

Let's Talk Travel

Want to feel more confident using public transport? We've got ideas that might help...



For resources & information please visit our website at: oxfordshirecommunityrail.org or email info@oxcrp.org.uk

Here are some common travel “what if’s” and possible solutions...

I don't know which routes to use? Or whether to go by bus or train?

- Plan your route beforehand – use tools like Google Maps or Traveline to identify routes and means of transport (train, bus, walking, cycling) before you look at the timetables.
- Consider using a combination of different modes of transport – going by train and cycling the last bit may be quicker and cheaper.
- Check out weekly tickets and off-peak travel.

I don't know where my stop is?

- Follow the route on the Trainline, Stagecoach Bus, Oxford Bus Company or Google Maps apps.
- Use Google Streetview before you travel to identify nearby landmarks.
- Find the stop/station where you start your journey before you travel so you know how much time to allow to get there.
- Ask someone for help if you are confident doing so. Bus drivers and train staff will be able to help you.

I worry about things being clean...

- Trains and buses are regularly cleaned but take along wipes and sanitiser to use.

**I worry about someone trying to chat to me...
I find busy places and noise stressful...
I worry about people behaving badly...**

- Find a quiet (but safe) place to sit and wait.
- On the bus try sitting near the driver.
- If you are worried about something tell the bus driver or staff on the train or at the station.
- Put your bag/coat on the seat next to you unless the bus/train is full and someone needs to sit there.
- Take something to distract you – read, listen to something, do a crossword, text someone, check social media, watch a film.
- Use headphones to listen to music, block out sound and show others you don't want to be disturbed.

I miss the train or the bus is late...

- Allow plenty of time.
- Make sure you know about alternative routes and when the next bus or train will come.
- Have your mobile phone and the contact details for anyone you are meeting and call them.
- Use the Oxford Bus Company or Stagecoach app to track your bus in real time..

I don't have a bank card...

- Buses will take cash (take plenty of change).
- Train tickets can be bought from the ticket office and some ticket machines take cash (check opening times, tickets can be bought in advance).

I have a mobility impairment

- Check your route for potential accessibility problems.
- Book any assistance you need to get around the station or onto the train in advance (on buses the driver will be glad to help you get on and off).
- Book Passenger Assist for the train via the app, on the website at passengerassistance.com, by phone 0800 022 3720, or text 60083.

I have a disability which isn't obvious

- Consider using an information card, JAM card, or the Sunflower lanyard.

I need regular travel support

- If your travel is to and from work Access to Work may be able to help (see details below).
- Explore community transport options in your area.

USEFUL RESOURCES:

Try a Train:	www.gwr.com/travel-information/passenger-assist/try-a-train
Route Planning:	www.traveline.info
Community Transport:	www.oxfordshire.gov.uk/residents/roads-and-transport/public-transport/accessible-transport/community-transport
Access to Work:	www.gov.uk/access-to-work
Sunflower Lanyard:	www.hiddendisabilitiesstore.com

Share your own travel tips - email us at info@oxcrp.org.uk