

Throughout this pack, you'll find information on the variety of local travel options available to and from your new home, including information on public transport services as well as walking and cycling routes in the area and local amenities.

As a resident of Cavendish View, we would like to invite you to receive either a two month rail or bus ticket to either, Stowmarket or Bury St Edmunds or alternatively a £150 voucher to purchase cycling/sport equipment online at **Wiggle.co.uk**. To redeem your ticket or voucher, please complete the short questionnaire at the back of this pack or alternatively, head to the Cavendish View section of the Smarter Travel website and follow the links to complete.

We hope you find this information useful and enjoy exploring Thurston and the surrounding areas using the different travel options available to you.

On behalf of Linden Homes, we hope you enjoy calling Cavendish View home.

Kind regards,

Louisa
Your Travel Plan Coordinator
Smarter Travel Limited

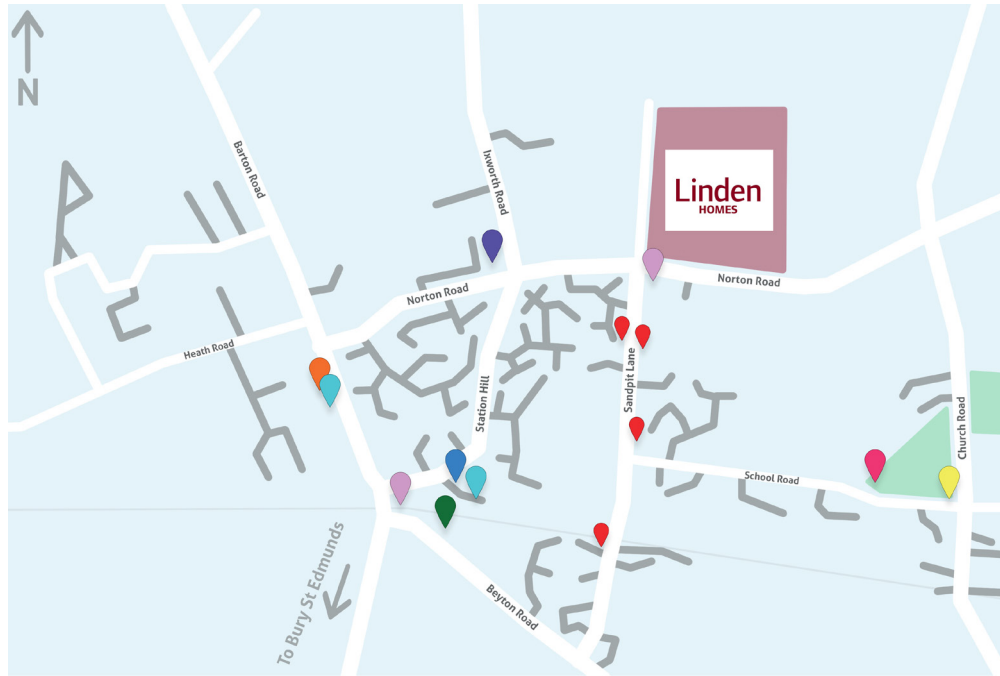
✉ CavendishView@SmarterTravel.uk.com  SmarterTravel.uk.com

 [@SmarterTravelSuffolk](https://www.facebook.com/SmarterTravelSuffolk)  [@RJSmarterTravel](https://twitter.com/RJSmarterTravel)

Linden
HOMES

 **SmarterTravel**
from Richard Jackson Limited

THE LOCAL AREA



- | | | |
|-------------------|---------------|----------------------------|
| Public House | Post Office | Primary School |
| Convenience Store | Train Station | Thurston Community College |
| Community Centre | Pharmacy | Bus Stop |

WHAT'S ON?

Throughout the year, there are many sustainable travel events for you to get involved with, both nationally and locally; here are just a few for you to consider;

THE BIG PEDAL BETWEEN MARCH & APRIL EVERY YEAR

Organised by the charity, Sustrans, Big Pedal is an inter-school walking, cycling and scooting challenge! Visit [Sustrans.org.uk](https://www.sustrans.org.uk) for more information.

