



Better by...

## OPTIONS FOR TRAVELLING

### Connecting Slough

When travelling around the borough it is important to take precautions to prevent the spread of Coronavirus:

- Walk or cycle if you can
- Keep at least two metres away from other people when walking, cycling or using public transport
- Always wear a mask when travelling on public transport and when in shops
- Wash your hands before and after every journey
- Plan your journey before you travel



## AROUND SLOUGH



### Swap four wheels for two

Live a mile or under away from your school? How about walking or cycling to the school gates instead of getting in the car for a lift. Walking or cycling is an excellent transport choice for shorter journeys and it is an easy way to keep a safe distance from other people to prevent the spread of Covid-19.

It will also help reduce the number of cars on Slough's roads.

Don't have a bike? Why not use a bike from Slough Cycle Hire [www.cycleslough.com](http://www.cycleslough.com).

## Better by...



Slough Borough Council's Better by programme focuses on promoting active and sustainable travel to Slough's communities and its employees in the wake of the coronavirus pandemic. We work with schools, workplaces, job seekers, faith groups and the wider local community across the borough to deliver engaging and educational activities.

The aim is to encourage a healthier, safer, sustainable and active lifestyle. This will reduce reliance on the car and also get residents healthier and fitter to fight illness. For more help and advice about lifestyle changes go to [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk).



Lynch Hill  
Enterprise Academy,  
Stoke Road,  
Slough  
SL2 5AY

### Transport for Slough (TfS)

@CycleSlough

email: [betterby@slough.gov.uk](mailto:betterby@slough.gov.uk)

[www.slough.gov.uk/betterby](http://www.slough.gov.uk/betterby)



### Play your part

Slough is a compact borough which is easy to walk and cycle around. If you want to find out more, go to SBC's Better by webpages at [www.slough.gov.uk/betterby](http://www.slough.gov.uk/betterby) where you will be able to:

- Take advantage of subsidised cycle training
- Find out more about local bike surgeries
- Sign up to the Sustainable Travel Newsletter with information on events, promotions and competitions at [betterby@slough.gov.uk](mailto:betterby@slough.gov.uk)
- Join us - businesses and schools have access to grants for travel initiatives

Morning exercise improves your mood, lowers stress and increases concentration!



### Connecting Slough

Slough bus station is less than a 10 minute walk from the town centre. Plan a journey by using NextBuses. Just select a bus stop and find live bus times. \*Scheduled bus times are shown if live times are not available. Normal data charges from your mobile phone operator apply.

Find more at [www.traveline.info/about-traveline/traveline-services](http://www.traveline.info/about-traveline/traveline-services)

Remember, a full bus can take up to 40 cars off the road meaning less pollution and congestion.

Create a safer, cleaner sustainable Slough for everyone.

Don't forget a face covering!



### Safer Active Travel

Better by is working with schools to help them travel safely when they reopen safely in September 2020. We want to make sure pupils are able to travel safely and sustainably.

This map and information has been created by Slough Borough Council's Better by team to enable pupils and parents to safely get to school this term.

The map overleaf illustrates the approximate walking and cycling time for approximately 1,300 metres around your school.

Read the useful tips here to learn more about how easy it is to safely walk, cycle and use public transport to get to school.

