# SMARTER TRAVEL FOR SOLIHULL

TRAVEL INFORMATION PACK



FREE VOUCHERS AND EXCLUSIVE OFFERS INSIDE, PLUS A PRIZE DRAW!





# CONTENTS

Welcome	2
Local news	4
Map	5
Cycling in the area	6
Walking in the area	8
Bus travel	12
Train travel	14
Greener car travel	17
Personal travel plans	20
Claim your voucher	22
Survey	23

#### PERSONAL TRAVEL PLANS

Claim a free Personal Travel Plan exploring all available modes of transport available to you on your most regular journey. This can be anything from your commute into work or your weekly shopping trip.

Complete the survey on page 23 to get your free Personal Travel Plan.

# WELCOME TO THE SOLIHULL TRAVEL PACK!

This pack has been produced by Solihull Metropolitan Council for residents in your area\* of Dickens Heath to provide information on all your local travel options, travel news and money saving tips along with free vouchers and exclusive offers to get you travelling sustainably.

We've created this pack to become a useful resource for you to refer back to with any journey or travel needs. Inside you will find journey times for all modes of transport to local amenities along with your local map, cycle routes, footpaths and bus stops.

It may not be possible for everyone to make changes to their journeys, but we are here to help support you in choosing a more sustainable mode of travel where possible!

Smarter Travel are supporting us to deliver the project, they will be in touch if you choose to take up these exciting offers and support.

 $^{*}$  Offers will be shared with a wider area later this year.

Solihull@SmarterTravel.uk.com

dickenheathtp.commonplace.is



# FREE INCENTIVES

As a resident of Dickens Heath, you are entitled to an array of incentives to support more sustainable travel choices.

You may also enter the prize draw to win either:

- A one year adult public transport season ticket,
- Or an electric bike.

## **CYCLE TRAINING**

A free 1 hour adult cycle training session. All abilities are welcome. If there is a particular route you would like to improve your confidence on then our trained cycle instructors will cycle you through it.

## TRAVEL PASS AND FRIENDS & FAMILY OFFER

A one week adult travel pass valid across the West Midlands on bus, train and the Metro Tram. This travel pass allows you to take someone on the journey with you for just £1 (adult) or 50p (child).

## **FITNESS TRACKER**

Find out how many steps you are doing and compete with others!

## CYCLE PUNCTURE REPAIR KIT

Keep yourself on the move whilst cycling the local area.

To claim any of these incentives, see page 22 for further information.

• 4

# THE SOLIHULL CYCLING & WALKING STRATEGY

Solihull's Transport Strategy "Solihull Connected", the Cycling and Walking Strategy for the borough will enable a longterm approach to develop a local cycling and walking network within the borough. The overall aim is to improve cycling and walking infrastructure across the borough over the next 10 years.

## FREE TO USE BICYCLE REPAIR STATIONS

Three new bicycle repair stations have been installed in Solihull, thanks to a successful bid by the Council's Sustainable Travel Team to the government's Emergency Active Travel Fund.

See page 9 for more details.

#### **NEW EV CHARGING POINTS**

A number of new electric vehicle (EV) charging points are being installed around the borough. In this latest wave Shirley, Knowle, Olton, Silhill, Blythe Valley, Lyndon, Elmdon, Dorridge and Smiths Wood will all benefit from the new points.

## TEMPORARY CYCLE LANES

Three new temporary cycle lanes are being developed in Solihull with the aim of making travel safer, and establishing if there is a permanent need for them.

The new lanes will be found on:

- Blossomfield Road
- Knowle to Solihull Town Centre
- Meriden to Millison's Wood

## **NET ZERO SOLIHULL**

As part of Solihull's commitment to achieve net zero carbon emissions by 2041, the council is developing a Net Zero Action Plan, which will help inform the kind of action that will be needed across the borough.

Find out more: NetZeroSolihull.co.uk

## THE WILDLIFE WAYS PROJECT

The Wildlife Ways team has been working hard to link open spaces and improve existing routes across the borough, allowing wildlife to flourish and helping people to connect with nature.