WALK TO SCHOOL WEEK DURING MAY

The Living Streets' Walk to School Week is a national celebration to promote the benefits of walking to school. The week also includes the event, Happy Shoesday! Talk to your school to find out more or visit; [LivingStreets.org.uk](https://www.livingstreets.org.uk)

WORLD ENVIRONMENT DAY EARLY JUNE

This is a global event encouraging worldwide awareness and action for the protection of our environment. For more information, search; World Environment Day.

BIKE WEEK DURING JUNE

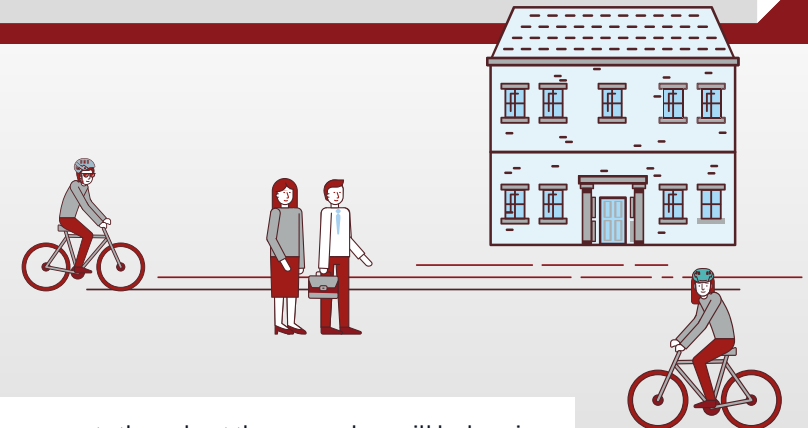
Delivered by Cycling UK, Bike Week is an annual opportunity to promote cycling to everyone and encourage the activity as part of everyday life. There are often events across the country to celebrate this week. Search for Bike Week or We Are Cycling for more information.

WALK TO SCHOOL MONTH THE WHOLE OF OCTOBER

An international event which promotes safer and easier walks to school. This is brought to you by Living Streets, the same people who promote Walk to School Week.

CYCLE TO WORK DAY MID AUGUST

A national event to encourage positive change towards the routine commute. Saving money, CO2 emissions and car mileage is exactly the reason this day has become so popular.



There are many more events throughout the year and we will be keeping you up to date through the [@SmarterTravelSuffolk](https://www.facebook.com/SmarterTravelSuffolk) Facebook page.

LOCAL AREA

BUS TRAVEL TO AND FROM CAVENDISH VIEW

Your nearest bus stops are located on either, Sandpit Lane, approximately 450m from the development, marked with red flags, or there is a bus stop located along Norton Road, approximately 550m away. Please see the map on page 4. Galloway buses operate the most frequent services through these stops on their 384 and 385 services to; Stowmarket, Woolpit, Thurston and Bury St Edmunds. For a full bus time table, please visit the Cavendish View section of the Smarter Travel Website or scan the QR code.

Save money on bus travel! There are also discounts available for 16-19 year olds of 25% off the full adult fare via the Endeavour card endeavour.suffolkonboard.com.

DON'T FORGET!

Check before you travel and take a face covering with you!

YOUR MOST REGULAR, LOCAL BUS SERVICES ARE:

GALLOWAY TRAVEL SERVICE NUMBER 384/385 - MENDLESHAM TO BURY ST EDMUNDS EVERY 90 MINUTES, MON-FRI

GALLOWAY SERVICE NUMBER: 384/385 - SATURDAY:

4 SERVICES, PLEASE REFER TO THE TIMETABLE FOR TIMES



FOR UP TO DATE TIMETABLES, SCAN HERE!



As a resident of Cavendish View you are entitled to a 2 month bus ticket for services with Galloways bus. To claim your tickets please complete our short travel survey located at the back of the pack. Further information can be found on page 11.

