

Guide to

Bus Services in Chesham

All bus services call at the Broadway, while many services call at Broad Street, Berkhamstead Road, and Red Lion Street. Estates in the town such as Pond Park, Ley Hill, Hill Top and Chessmount are served by buses travelling to and from the town

centre, whilst those wishing to travel further afield can with regular buses to destinations such as Amersham, High Wycombe, Hemel Hempstead, Berkhamsted, Slough, Uxbridge and Heathrow Airport.

Buses serving Chesham: 3, 4, 49, 52, 59, 60, 62, 94, 336, 353, 373, 375, 379, T1



Timetables

Timetables for all routes in Buckinghamshire are available at www.buckscc.gov.uk/travelinfo where you can also access a journey planner.

All routes in Wycombe, Chiltern and South Bucks districts are also available in the South Buckinghamshire guide to bus services. This free guide is available from a number of locations including libraries, tourist information centres and council offices.

Alternatively you can call the Traveline journey planner on **0871 200 22 33** (calls cost 10p per minute).

Did you know that you can track your bus in real time? With nextbus you can get live times over your mobile phone, PC or tablet, showing you in exactly how many minutes your bus will arrive at your stop. To access this via mobile internet go to www.nextbuses.mobi or via your computer www.nextbus.travel.

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Guide to Walking



As well as keeping you fit, walking also elevates the mood, helps relieve stress and gives you a better start to the working day.

Other advantages of walking include:

- Helping you get the recommended 30 minutes of exercise a day.
- Walking helps reduce congestion in your local area

Simply Walk – your way to better health, meet new friends and enjoy the countryside in and around Chesham

Simply Walk offers walks in Chesham, led by trained volunteers who will encourage you to walk at your own pace, so don't worry if you are not used to regular exercise. Please wear suitable

footwear. No booking required.

Thursday mornings

Meet in the Car Park in Moor Road, HP5 1SE at 1030 hrs

Choice of two walks (shorter and longer options) of 1 - 1.5 hours

Tuesday mornings

Meet at Hivings Free Church Car Park, HP5 2DB at 0900 hrs

(easy 1 hour walk, mostly flat with no stiles)

For more information

please contact Simply Walk on
01494 475367
email: simplywalks@buckscc.gov.uk
or visit the website:
www.buckscc.gov.uk/simplywalk

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Guide to

Car Sharing

Car sharing is when two or more people share a car and travel together.

It allows you to benefit from the convenience of the car, whilst saving money, reducing congestion and cutting pollution. Bucks CarShare is a dedicated website for the residents of Bucks and currently has over 1700 members.

You can car share for any journey – one off, or regular – the commute to work, a shopping trip, a long distance journey to an event or an airport trip, are just a few.

There are many benefits to car sharing and some of them are outlined below:

- You do not need to own a car, or even be able to drive to car share.
- You can save money on petrol, parking and wear and tear on your car.
- It's a great opportunity to meet new people.
- You don't have to share every day, you can car share as often as you like!
- 'Do your bit' for the environment and cut your carbon emissions.
- Reduce congestion on the roads.

So why not join Bucks CarShare and see if anyone is going your way? Just visit www.buckscarshare.co.uk and click on 'Register for Free!'

All frequently asked questions including personal safety are answered on the Bucks CarShare website.

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Guide to

Community Transport

Community Transport offers a wide range of services available to those who are unable to access public transport.

Chiltern and South Bucks Dial-a-Ride

This is a non-profit making organisation, which accepts the TaxiCard as a method of payment. They provide social transport for Chiltern residents, of all ages, whose disabilities prevent them from using public transport.

Accessibility: Passenger lift, low step, wheelchair spaces.

For further enquiries please call Dial-a-Ride on **01494 766123**.

E-mail: cbs.dar@btconnect.com

More information can be found at www.alt-transport.org.uk/schemes_c.asp

Chesham Shopmobility

Shopmobility provides scooters for people with mobility difficulties visiting Chesham Town Centre.

Tel: **01494 583798**

Availability: Mon-Fri 0900-1700
Chesham Town Centre

E-mail: admin@chesham.gov.uk

Web: www.chesham.gov.uk

Hospital Transport

Chiltern and South Bucks Dial A Ride run a scheme providing transport to and from medical appointments – this is also open to hospital visitors who do not have their own transport.

Youth Bus

This is a subsidised transport scheme open to established youth groups. Funded by the National Lottery, we are able to cover up to 60% of transport costs, enabling youth groups to access a wide range of leisure, educational and sport activities.