To find out more about this £16.8 million project, part-financed by the European Regional Development Fund, visit www.wildlifeways.co.uk



#### FREE BIKE TRIALS AND CHECKS

30-minute E-bike trials & FREE bike health checks at Halfords (Solihull Business Park) halfords.co.uk Alternatively, why not contact a local cycle store and see what e-bikes they offer? The Electric Bike Shop Solihull Red Kite Cycles

# everyone

FREE GYM PASSES FOR OVER 75s Available at either Tudor Grange

Leisure Centre or North Solihull Sports Centre

everyoneactive.com

SOLIHULL LOCAL AREA MAP



- 1. Tidbury Green Primary School
- 2. Blossoms Pre-School
- & Nursery 3. Dickens Heath
- Nature Reserve
- 4. Tesco Convenience Store

- 5. Dickens Heath Medical Centre
- 6. Library
- 7. Dickens Heath
- Village Church
  - 8. Dickens Heath Community Primary School







# CYCLING

# IN THE AREA

Cycling is around three times faster than walking and in some cases, due to traffic, it can be quicker than driving!



	BEECH LANE
6 mins	WHITLOCKS END TRAIN STATION
7 mins	WYTHALL TRAIN STATION
10 mins	SOLIHULL RETAIL PARK
13 mins	MONKSPATH BUSINESS PARK
21 mins	SOLIHULL HOSPITAL
22 mins	SOLIHULL TOWN CENTRE

Many of us are now already commuting far less, not only is cycling great for commuting but even better for maintaining a healthy lifestyle.

There are many scenic cycle routes in the local area near to Dickens Heath, which can be a great activity for all levels. Why not try some of our suggested routes?

### **LEISURE CYCLE ROUTES**

#### DICKENS HEATH TO TIDBURY GREEN & EARLSWOOD

This is a 6-mile easy route on country lanes to Earlswood Craft Centre and Earslwood Lakes, with the Red Lion pub on route.

#### HOCKLEY HEATH TO PACKWOOD HOUSE & LOWSONFORD

An 11 mile ride along narrow country lanes, passing historic Packwood House, to the canal-side hamlet of Lowonsford.

#### DICKENS HEATH TO TANWORTH & EARLSWOOD

A 10 mile ride along country lanes through the quaint village of Tanworth-in-Arden.

To view these routes or find plenty more head to: cyclesolihull.org.uk or scan here





Check out the new cycle repair stations across Solihull!

## FREE ONE TO ONE CYCLE TRAINING SESSION

One of the incentives of this pack is a free 1 hour adult cycle training session. All abilities are welcome.

To redeem your session visit SmarterTravel.uk.com/Solihull or head to the back of this pack!

## FREE CYCLE PUNCTURE REPAIR KIT

When completing the survey you can opt for a free puncture repair kit as your incentive which will be posted directly to you.

Head to SmarterTravel.uk.com/ Solihull or the back of the pack to claim yours!

## E-BIKES

E-bikes offer you that extra assistance, allowing you to travel further as effortlessly as you like. With an average full charge cost of only 17p, they are a great cost saving method for those awkward length journeys!

To find out more and even trial an E-bike for free, head to the Halfords website: Halfords.co.uk



#### **CYCLE TO WORK SCHEMES**

Cycle to work schemes are a UK government tax exemption initiative which allows individuals to hire a bicycle and cycling equipment (for an agreed length of time).

At the end, you then have the option to purchase it for a fraction of the original cost. This is organised through your employer and saves you between 25 and 39% of the original cost.

Many different schemes are available. Speak to your employer to find out more.

#### CYCLING EVENTS ACROSS THE UK

There are a number of cycling events held across the UK each year including:

- Love To Ride
- The Big Pedal
- Bike Week
- Bike to School Week
- Cycle to Work Day

# STRAVA

#### STRAVA

Keep track of your cycle journeys and share your routes with friends and family! strava.com ~

#### CYCLESTREETS

One of the most comprehensive cycle route planners and it's free to use! cyclestreets.net

### FREE BIKE REPAIR STATIONS

Three new bicycle repair stations have been installed in Solihull, these are free to use and each includes a stand to put your bike on, a pressure gauge pump and just about every type of tool that you need for repairs. Located at:

- Stratford Road, Shirley outside Shirley Park
- High Street, Solihull Town Centre
- Whitlocks End Rail Station car park

## **HEALTH BENEFITS**

Cycling is not just a mode of transport but it also provides an excellent low impact workout too; there are many health benefits from hopping on your bicycle and many studies to back this up. Why not turn your commute into a workout?

#### Health benefits of cycling can include:

- Increased cardiovascular fitness;
- A decrease in stress levels;
- Strengthened bones; and
- Improved posture and coordination.