Unable to travel by conventional public transport? Find out more about community transport options on page 10.

USEFUL APPS AND WEBSITES

Suffolk On Board: For real-time departure information across the county, visit this website. You can also stay ahead of any timetable changes through this website.

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

Suffolk On Board



Bus Checker



TRAIN TRAVEL

The nearest train station to Cavendish View is located within Thurston, along Station Hill. The station is approximately a 12-minute walk from Cavendish View or a 4 minute cycle. Train services from Thurston run hourly through to Ipswich and Cambridge. Additionally, Bury St Edmunds, Stowmarket, Newmarket and Needham Market are also accessible by train from Thurston. Tickets are available at the station, although we do recommend purchasing in advance for the best price. **Please refer to our Rail User guide for tips on how to use the rail crossing safely.** Visit the Cavendish View section of the Smarter Travel website to keep up to date with the latest safety advice relating to Thurston train station.

The train station provides four bicycle storage spaces and 14 car parking spaces with one designated accessible space. Bikes can also be taken on the train, to find out more head over to the Cavendish View section of the Smarter Travel website or visit NationalRail.co.uk.

You can claim a free 2 month train ticket to Bury St Edmunds or Stowmarket by completing the short survey at the back of the pack!

SAVE MONEY ON TRAIN TRAVEL!

Railcards are a great way to easily save money on the cost of train travel – particularly for leisure purposes – with up to 1/3 off! With a variety of cards available such as; 16-19 Railcard, Disabled Persons Railcard, Two Together Railcard and Senior Railcard. Visit the Railcard.co.uk website to find out more information and how to apply. Also keep up to date with their special offers on [@Railcards](https://twitter.com/Railcards)

DON'T FORGET!

Check before you travel and take a face covering with you!

TOP TIP!

When travelling by train, try to book in advance (up to 12 weeks) to receive the best possible prices!



SCAN HERE TO VISIT THE NATIONAL RAIL WEBSITE



USEFUL APPS AND WEBSITES

Trainline: A great website for booking train tickets. Also available as a free app to download!

National Rail: Information about train station facilities as well as live arrival and departure times are available through the National Rail website. You can also find more information on the National Rail website about taking bicycles on trains through their PlusBike section.

Greater Anglia: The Greater Anglia app has a variety of different features including the option to purchase mobile tickets – eliminating the need to carry paper tickets and you can also receive live departure updates.

Trainline



National Rail



Greater Anglia



WALKING

AROUND CAVENDISH VIEW AND THURSTON

Walking is a great way to get around and the best thing is that it's free! It's also an easy way to get fitness into your daily routine. Many local facilities are within a walking distance of Cavendish View, such as; the supermarket, Post Office, primary school and town centre - all are within a 20 minute walk. Take a look at the local area map on page 4 to find out the locations of local amenities.

BENEFITS OF WALKING

It is recommended that adults get 150 minutes of exercise per week (which works out as 30 minutes per day over 5 days during 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 and improve creativity!

VISIT BLACK BOURN VALLEY NATURE RESERVE

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



SCAN HERE TO FIND OUT MORE ABOUT THE BLACK BOURN VALLEY NATURE RESERVE



USEFUL APPS AND WEBSITES

Map My Walk: By using this app, you can record your workout details, including duration, distance, pace, speed, elevation and calories burned.

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.

The Ramblers: The Ramblers Association provides a variety of regular programme of walks. For walks around Suffolk and more information, visit their website: ramblers.org.uk

Map my Walk



Active 10



The Ramblers



CYCLING

TO AND FROM CAVENDISH VIEW

Cycling is an excellent way to get about and is a great alternative to walking as it makes more places accessible. Cycling is around three times faster than walking and in some cases it's quicker than driving too! There is a great combination of on road cycle routes and traffic free cycle routes in the area, some of these are part of the National Cycle Route 1. You can also follow cycle route 51 which is off road all the way into Bury St Edmunds from just outside the village, which is approximately a 31 minute cycle.

