

# Helios Park



Welcome to the latest edition of the Helios 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](mailto:travelplans@stuartmichael.co.uk).

## Why choose Public Transport?

**Low cost**—Using the bus is an economical way of travelling if you compare ticket costs with the true cost of motoring. This is especially true if you buy multi-purchase or season tickets.

**Faster end to end journeys**—Prioritised traffic lights & dedicated bus lanes on main routes allow buses to get through the town quickly. Buses with few stopping points are often just as quick as travelling by car. Buses also help to reduce congestion on key routes by taking more cars off the road.

**Convenience**—With the latest bus information technology at your fingertips, you can spend more time doing what you want whether that's more time at work, in the pub, in the bath, or in bed rather than waiting for a bus. Using public transport builds independence and personal confidence especially amongst young people; it can also foster a real sense of community for regular or older travellers, seeing familiar faces on local routes.

**Reduced greenhouse gases**—An increase in the use of public transport results in less pollution and better air quality. Just one person opting to take the bus rather than drive

**Stay safe when you travel**



## What's changed on Public Transport?

Stagecoach operate many services in your local area between Farnborough and Camberley. The most up to date timetables can be found at: <https://www.stagecoachbus.com/timetables>

**Things to remember when travelling on public transport:** Please wear a face covering (unless exempt) and please adhere to social distancing guidelines

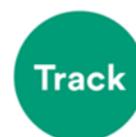
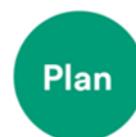
For more information on current restrictions and the roadmap out of lockdown, please visit: <https://www.stagecoachbus.com/coronavirus>



Why not download the Stagecoach Bus App, available on iOS and Android, to get real-time updates, check timetables and services and buy your tickets from your phone.

## Travelling is easier with the Stagecoach Bus App

Our mobile app has all you need in one place - bus tracking on our live map, journey planning, live bus information and mobile bus tickets.



## Walking is a great way to stay fit and active for free!

As the weather is getting nicer, now is the perfect time to get out and explore your local area!

Did you know that Walking at least 30 minutes a day, five days a week can reduce your risk for coronary heart disease by about 19%!

Walking is one of the best ways to improve your health and your mood, and while doing so, you are benefitting the environment. Every time you choose to walk over taking the car, you are reducing pollution, congestion and the stress of driving.

There are plenty of great walks in your local area which can be found by using the **iFootpath App**, available to download on iOS and Android.

Get the iFootpath App for a smarter walking experience. Hundreds of walking guides in the palm of your hand with live maps that show your progress as you walk. Say goodbye to wrong turns!

get iFOOTPATH



### Why Walk?



### Why Walk?

- You can reduce your risk of heart disease and strokes by walking regularly.
- A brisk walk helps to boost your circulation and increase oxygen supply.
- Walking is also great for getting some more Vitamin D.
- Being active promotes mental health and wellbeing.
- Walking improves muscle strength.
- Being active helps to improve your sleep.
- You can explore your local area.



## Keep Cycling in the Summer:

With the weather improving and the summer months approaching, now is the perfect time to get out and about on your bike!

If you want to improve your cycling skills and build your confidence, Bikeability training is a great way to do this. There are courses available for both children and adults. Find out more at: <https://bikeability.org.uk/>

Use websites such as 'Map My Ride' and 'CycleStreets' to plan your route. Whether it's a weekday commute or a weekend leisurely cycle, there are lots of beautiful rides on offer.

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.

### Why Cycle?

1. It saves you money
2. Cycling to work can be quicker and easier than travelling by car
3. It's an easy, and cheap, way to build physical activity into your daily routine
4. Cycling can play a huge part in tackling air pollution.