THE BIKE OLUB

As your children grow,

through a lease scheme.

This is a great resource

for growing families!

thebikeclub.co.uk

you can continually

upgrade their bikes

**BIKE CLUB** 



#### BIKEABILITY

The leading cycle training programme in England, giving everyone an opportunity to learn to cycle. Find a course: **bikeability.org.uk** 

# WALKING

# IN THE AREA

Did you know that a 30 minute walk equates to approximately 4,000 steps! Getting you well on the way to hitting the suggested 10,000 per day!



•	BEECH LANE
8 mins	TESCO CONVENIENCE STORE
8 mins	MEDICAL CENTRE
9 mins	BLOSSOMS PRE-SCHOOL
10 mins	TIDBURY GREEN PRIMARY SCHOOL
13 mins	DICKENS HEATH PRIMARY SCHOOL
18 mins	WHITLOCKS END TRAIN STATION
38 mins	SOLIHULL RETAIL PARK
1 hr 15 mins	SOLIHULL TOWN CENTRE

# Walking is a great way to get out and about. If you're walking to work or just taking a leisurely stroll, there are hundreds of benefits!

Not only is walking good for your body but it's also good for your mind too and just taking a brisk 30 minute walk each day will have significant improvements on your health. Why not make your walking commute a social occasion too and walk with others?

There are many amenities within a suitable walking distance of Dickens Heath so why not swap one short car journey for a walk instead?

#### **HEALTH BENEFITS**

Guidance suggests that adults should try to get at least 150 minutes of exercise each week, the good news is, a brisk walk can contribute to this! Some of the health benefits of weight bearing exercises such as walking are:

- Reduced risk of cardiovascular problems;
- Helps improve the strength of your bones;
- Increases your muscle strength; and
- Makes you happy (studies have proven!)

Why not claim your free fitness tracker to find out how many steps you are doing and compete with others! Head to the back of the pack to claim yours.

#### LEISURE WALKS IN THE AREA

#### **CLOWES WOOD NATURE RESERVE**

An ancient woodland with a mix of trees, shrubs, ditches, streams, pond, a small meadow, and a precious remnant of heathland.

#### **EARLSWOOD LAKES**

Earlswood Lakes are the perfect spot to explore your local waterside wildlife, made up of three 22-acre reservoirs together.

#### NORTH STRATFORD CANAL WALK

The North Stratford Canal is a picturesque rural waterway. Perfect for a stroll or time away somewhere peaceful to gather your thoughts.

#### HILFIELD PARK

Hillfield Park is a wonderful large, landscaped area with a football pitch, walking trails, a park and a lake.



#### 🛆 AllTrails

#### ALL TRAILS

alltrails.com

Find new walking routes in the area through this website. Great to have a look at if you need plans for the weekend!



#### PLOTAROUTE

Put in your starting point and destination, then allow this website to work out a walking route for you. All free and easy to use: plotaroute.com

#### **MAPMYWALK**

#### MAP MY WALK Track the number of steps you

complete each day or even the route you've walked.



Please check government guidance on public transport before travel

# TRAVEL

There are many reasons you should consider using the bus; for example, it can be quicker than driving, especially when trying to reach Solihull.



Your nearest bus stops are located along Dickens Heath Road, just a twominute walk away, close to Birchy Leasowes Lane. The service, A4, runs through these stops and is operated by LandFlight.

From here, the bus services run every hour from 07:21 through to 17:34, Monday to Friday taking you to Solihull, Hollywood, Wythall and Majors Green.

#### FREE TRAVEL PASS

Residents of Dickens Heath are being offered a 1-week adult bus pass for services across the West Midlands as an incentive to encourage more sustainable travel habits.

See page 22 for terms and conditions.

#### **COMMUNITY TRANSPORT**

For those that may not be able to use conventional transport methods, Ring and Ride offers a fully accessible door-to-door bus service to take you where you need to go from doctors' services to social visits.

For further information or to book please call: 0121 327 8128

No cash? No problem! You can purchase tickets; on the bus with card or cash, on a Swift pay as you go card online, or through the Network West

ringandride.org

#### **FREQUENT BUS SERVICES**

13 •

SERVICE A4 TO SOLIHULL AND WYTHALL With services every hour.

SERVICE A5 (FROM TYTHE BARN LANE) BETWEEN SOLIHULL AND CHESWICK GREEN With services every hour.

Head to: NetworkWestMidlands.com to plan your journey!



