

# Walk to Work

## Get your exercise for free

- No parking troubles
- Save money on petrol
- Arrive on time every day
- Get some “me” time between the pressures of work and the kids
- Walking 1 mile takes about 15 - 20 minutes

Visit Trust Net's new travel section to find out how long your walk to work will take - and how many calories it will burn.



Lyn Scullion, Travel Co-ordinator. Tel: 01625 663605 lyn.Scullion@echeshire-tr.nwest.nhs.uk



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# Anyone can cycle to work...



## **Bike to Work Week** **Tuesday 16th June**

10am - 3pm

Outside staff restaurant

- Browse a selection of new bikes in the mobile showroom!
- Find out how to save up to 38% off the cost of a new bike with the Bike To Work Scheme!
- Expert advice on the right bike for you.
- Find out how cycling can help you to stay fit, and save you money!



**Bike  
week**

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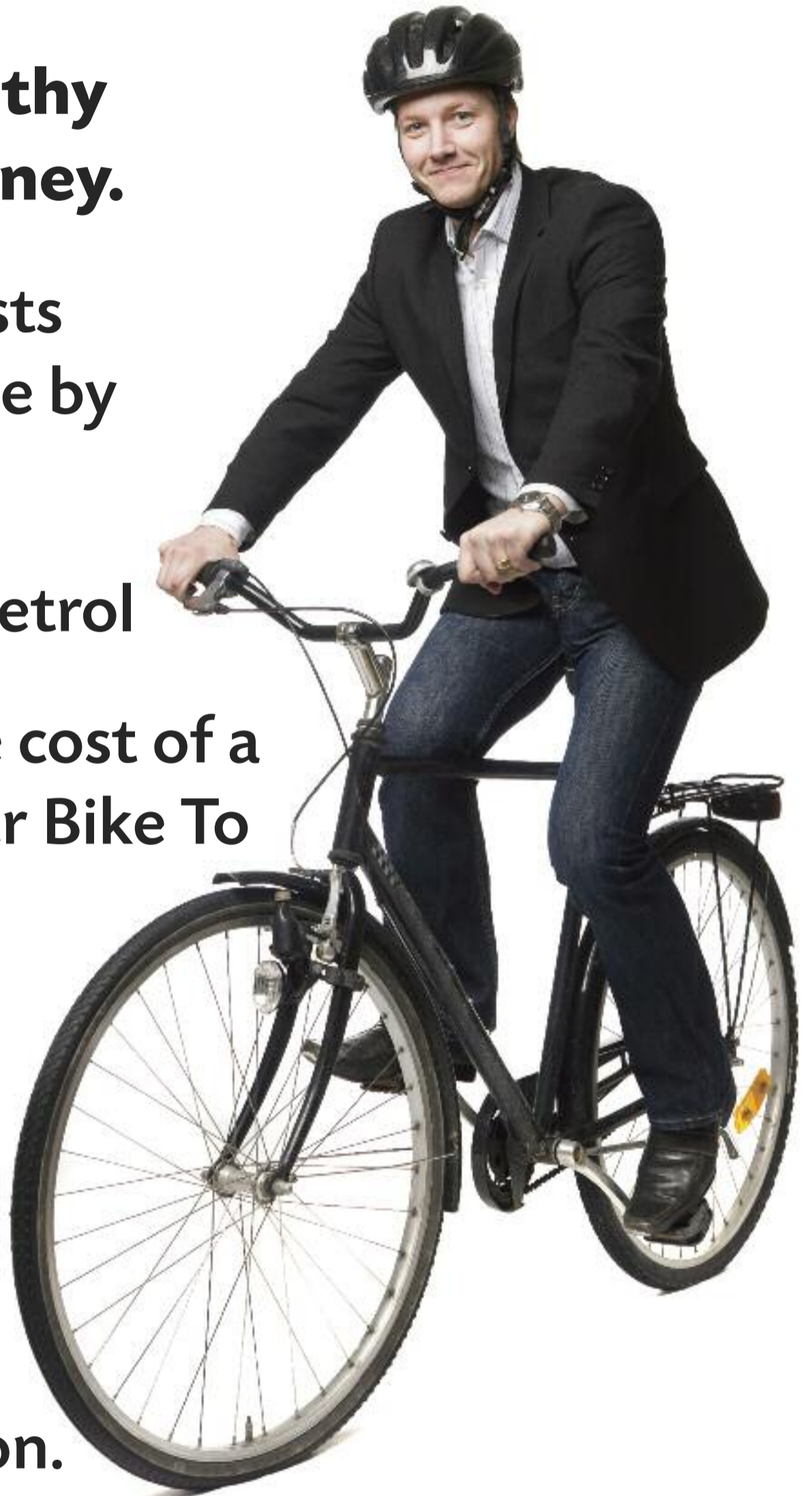