From Bury St Edmunds you can find many cycle groups, to find out more head to: www.cycling.org.uk.

BENEFITS OF CYCLING

Cycling has a huge number of benefits, including;

- Improving wellbeing by relieving stress;
- Helps prevent chronic and life threatening illnesses;
- Being more cost effective than running a car. Did you know, maintaining a bike for a year costs twenty times less than maintaining and driving a car; and
- Reducing congestion and pollution on our roads.

CYCLE TO WORK SCHEMES

Employee benefit cycle schemes allow you to get up to £1,000 to spend on a bicycle and cycling accessories through your employer and you can save between 25-39% on the cost. Speak to your employer to see if they are signed up so you can take advantage of these discounts!



HAVE YOU CONSIDERED AN E-BIKE?

Electric bikes are becoming increasingly popular and are also included within the cycle to work scheme, offering a little extra assistance and allowing you to go even further! Visit www.charged.bike for your local e-bike store!



USEFUL APPS AND WEBSITES

CycleStreets: An excellent website which allows you to easily plan cycle journeys with variable route options available to all levels of cyclist.

Strava: This app records your cycle ride and you can compare your performance over time, as well as sharing with the Strava community and friends. Strava can also be used for running, walking and other workouts.

BBC Weather: The great British weather is always something to consider when cycling! Use the BBC weather app to check the conditions before cycling and make sure you're prepared for what nature may throw at you!

Cycle Streets



Strava



BBC Weather



To claim your £150 cycle voucher please complete our short travel survey. Further information can be found on page 13.

With the future of car travel changing, it is good to consider other options when it comes to car travel. Did you know;

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

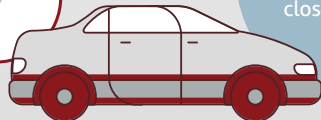
CAR SHARING

By sharing the same or similar journeys with other people you can save money on the cost of car travel as well as meeting new people. Sign up for free with **Suffolk Car Share** or **Liftshare** to find and share regular car journeys, there are currently over 12 possible lift sharing opportunities from the Thurston area to places such as Ipswich, Stowmarket and Bury St Edmunds. Use the online calculator on the **Liftshare** website to see how much money you could save!



THE FUTURE IS ELECTRIC!

If you're thinking about a new car, why not look at a hybrid or electric vehicle? Visit **goultralow.com** for further advice and information. Find EV charging points too through the Zap Map website **www.zapmap.co.uk**.



Visit **roadworks.org** to keep up to date with any planned road closures in the area.



ECO DRIVING

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).

HAVE YOU VISITED THE SMARTER TRAVEL WEBSITE YET?

With specific pages relating to Cavendish View and sustainable travel around Thurston, head over to **Smartertravel.uk.com/CavendishView**.

Make sure you save the website as one of your favourites as we will be regularly updating with new information and resources specifically for you.



Also, keep up to date with us through Facebook – just search for Smarter Travel Suffolk



BUS PASSES

There are a selection of local incentives to promote travelling by public transport including bus passes. For those of pensionable age or if you have an eligible disability, you will be entitled to a bus pass that allows free off-peak travel on local buses anywhere in England.

To apply for either of these passes, visit: www.gov.uk or Suffolkonboard.com.

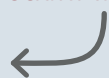
COMMUNITY TRAVEL

For those less able to travel by conventional public transport there are some alternative options available in the Thurston area. Connecting Communities Suffolk provides a service for those that may find it difficult to travel by regular public transport services, the service can provide travel for medical appointments, day trips and visiting friends and family.

Due to Covid-19 booking hours may vary, you will need to call to pre-register on: **01440 712028**.



FOR INFORMATION
ABOUT SCHOOL
TRANSPORT,
SCAN HERE!



SCHOOL BUS PASSES

If you have school aged children and would like more information on bus travel to and from school; visit the Suffolk.gov.uk website and search for the Education and Schools section.