## 😳 Citymapper

Midlands app.

#### CITY MAPPER

A useful app & website helping you plan your route within a city with options for all modes of transport. citymapper.com FOLLOW WEST MIDLANDS NETWORK on Twitter for live updates on any potential delays to keep

on Twitter for live updates on any potential delays to kee you on the move @WMNetwork

	BIRCHY LEASOWES LANE BUS STOP
8 mins	WHITLOCKS END TRAIN STATION
13 mins	HATHAWAY ROAD (LIGHT HALL SCHOOL)
24 mins	SOLIHULL TOWN CENTRE
25 mins	WYTHALL TRAIN STATION
31 mins	SOLIHULL TRAIN STATION



# TRAVEL

The local area is well connected by train travel with two stations within a 30-minute walk of Dickens Heath.



	•	WHITLOCKS END TRAIN STATION
3 mins	•	SHIRLEY
14 mins	•	HENLEY-IN-ARDEN
19 mins	•	BIRMINGHAM MOOR STREET
20 mins	•	BIRMINGHAM SNOW HILL
29 mins	•	STRATFORD-UPON-AVON
59 mins	•	KIDDERMINSTER

You have two train stations within a short walk from you, Whitlocks End is 1.4 km away (18-minute walk) or you have Wythall Train Station which is 1.9km away (24-minute walk).

Both stations have bicycle storage facilities! Also, did you know you can take your bike on trains? This is a great option if you have onward journeys at either end. Please check before you travel though in case you need to make a reservation for your bicycle.

Both of these stations have ticket machines, however, you can also purchase tickets through the West Midland Railway mobile app. Some operators require you to book in advance - check before travel.

#### RAILCARDS

If you're travelling by train for leisure purposes, Railcards are a great way to save money on the cost of train tickets (normally a third off). There are variety of Railcard options available and most people would be able to utilise one of the options.

Each Railcard costs between £20-£30 per year and there is no limit to the amount of times you use it. Therefore, if you're travelling frequently, it's easy to recoup the cost of the card.

To apply for a card or to find out further information visit: railcard.co.uk.

#### **BIKE STORAGE**

Did you know you can store you bike for free across all West Midland stations? don't forget to bring your cycle lock along for extra security.

# National Rail

NATIONAL RAIL The National Rail Enquiries website is the official source for UK train times and timetables. nationalrail.co.uk

#### **RAILCARDS AVAILABLE**

- 16-25 Railcard;
- 26-30 Railcard;
- Senior Railcard;
- Two Together Railcard;
- Disabled Persons Railcard;
- Family & Friends Railcard; and
- Network Railcard.

Railcard

### **FRIENDS & FAMILY OFFER**

Did you know if you have a season ticket you can take someone with you for £1? (This is valid from 1 week+ tickets!)



West Midlands

#### WEST MIDLANDS RAILWAY APP

Check live train departures and purchase tickets - free to download on both iOS and Android devices westmidlandsrailway.co.uk

#### FOLLOW WEST MIDLANDS RAILWAY

on twitter for all travel updates and journey delays @WestMidRailway

# CONTINUING FROM THE TRAIN STATION

Do you have a bit of a journey at the other end? When travelling by train, why not make your journey 'multi-modal'?

# MIX AND MATCH TRAVEL WITH CYCLE-RAIL

You could take your own bicycle with you on the train. There are some rules on the number of bicycles allowed on each train and the rules can be different during peak hours, however, it is free!

To find out more visit the Plus Bike section of the National Rail Enquiries website: nationalrail.co.uk





## **CYCLE HIRE**

Did you know you can hire a bike through the West Midlands Cycle Hire Scheme?

Available 24/7 across Solihull, Birmingham and the West Midlands, bikes and e-bikes can be hired through a mobile app!

Find out more: wmcyclehire.co.uk

## PLUSBUS

If you're not keen on the idea of pedal power, how about using the bus instead? PlusBus gives you unlimited bus travel in many towns and cities across the country when travelling by train.

When purchasing your train ticket, ask to add PlusBus for a small additional fee (for example, it costs an extra £3.40 per day in Solihull or Birmingham). You can also purchase weekly, monthly or annual PlusBus tickets.

To find out more, visit the PlusBus section of the National Rail Enquiries website: nationalrail.co.uk



# GREENER

# **CAR TRAVEL**

Did you know the average car spends 96% of its life parked? 80% of the time it's parked at home, 16% parked elsewhere, only spending 4% of its life actually in use!