# Cycle to Work

**Cycling is fun, healthy and you'll save money.**

- **Cut your gym costs - get your exercise by cycling to work.**
- **Save money on petrol**
- **Save 38% off the cost of a new bike with our Bike To Work scheme.**

**Store your bike safely by using the secure bike parking around the hospital - call Lyn Scullion for more information.**



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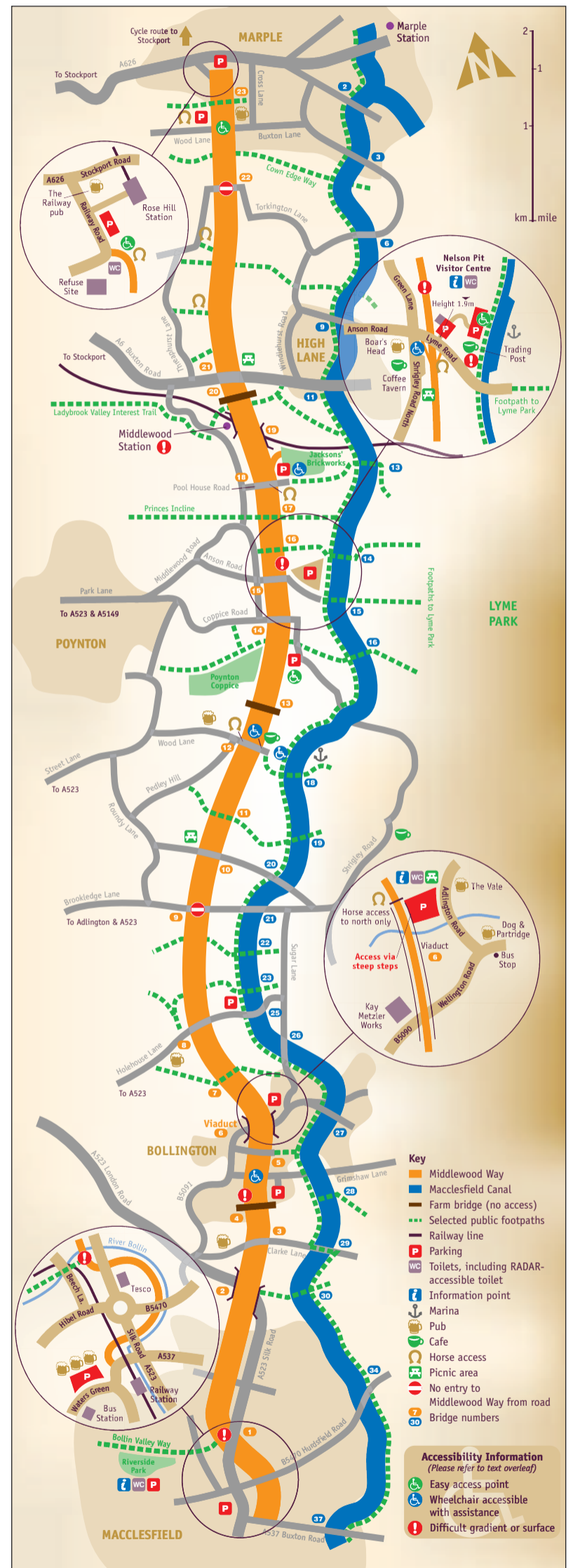
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# Cycling Info

- The Middlewood Way offers a traffic-free route all the way into Macclesfield. It takes less than 15 minutes to cycle from Bollington to the hospital. A map of the route is available on Trust Net.
- Secure cycle parking is available on-site. Ring Lyn Scullion for your key.
- Shower and changing facilities are available on-site.
- Bike 2 Work scheme - save 38% on the cost of a bicycle.



