

# 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).

## Reacting to the Coronavirus Pandemic

The Coronavirus Pandemic has radically changed how we live and work in the UK almost overnight. While the impact of the virus has been significant, it provides us with an opportunity to change how we live, work and travel.

## Keep Cycling in the Winter

**It's colder, darker, and wetter, but cycling to work can still be the highlight of your day if you have the right equipment and attitude.**

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.

### Reasons to keep riding

The benefits of cycling don't stop just because it's colder and the sun isn't shining. You'll continue to save money every time you choose your bike over alternative transport. You'll still travel quicker and more efficiently in urban areas than other commuters, and have more predictable journey times.

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.



## Changing your commute

When you do go back to your place of work, rather than driving, why not try cycling there instead? Many towns have created new cycle lanes to provide safe spaces for cycling, so there is no better time to get out there and try it! If you don't have a bicycle, RTUK Bike Aid in Chipping Ongar have a variety of bicycles in stock, with other cycle shops in Harlow and Chelmsford, and online retailers such as Chain Reaction Cycles have some great offers. The government also offers the Cycle to Work scheme, which allows you to get a bicycle via a salary sacrifice scheme. More information can be found at: [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk)

## Shopping:

Now that we can only travel for essential reasons, why not make the most of your time and combine your trip to the shops with your daily exercise. Could you walk or cycle rather than drive? Office for National Statistics Data suggests that 40% of urban journeys are under 2 miles. Replacing this by walking or cycling could burn between 150 to 250 calories, benefitting both you and the environment.

Home delivery services are available from your local supermarkets to enable you to shop from the comfort of your home when you are unable to shop for yourself or want to limit your contact.



## Changing your travel habits

### The Commute

You can use the opportunity that the Coronavirus pandemic provides to change how you work and travel. It is now in the Government Guidance that you must work from if you can. Working at home saves you money and reduces the impact on the environment, so it's a win-win!



### Changing how you work

In addition to this, are there ways you could be more sustainable when at work? If you have meetings with other people, think if you could change how you have these meetings, from face to face to video conferencing. The use of video conferencing increased significantly during 2020, and it presents a new way of working which could be embraced to create a more sustainable future.

## 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>



[www.stagecoachbus.com/timetables](https://www.stagecoachbus.com/timetables)

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.



### Things to remember when travelling on public transport:

- Please wear a face covering (unless exempt)
- Please adhere to social distancing guidelines
- Only travel is necessary
- Try to travel during quieter times to avoid queueing and services getting to full capacity
- Pay by contactless payments where possible



For more information on current restrictions, please visit:

<https://www.stagecoachbus.com/coronavirus>

**Stay safe when you travel**

Staying active and looking after our mental health during this time is extremely important.

Walking is a great way to stay active and benefit our mental and physical health.

Find out more information about how walking can benefit your health at: <https://www.nhs.uk/live-well/exercise/walking-for-health/>



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