

Winter 2021

Davington Fields, Faversham

Welcome to the latest edition of the Davington Fields 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

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 a once in a lifetime chance to change how we live, work and travel.

At Stuart Michael Associates, we have seen the radical changes which have occurred in the last few months, seeing car travel decline by almost 70% according to government figures and cycling experience an uptake of almost 200%!

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.

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 and want to get on two wheels, 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. For more information, visit: www.cyclescheme.co.uk



Changing your Travel Habits:

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, therefore, replacing short car journeys by walking or cycling benefits both you and the environment.



On the Bus...

The **Stagecoach** number 3 buses connect Faversham Town Centre to major towns such as Canterbury and Bysing Wood. The nearest bus stop to your home is on Lower Road, approximately 100m from your home.



Check the Stagecoach website for live bus times as well as information about ticket prices and service updates due to the pandemic (www.stagecoachbus.com).

To make travelling by bus more convenient, why not download the Stagecoach bus App. There you can see how busy each service is, get real-time journey tracking and even buy your tickets before you board the bus!

When travelling by bus, remember to adhere to social distancing guidelines, only sit with people in your bubble, wear a face mask (unless exempt) and pay contactless where possible.



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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

Another lockdown means it's the perfect opportunity to get back on your bike, or to start 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.

Being a safe cyclist

This is the perfect opportunity to get back on your bike, or to start riding. To be a safe cyclist, there are a few key things that you should remember;

- Make sure you have water with you. Cycling is a great form of exercise but can be tiring, so make sure to carry fluids with you.
- Check your bike regularly for signs of wear and get it fixed if needed. Most bicycles are easily maintainable at home and some basic checks, such as making sure tyres are pumped up and the brakes work properly, will keep your bike in good condition.
- Read up on cycle safety. If you are cycling on the road, you need to use the appropriate hand signals and stick to the correct side of the road. Make sure your bike has reflectors and/or lights and that you have a helmet.



For more information relating to the implementation of the Travel Plan please

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