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# Catch the Bus to Work

## Reduce stress and save money

- Relax on the way to work
- Let someone else do the driving while you read, chat or text on the bus
- You can catch the 130 bus from Macclesfield, Alderley Edge, Wilmslow and Manchester direct to the hospital
- You can catch the 27 bus from Macclesfield, Chelford and Knutsford direct to the hospital



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# Bus Info



- The number 130 bus goes direct to Macclesfield Hospital every 30 minutes (Monday to Friday) from Manchester via Wilmslow and Alderley Edge to Macclesfield Hospital.
- You can get a day ticket for £4, a weekly ticket for £15, or a monthly ticket for £57. These tickets are valid on all Arriva buses in Macclesfield and Cheshire.
- The number 27 bus goes direct to Macclesfield Hospital every hour, from Knutsford and Chelford to Macclesfield .
- For the 27 bus, the return fare is £1.50 from Macc town centre. Or you can get weekly tickets for £15, or a daily ticket for £3.50.

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# Car share scheme

## Coming soon



- Problems parking at Macclesfield Hospital?
- Get a Priority Parking Space by Car Sharing
- Register as a car share team to get your permit
- By sharing, you can halve your commuting costs

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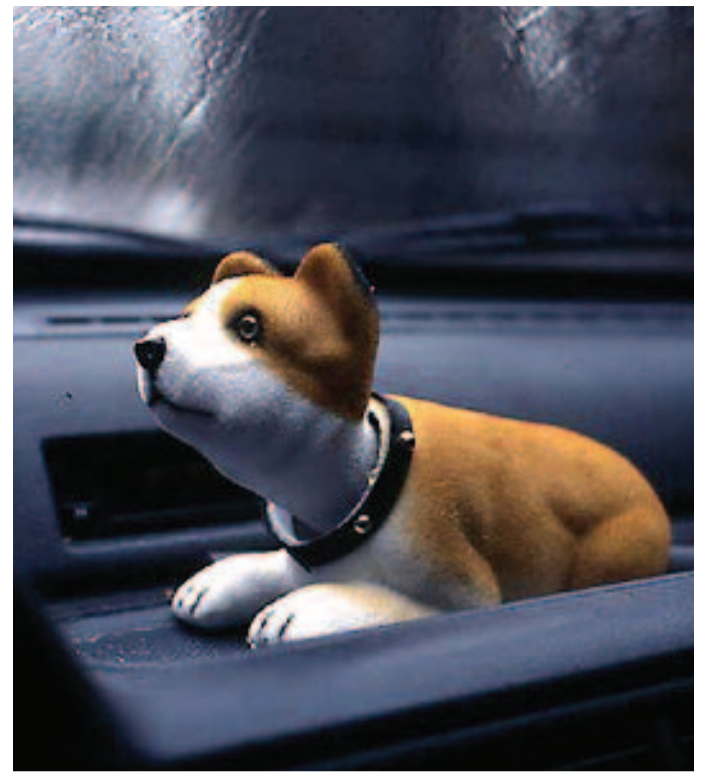


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# £3000 Reward



Nod goodbye to your second car, just used to make short local journeys, and save yourself up to £3,000\* by choosing a healthy way to get to work.

By walking, cycling or catching the bus to work, you could save up to a day's pay\* every week and avoid stress and parking hassle.



## Cost of your journey to work per year

Walking <sup>1</sup>	£100
Bike <sup>2</sup>	£100
Bus travel (Arriva Buses) <sup>3</sup>	£684
A taxi to and from work within Macclesfield <sup>4</sup>	£2,289
A small car <sup>5</sup>	£3,714

1 Estimate (depends how much you spend on shoes!)

2 Estimate. Excludes purchase cost

3 12 monthly tickets at £57 a month

4 Return journey of 2 miles

5 Source: RAC. Excludes purchase cost

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## Staff travel to work

2007 staff survey showed 76% arriving by car driver alone. The aim is to make that 57% by 2011. The chart below shows how staff can make this possible.

SURVEY 2007	TARGET BY 2011	No. STAFF TO SWITCH
 76.0%	 57.0%	 -311
 7.0%	 12.5%	 +98
 14.0%	 18.0%	 +65
 1.0%	 6.0%	 +66
 <1.0%	 4.0%	 +57
 <1.0%	 1.5%	 +25

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