The Government Office for Low Emission Vehicles are providing grants to help with the cost of both low emission vehicles and the installation of charging points at home. To find out more, search online for OLEV grants or visit GoUltraLow.com

# **ECONOMICAL CAR TRAVEL**

Driving more economically can save you money. Here are some top tips to get you started:

## SERVICE

## LIFT SHARING

Regular servicing is important in ensuring your car is working to its best efficiency.

## **UNDER PRESSURE?**

Make sure your tyres are at the correct pressure. Under-inflated tyres cause drag when driving, increasing your fuel consumption. Check regularly and particularly before long journeys.

### WHAT A DRAG!

Not using the roof box on the top of your car? Take it off! Roof boxes and racks cause drag when driving, increasing fuel consumption.

### **STOP HANGING AROUND**

Don't sit with the vehicle idling, turn the engine on just as you're ready to leave for your trip.

## PREPARE LIKE A PRO

Plan your journey before you leave. This can help eliminate unwanted surprises such as planned road closures. Did you know that you could save £1,000 per year on average by sharing your journeys? If you have to drive, consider saving money by sharing your regular journey with someone else.

Please check government guidance on safe travel before sharing journeys.

There are plenty of Liftsharing websites out there with hundrerds of registered car sharers, including:

- LiftShare.com
- BlaBlaCar.co.uk
- GoCarShare.com

# **ELECTRIC AND HYBRID VEHICLES**

Electric vehicles are becoming increasingly popular, and by 2030, all new cars in the UK will be either electric or hybrid.

## BENEFITS OF SWITCHING TO ELECTRIC

With constant improvements in technology, electric and hybrid vehicles are becoming more practical, and have many benefits:

#### CHEAPER TO RUN

When compared to petrol or diesel running an electric car could typically cost a third less than a traditional car.

#### MAINTENANCE

With electric engines, there are fewer moving parts, therefore potentially fewer things to go wrong!

#### **ENVIRONMENTAL ISSUES**

There are still related emissions from the production of both the car and the electricity used to power it however, electric vehicles don't produce emissions when running. Roadside air near schools and in city centres can be significantly improved if more people make the switch!

#### **TAX SAVINGS**

The government are actively encouraging people to make the switch through tax savings – particularly if you have a company car. There is a link to the Go Ultra Low savings calculator on the Go Ultra Low website so you can see just how much money you could save! **aoultralow.com** 



# HOW MANY MILES CAN AN EV DO ON A FULL CHARGE?

Depending on the spec, the average is now at 200 miles and the highest at 379 miles (most car journeys in the UK are under 15 miles!)

#### **HOW LONG DOES IT TAKE TO CHARGE?**

A standard charger can take 8 hours to fully charge, or a rapid charger can charge 100 miles in only 30 minutes.

# HOW MUCH DOES A FULL CHARGE COST?

An average of £8.40 (based on charging at home).

#### I LIVE IN AN APARTMENT -HOW CAN I CHARGE?

At a local charging point -most supermarkets now have charging points which charge faster than at home points. Your place of work can also apply for grants to install chargers. The government are also putting in charging points across the country, even within lamp posts.

### **CHARGING POINTS**

There are several charging points available in the local area:

- Tesco Extra -Solihull
- Bannatyne Health Club Solihull
- Asda Superstore



#### ZAP MAP

If you're travelling further afield and need to find charging points, visit zap-map.com or download the Zap Map app for free on iOS and Android devices.

zap-map.com



# PERSONAL

# **TRAVEL PLANNING**

Changing your travel habits can sometimes be confusing. Knowing all of the different options available can be complicated and difficult to find. With a PTP (Personal Travel Plan), we do the hard work for you.



PTPs identify all travel options from A to B, for example from your home to your workplace or school. To get your PTP – simply provide us with your regular destination, the time you need to be there by and the time you normally leave. We will take care of the rest!

You will be supplied with full details of all the travel options available to you, including driving, public transport, walking and cycling (where relevant). Furthermore, if there are any suitable lift sharing options, these will be highlighted to you. You will also receive a full breakdown of the journey duration for each travel mode, route details, departure time from your home, the amount of CO2 emitted and the amount of calories burned.

This easy to read document (sent by email) helps you understand all the different options available in the area assisting you in making a more practical and smarter travel choice where possible.