There are other ways in which you can reduce your travel, including simply cutting the number of journeys you make. Already working from home? Why not try getting your groceries delivered to save you that extra trip.

Alternatively, 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 now offer this service.

WORKING FROM HOME?

Many of us are still working from home, this has led to daily commutes to be significantly reduced which is great for the environment but may not of been great for your health and well being.

We've put together some useful tips to help you work from home:

- 1) Take breaks, make sure you are still getting outside in the fresh air, now you have no commute use that free time to go for walk.
- 2) Make your working space your own, try to separate from your living space (if possible), that way you can close the door to work at the end of the day.
- 3) Don't forget your not alone, arrange regular virtual meetings with your colleagues to keep some social normality.

For more tips head over to our blog: Smartertravel.uk.com/top-tips-for-working-from-home.

PERSONAL TRAVEL PLANNING

A Personal Travel Plan evaluates your journeys to/from a specific location for you as well as travel mode and suggests other ways of travelling that same journey. By providing us with your regular destinations (such as your workplace) and your required arrival and departure times, we can provide you with a list of alternative travel options. You will also receive information on which bus stops to use, walking duration, calories burnt and also the level of CO2 saved.

Your Personal Travel Plan will be emailed directly to you and can be obtained by completing the short questionnaire at the end of this smarter travel pack (don't forget to tick the box requesting a Personal Travel Plan!)

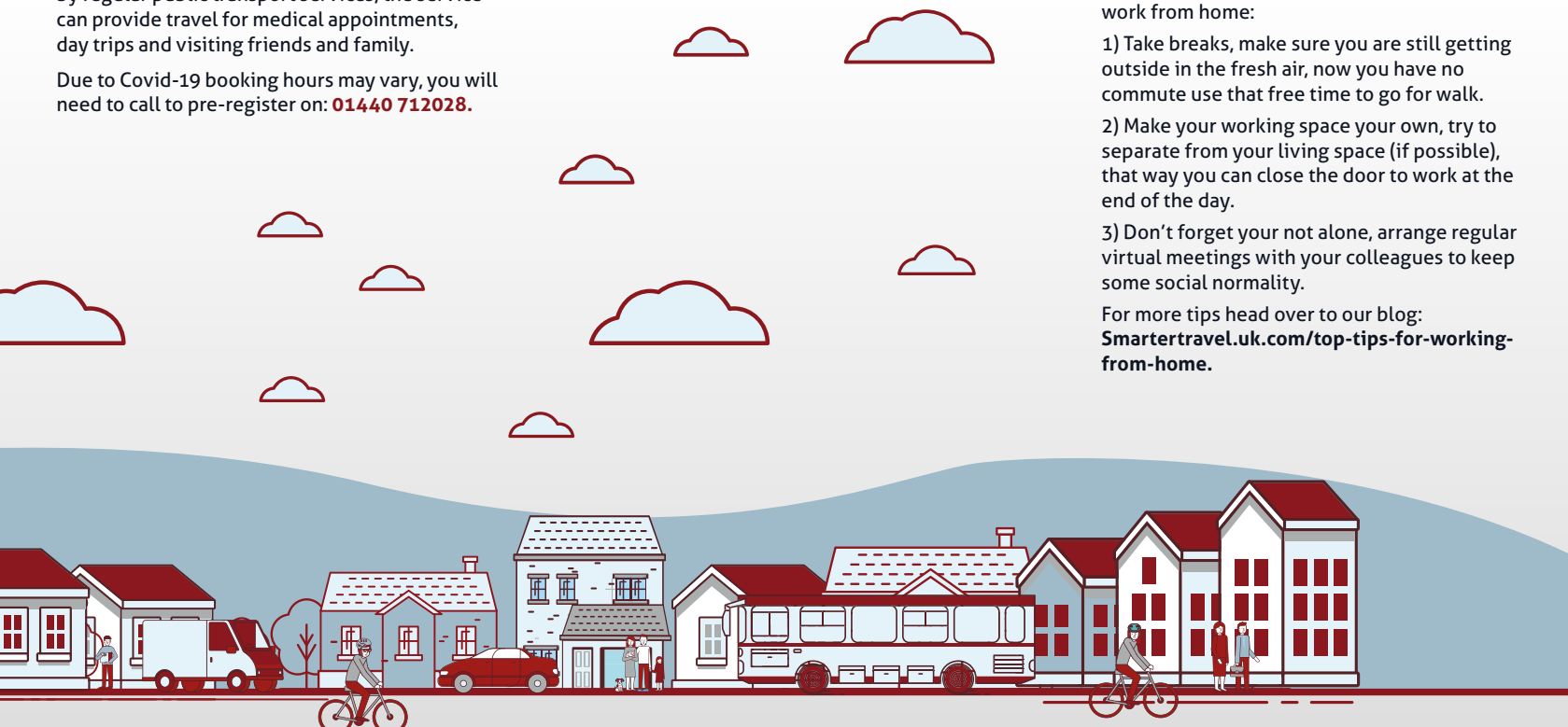
For more indepth information regarding all of the travel options available to you as a resident of Cavendish View, please visit the Cavendish View section of the Smarter Travel website. You can also keep up to date with relevant news and information on Facebook [@SmarterTravelSuffolk](https://www.facebook.com/SmarterTravelSuffolk).