More information on these services can be found at

www.bucks-comm-action.org.uk/bca/transport

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Guide to Cycling



Why Cycle in and around Chesham? There are many benefits to getting on your bike...

...And the best benefit – it's free! Bicycles require no road tax, no MOT, no insurance, no licensing, no breakdown recovery services and above all no fuel bills. A good bicycle will last for years, if not decades, and it can be parked for free just about anywhere.

Cycling is a great way to get around as well as giving you important exercise. Cycling not only improves blood circulation, it burns fat and also increases the body's protection against various forms of diabetes and high blood pressure. It can also be a great stress-buster, exercising releases what are known as endorphins into your blood, creating a feeling of contentment and happiness, therefore helping to reduce stress. Regular cyclists also enjoy a fitness level equal to that of a person ten years younger.

Over the next couple of years the new Cycle Chilterns project will be creating a variety of cycle opportunities, downloadable maps and leaflets to suit all kinds of cyclists.

Chesham will also host a number of schemes aimed at making it easier for you to get around by bike including free led rides, improving links to the Chilterns Cycleway, cycle training and 'Dr Bike' sessions in the town to help make sure your bike is in good working order. To find out more about what is on offer visit www.cycle-chilterns.co.uk.

The Chilterns AONB website already has some great route guides in and around the town, log on to www.chilternsaonb.org/explore-enjoy/chilterns-cycleway/day-rides.html to find one that suits you.

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Guide to

Getting Active



If you want to be healthy, it's really important to be active as well as to eat a balanced diet.

But don't worry, it's easy to get a bit fitter without taking up a lot of time and money. In fact, just doing things like taking the stairs instead of the lift at work or washing the car can be a great way of increasing levels of physical activity without it all seeming too much like hard work.

If you haven't done any exercise for a while, walking is a great way to start.

It's easy, it's free and it's something nearly all of us can do! Regular, brisk walking can help lower your risk of heart disease by 50%. So why not think about walking the kids to school instead of taking the car, or getting off the bus a couple of stops early on the way to work or to the shops?

And remember, getting fit can be fun too. Find something you'll enjoy that fits into your lifestyle. Contact the Reactivate Bucks team who can help you identify something new to try. For example you could join a back to netball session, try zumba or borrow a friend's dog! Chances are, the more you do it, the more you'll enjoy it and the healthier you'll become.

But do be careful. If you haven't been active for quite some time, don't overdo it. Here are a few helpful tips:

- If you have any concerns about your health, always check with a health professional before beginning exercise
- Start off by doing one or two 30-minute sessions a week (this can be in 10-15 minute bouts, if longer seems too daunting)
- When you feel ready, build this up to 150 minutes a week
- Moderate exercise means moving about enough to feel warm and slightly out of breath - not being too breathless to talk!
- Always do some simple stretches before and after any activity to avoid possible injury
- Try to vary your activities. This will help you exercise lots of different muscles
- Drink plenty of fluids (non-alcoholic!) to prevent dehydration

There are many opportunities out there to reach your 150 minutes a week.

Visit www.reactivatebucks.org or call 01296585215 for more information.

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Guide to

Rail Services



Chesham Station is small but easy and convenient to access. It lies at the end of the Metropolitan line.

Services

There are two 8-car through trains to Aldgate (during the morning rush hour) and two returning through trains in the evening rush hour but for most of the day a 4-car train operates as a shuttle service to and from Chalfont & Latimer station, on the main line to Amersham and Aylesbury. Chesham is in Travelcard Zone 9 (previously zone D).

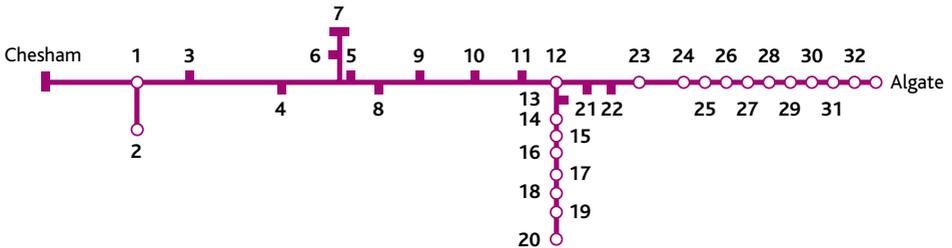
There is plenty of cycle parking and a convenient public car park close by.

Visit www.tfl.gov.uk to find out more about the services to this station.

Why not get some help planning your personal journey?

Visit www.traveline.org.uk or www.transportdirect.info.

If you travel to London by train, why not visit www.walkit.com to find excellent walking routes to use rather than needing to catch the bus or tube.



