

If you can stop using your car for some of the journeys you normally make there will be numerous benefits:-

You are likely to **save money** on parking, fuel and maintenance by not using the car. Car sharers can share the cost of driving. You may be able to sell a second car and save even more!

**Save time** by planning your car use better and not spending time stuck in traffic jams during rush hour.

If you can walk or cycle a bit more you are likely to see the **health benefits** and live longer. You may begin to **lose weight** or generally feel fitter and more at one with the world!

You may find that reducing the number of trips you make by car helps you feel **less stressed** as exercise has been shown to have mental health benefits.

By shopping locally you are **supporting your local community**, which may encourage even more services to your doorstep that will be of benefit in the future.

By spending more time in the local area you are likely to **get to know your neighbours** and become part of your local community.

**Think about the journeys you make and use these ideas to help you make some changes to the way you travel in the future.**

## Find out more:

### Cycling

**Impartial advice** for new and potential cyclists [www.whycycle.co.uk](http://www.whycycle.co.uk)

**Portsmouth cycle routes map**

023 9283 4092

[www.portsmouthcc.gov.uk](http://www.portsmouthcc.gov.uk)

[transportpolicy@portsmouthcc.gov.uk](mailto:transportpolicy@portsmouthcc.gov.uk)

### Car Clubs & Car Share

[www.carplus.org.uk](http://www.carplus.org.uk)

**Portsmouth City Car Club**

[www.citycarclub.co.uk](http://www.citycarclub.co.uk)

[www.liftshare.com](http://www.liftshare.com)

[www.hantscarshare.com](http://www.hantscarshare.com)

### Public Transport

**National Rail Enquiries**

08457 48 49 50

**Traveline**

0870 608 2 608

**Transport Direct**

[www.transportdirect.org.uk](http://www.transportdirect.org.uk)

**Portsmouth public transport map**

023 9283 4092

[www.portsmouthcc.gov.uk](http://www.portsmouthcc.gov.uk)

### Safe Routes To Schools

[www.saferoutestoschools.org.uk/](http://www.saferoutestoschools.org.uk/)

Portsmouth City Council

Safe Routes To Schools Officer

023 9284 1637

[Roadsafety@portsmouthcc.gov.uk](mailto:Roadsafety@portsmouthcc.gov.uk)

### General

**SignPOST website**

[www.chamber.org.uk/signPOST](http://www.chamber.org.uk/signPOST)

**Cutting**  
your car use by just  
**one day a week**  
could help to cut  
**congestion**  
& **pollution**  
by  
**20%**

You can get all Portsmouth City Council information in translation, large print, Braille or on tape. Please call 023 9284 1332

For translated information please call:  
Bengali answerphone service 023 9284 1651 or  
Cantonese answerphone service 023 9284 1652

আপনি পোর্টসমাউথ সিটি কাউন্সিলের সকল তথ্যের  
অনুবাদ, বড় অক্ষরে অথবা কেসেটে পেতে পারেন।

দয়াকরে বিস্তারিত জানার জন্য এই নাম্বারে  
যোগাযোগ করুন 023 9284 1651

樸茨茅斯市政府的一切資料，  
均備有翻譯本、大字書刊或  
映音帶，如有需要，請致電  
023 9284 1652



Feb 2006

# But I Can't Stop Using My Car

Solutions to your problems



Fuel for  
thought

Fuel for thought



The way we travel causes pollution, congestion and contributes to global warming. 25% of CO<sup>2</sup> emissions are caused by travel alone.

Unless we do something to change our habits there will be at least 25% more cars on the road by 2020.

Most of us know that we should try to do something about it, we might even know what the options are but find it hard to make the changes.

If every one made a small change to their travel habits one day a fortnight, it would mean a 20% reduction in congestion and pollution.

If you can manage to make a few small changes on a regular basis you are likely to see other benefits aside from helping to cut congestion and pollution.

The examples here show how, with a little thought and determination, it can be possible to make changes in the way you use your car.

### ....I drop children at school/nursery

Many schools are developing travel plans, so there may be a 'walking bus' scheme or cycle parking.

Consider sharing the school run with a neighbour so that you can travel to work by an alternative method on the days you don't take your child to school. Smaller children can be carried on a child seat on the back of a bike as soon as they are able to sit up. You might also consider using a trailer or a trailer bike. Your children will probably enjoy travelling this way and will also become more road aware as a result.



### ....I need my car for work

Depending on the nature of your work you may still be able to leave your car at home one day a week or fortnight. It may be possible to plan your workload so that you spend one full day a week on work in the office. Try to plan so that all trips to the same area are made at the same time as this is more efficient. There may also be a pool car or cycle that you could use for work based journeys.

### ....I would like to leave my car at home but I live 'out in the sticks'

You may find that you could drive, cycle or get a lift to a train station or bus stop. The train or bus is already scheduled to make the journey so you won't be adding to congestion or pollution. Consider car sharing – this can be particularly useful for journeys to work as many workplaces have a large number of potential car sharers who might live close to you or on your way to work. You don't have to carshare every day or always with the same person.

### ....I would like to cycle but it's not safe

Many people give this as a reason why they cannot cycle. In fact statistics have shown that the more people cycle the less accidents there are. There are an increasing number of cycle routes that help make cycling safer, so get a map from your local council. If you are worried about cycling, why not find out about cycle training or ask someone who already cycles for some help or to cycle with you the first few times.

### ....It costs too much to use public transport

If you only ever buy a single or return for your journey you may well find that it is expensive. Savings can be made if you buy a weekly, monthly or annual ticket. Some employers offer interest free loans for annual season tickets that also help to spread the cost of travel. Does yours? Ask.

### ....I would use public transport but it isn't reliable / comfortable

Ask yourself when you last used a bus or train. If you haven't used them lately you may be surprised that they are more comfortable and accessible than you thought. The average bus could take the drivers of 50 cars off the road and help reduce congestion, which is often the cause of late buses.

### ....I need a car to go shopping

Many shopping trips only result in a few purchases. Larger items such as furniture or white goods are usually delivered later. Reduce your trips to large out of town food shops by bulk buying once a month or fortnight and then shopping locally for fresh food on a weekly basis, supporting shops in your local community.

### ....It's cheaper to drive

People consider that once they have bought a car it is always cheaper to drive. However the more you drive the greater wear and tear and maintenance costs. Car insurance can be cheaper if you drive less. The RAC and AA calculate the average cost of driving is between 40p and 50p a mile if you include all the costs of owning a car (purchase, running and maintenance costs). Think of the value of your time. Often useful work can be done on a train or coach.

### ....I can't cycle because I'll get hot and sweaty

It is possible to cycle to work at a pace that avoids you getting too hot and sweaty but if your journey is a little more strenuous you might find that you can get changed at work. Many employers now provide a shower, changing area and lockers for people who cycle. If these facilities don't exist you could see if there is enough interest for your employer to consider installing them.

### .... I would cycle but it's difficult to take my bike on the train at peak times

If you find it difficult to take your bike on the train you might want to consider the following options. Train stations are increasingly providing cycle parking areas where you could leave your bike. Alternatively you could keep a second bike at your destination if you need to cycle at the other end. You could also consider purchasing a folding bike, which most rail companies will allow on trains at peak times.

www.sustrans.org.uk Nick Turner/Sustrans

