

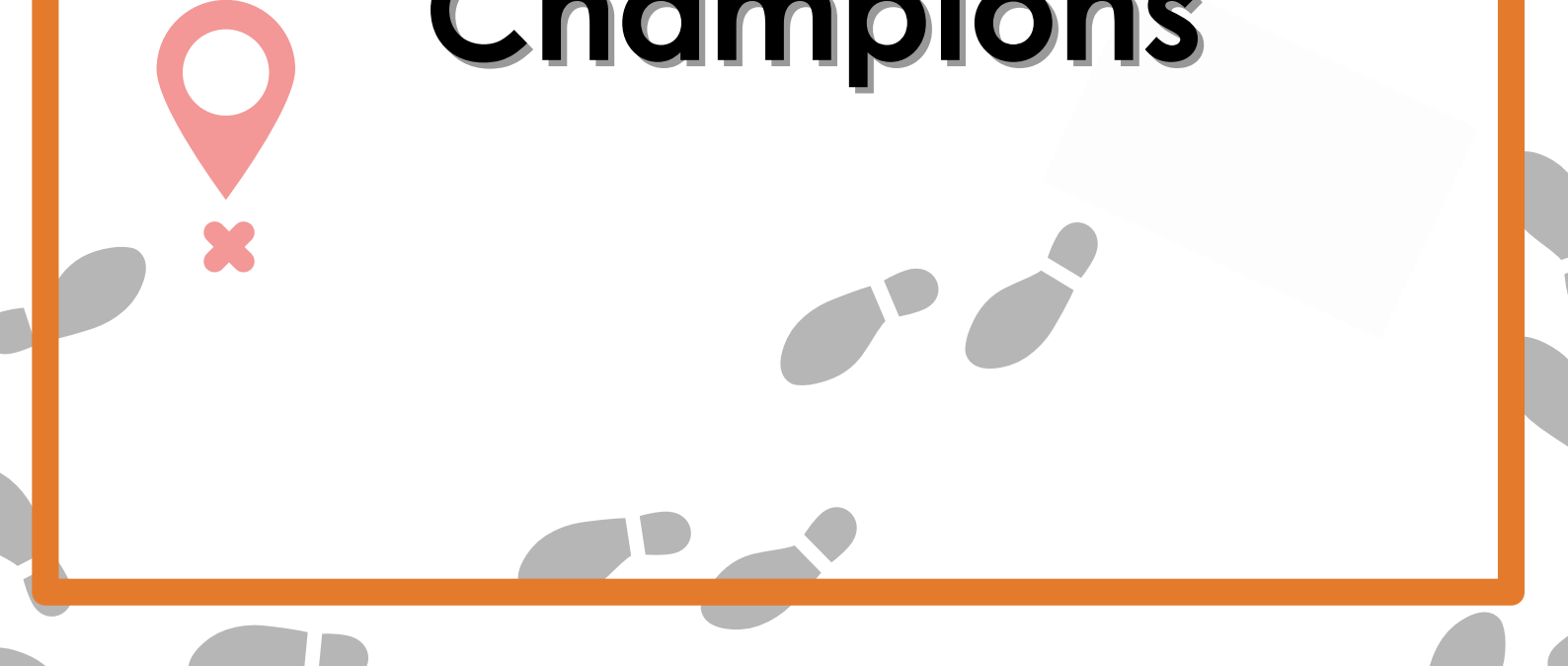


Active Travel

About Our



Active Travel Champions

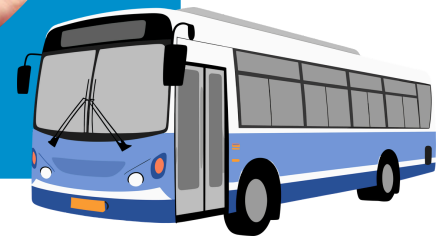


About This Guide

- This walking guide is for everyone.
- It is written in simple words to make it easy to follow.
- The guide shows you how to walk a route step by step.
- Each step tells you what to do and what to look for.
- You can use this guide on your phone or printed on paper.
- You may also want to walk with a friend or support worker.
- Take your time while walking the route.
- You can stop and take breaks whenever you need to.
- If you feel unsure, it is okay to ask someone for help.
- Enjoy your walk 😊



Dean



- As well as being an Active Travel Champion for Style Acre, I am also a Travel Buddy for My Life My Choice.
- I really enjoy learning about different ways to get around and see new places.
- I like going for walks because it helps me get out and about when I'm feeling bored or need a change of scenery.
- My favourite way to travel is by bus. I like bus travel because it is simple and easy to use.



Jordan



- My favourite thing about being an Active Travel Champion is helping people become more independent.
- In my role as an Active Travel Champion, I am most proud of meeting new people I have not met before.
- I like travelling to Didcot, Reading, and London Paddington. I travel there by train on my own.
- I also travel to Cornwall for holidays with my gran.
- I prefer to travel by bus and train. Sometimes I also travel locally on my three-wheeled bike.



Chris



- My favourite thing about being an Active Travel Champion is helping people.
- In my role as an Active Travel Champion, I feel a strong sense of achievement.
- My favourite place to travel is hard to choose because I like visiting lots of different places!
- My favourite way to travel is by bus. I really love travelling by bus.



Darryl



- My favourite thing about being an Active Travel Champion is helping people and supporting others to travel more independently.
- In my role as an Active Travel Champion, I feel proud when I help people try new ways of travelling.
- I like travelling to different places and enjoy going out and about, both locally and further away.
- My favourite ways to travel are by bus and train. He also enjoys walking for short journeys.