- 1 Chalfont & Latimer
- 2 Amersham
- 3 Chorleywood
- 4 Rickmansworth
- 5 Moor Park
- 6 Croxley
- 7 Watford
- 8 Northwood
- 9 Northwood Hills
- 10 Pinner
- 11 North Harrow

- 12 Harrow-on-the-Hill
- 13 West Harrow
- 14 Raynors Lane
- 15 Eastcote
- 16 Ruislip Manor
- 17 Ruislip
- 18 Ickenham
- 19 Hillingdon
- 20 Uxbridge
- 21 Northwick Park
- 22 Preston Road

- 23 Wembley Park
- 24 Finchley Road
- 25 Baker St
- 26 Great Portland St
- 27 Euston Square
- 28 Kings Cross
- 29 Farringdon
- 30 Barbican
- 31 Moorgate
- 32 Liverpool St

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Guide to

Recycling and Composting

Buckinghamshire has made excellent progress. We are now recycling and composting over 40% of our household waste. We want to help you to recycle even more. The good news is that it is easier than you think.

We offer recycling collection services and over 400 bring banks and recycling centres. Many types of materials can now be recycled in Buckinghamshire, ranging from glass, cans, paper, cardboard, plastic, wood, garden waste, clothes and even batteries. Our dedicated Buckinghamshire Real Nappy Initiative offers positive options, support and £30 Cash Back rewards to families making the switch to real nappies.

Why not try home composting?

Home composting is a great way of minimising the amount of waste your house generates... and it helps your garden too! It's easier than you think, visit www.recyclenow.com for more details.

Top tips for decreasing your waste

Avoid food waste – around one third of all the food we buy ends up in the bin and most of this could have been eaten. For information about the best ways to store food, recipes for left-overs and advice on portioning, visit www.lovefoodhatewaste.com.

Contact your local Furniture Re-use Network – they distribute unwanted furniture and household goods to those in need. Or advertise your old furniture using websites like www.vskips.co.uk or www.uk.freecycle.org/.

Donate left-over paint to your local charity. To find your nearest scheme visit www.communityrepaint.org.uk

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Guide to

Travelling to School



Why not walk or cycle with your children to school or share the car journey with others if walking and cycling are not suitable. Or could they catch the bus?

The benefits are...

- **Reduced congestion** – by encouraging sustainable travel there will be fewer cars outside of school gates.
- **Reduced carbon emissions** – by reducing the amount of car use to schools, there will be fewer carbon emissions which will have a positive affect on the local environment!
- **Improved health** – walking, cycling and scootering to school can help increase levels of health in both children and adults.
- **More alert children** – children that are active on the way to school arrive ready to learn.

How can sustainable travel be encouraged?

There are a number of initiatives which are run by Buckinghamshire County Council for both primary and secondary schools to help encourage safe, more environmentally friendly travel, and a team of staff to support schools. Your school may even have a Travel Plan to encourage more 'green' ways of travelling to school. If you are interested in helping your school develop or maintain a travel plan, please contact:

Tel: **01296 383028**

Email: travelchoice@buckscc.gov.uk

Online: www.buckscc.gov.uk/travelchoice (click on 'School Travel Plans')

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Guide to

Energy Efficiency in the Home

Reducing the amount of energy that your household uses not only reduces your carbon footprint but will save you money on your energy bills.

Insulating your home's loft and cavity walls will help to reduce your heating costs, as well as replacing old boilers and heating systems. To save on electricity bills, replacing old appliances with A rated white goods and electronics will reduce the amount of electricity your home uses.

Making improvements to your home will save you money in the long term but will need some up-front investment, the Government's Green Deal programme can help you with a range of improvements.

There are plenty of things that you can do however that won't cost you a thing, but will save you energy and money!

To calculate your household carbon footprint use this online calculator: carboncalculator.direct.gov.uk/index.html

To find out more about the Green Deal, which can help you with financing energy efficiency improvements to your home, visit: www.gov.uk/green-deal-energy-saving-measures/how-the-green-deal-works

- Switching off lights and appliances when not in use – avoid leaving TVs and stereos on standby!
- Turn the thermostat down by 1 degree
- Use a draught excluder along the bottom of doors, and make sure doors are closed
- Turn radiators down, and turn radiators off in unused rooms in the house
- Make sure you understand your energy bills and take meter readings regularly to keep track of your monthly usage – you will be able to see the results of simple actions by taking regular meter readings! Submitting these to your energy supplier will mean actual bills rather than estimates – you can avoid surprises!

To find out more about becoming a Community Energy Champion, to help yourself and others save energy and money contact sustainability@buckscc.gov.uk

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Change For Chesham

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