SUSTAINABLE TRAVEL VOUCHERS

As part of Linden Homes' commitment to you, you can claim a 2 month bus ticket for services within the area; a 2 month train ticket to Bury St Edmunds or Stowmarket. Alternatively if the above are not relevant to yourselves, you can claim a £150 voucher to be redeemed online at Wiggle.co.uk.

To redeem, please complete the short survey at the end of this pack and return to us by freepost or complete on the Smarter Travel website. We will then take care of the rest! Please note, only one claim per household. Full terms and conditions can be found at:

Smartertravel.uk.com/CavendishView.



CLAIM YOUR SUSTAINABLE TRAVEL VOUCHER!



JUST COMPLETE THE FORM ON THE NEXT
PAGE, TEAR OFF AND RETURN TO US OR
SCAN THE QR CODE TO COMPLETE ONLINE!



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CM1 1RS



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Captured printers.



*T&C's apply

1. Full name:

2. Email address:

3. Home address:

Postcode:

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

☐ Yes ☐ No ☐ Prefer not to say

5. Does your household own any electric
or hybrid vehicles including e-bikes?

☐ Yes ☐ No

6. What is the location/postcode that you
and your household mostly travels to?
Please include your required arrival
time and departure time.

7. When travelling from your previous
home (if applicable), which mode of
travel did you use most regularly?

For Work

For Education

8. When travelling from your new home (if
applicable), what mode of travel do you
and your household intend on using the
most?

For Work

For Education

9. Would you like to receive a free Personal
Travel Plan 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. If anyone else in
your household would like a free Personal Travel
Plan, please visit the Smarter Travel website and
complete the form online.

10. Please tick the following that
you would like sent to you:

☐ 2 month train ticket to Bury
St Edmunds or Stowmarket

OR

☐ 2 month bus ticket for local services

OR

☐ £150 cycle voucher

OR

☐ Not required

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

☐ Yes ☐ No * If you have any further feedback,
please contact us through the
Smarter Travel website.

We will use the full name, postal address and
email address you have provided to supply the
vouchers requested by you.

You can find our full terms and conditions
including information on how we store your
data on the Smarter Travel website. Alternatively,
please contact us for more information.

TEAR OFF AND MOISTEN ALONG EDGE

MOISTEN ALONG EDGE AND FOLD

MOISTEN ALONG EDGE AND FOLD

COMPLETE THE SURVEY OVERLEAF

and return to us free of charge

Fill in this quick questionnaire about your current and previous travel choices from Cavendish View to get your own free Personal Travel Plan and sustainable travel vouchers.

Business Reply Plus
Licence Number
RTZJ-BGUG-HBLK



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