Complete the survey on page 23 to get your **free Personal Travel Plan.** 





For any other members of your household wanting a PTP or if circumstances change in a few months, please visit **smartertravel. uk.com/solihull** to complete the short online form.

If you would like further advice or have any specific questions regarding your Personal Travel Plan, please feel free to contact us: Solihull@SmarterTravel.uk.com

# CLAIM YOUR ACTIVE TRAVEL VOUCHERS OR BUS TICKETS

As a resident of Dickens Heath you are entitled to an array of incentives to support and encourage you to make a more sustainable travel choice.

## **CYCLE TRAINING**

• 22

A free 1 hour adult cycle training session. All abilities are welcome. If there is a particular route you would like to improve your confidence on then our trained cycle instructors will cycle you through it.

### TRAVEL PASS

A one week adult travel pass valid across the West Midlands on bus, train and the Metro Tram.

### **FITNESS TRACKER**

Find out how many steps you are doing and compete with others!

#### CYCLE PUNCTURE REPAIR KIT

Keep yourself on the move whilst cycling the local area.



Solihull@SmarterTravel.uk.com dickenheathtp.commonplace.is

## HOW TO CLAIM

To claim either of these offerings:

- Head to SmarterTravel.uk.com/Solihull
- If you cannot get online, complete the short questionnaire on the next page and return to us (it's freepost).

Only one offering per household on a first come first served basis. Full terms and conditions of these incentives can be found on the Solihull section on the Smarter Travel website, or alternatively contact Smarter Travel Limited for more information.

When claiming your incentive, you may also enter the prize draw to win either:

- A one year adult public transport season ticket,
- Or an electric bike.

By requesting a Personal Travel Plan you are consenting to your information being shared with Liftshare.com. Their full terms and conditions can be found at Liftshare.com. If additional residents would like to receive a Personal Travel Plan, please visit smartertravel.uk.com/solihull. We will use the full name, postal address and email address that you have provided to supply the vouchers requested by you. We will also use this information to supply you with a PTP if requested. You can find our full terms and conditions on our website including information on how we store your data. Alternatively, please contact us for further information.

# QUESTIONNAIRE

%

cut along dotted

line

Please fill in the short questionnaire and send back to us in the free post envelope provided, we will then send you your incentive and enter you into our prize draw!

Please provide contact det	ails to claim	Bus		
your incentive:		Most days	Most weeks	
Name:		Most months	Never	
Email:				
		Rail	_	
1. How many adults live in	your household?	Most days	Most weeks	
		Most months	Never	
2. How many children (und	ler 16) live in your	Car		
household?		Most days	Most weeks	
		Most months	Never	
3. How many cars in your h	nousehold?	5. What trips does yo car (prior to the Coro (Select all applicable	-	
4. How often do you travel by:		Commute by car (all the way)		
		Park and ride (c	ar to train station)	
Walking	_	School run		
Most days	Most weeks	Shopping trips		
Most months	Never	Leisure trips		
Cycling		Other:		
Most days	Most weeks			
Most months	Never			

change? Yes No If yes, please explain how? be in touch. 7. What services / changes do you think would be most effective in your local area, to help

you / your household travel more sustainably? More frequent bus services

6. When Covid-19 restrictions are eased,

do you expect your current travel habits will

Improved bus routes

Bette	r walking	links
-------	-----------	-------

Better cycling	links
----------------	-------

More frequent train services

Community pool cars / car club

Demand Responsive Travel (a minibus that would run when you & your neighbours needed it, to places you need to get to)

Innovative transport technology
(Autonomous vehicles)

Bike / Electric bike / E-cargo bike hire / loan / trial scheme

Discreet parcel lockers (for home deliveries)

Flexible working space nearby

9. Do you plan to use a car less in the future?



10. Would you like to access further support with planning sustainable journeys?

Yes		No
-----	--	----

11. The following incentives are available on a first come, first served basis (maximum one of each per household). Please indicate which incentives you would like to take up and we will

1 hour adult 121 cycle training session

1 week adult travel pass

1 Fitness tracker

1 Cycle puncture repair kit

12. Please indicate if you are happy to be contacted for a follow up survey to assess the incentives you've chosen.



13. Would you like to be entered into the prize draw?

Yes		No
-----	--	----

#### **HOW TO SUBMIT**

Please pop your completed questionnaire in the free post envelope provided and return back to us.

We will be in touch within 10 working days with your chosen incentive!