

Swinbourne Grove, Manchester

Travel Plan Statement

220221/SK21958/TPS02(-00)

## Contents

|                         | Page |
|-------------------------|------|
| 1 Introduction          | 1    |
| 2 Audit                 | 3    |
| 3 Management & Funding  | 9    |
| 4 Toolkit & Action Plan | 10   |

## Appendices

- A Site Layout
- B Travel Pack

| Project | Document | Rev | Description                     | Authorised by | Signed | Date       |
|---------|----------|-----|---------------------------------|---------------|--------|------------|
| SK21958 | TPS01    | 00  | Draft                           | L Speers      | LGS    | 05/09/2019 |
| SK21958 | TPS01    | 01  | Planning Application            | L Speers      | LGS    | 18/09/2019 |
| SK21958 | TPS02    | 00  | Condition Discharge Application |               |        | 21/02/2022 |

## 1 Introduction

- 1.1 SK has been appointed to prepare a Travel Plan Statement for a residential development off Swinbourne Grove in Withington, Manchester.
- 1.2 The scale of the residential development (13 apartments) is beneath that usually requires the submission of a formal Travel Plan, however it was agreed with Manchester City Council (MCC) during consideration of the planning application that the submission of a Travel Plan Statement would be appropriate for the development.
- 1.3 An Interim Travel Plan Statement was submitted with the planning application, and this forms the basis for the final Travel Plan Statement herein.

### Consented Development Proposal

- 1.4 In 2019 the development was granted planning permission for the construction of a new block of 13 apartments (ref: 123981/FO/2019). The application was varied in 2020 to change the proposed car park layout and accommodate a sub-station (ref: 125929/JO/2020). The consented layout is shown in Appendix A.
- 1.5 The consented scheme provides nine parking spaces, including three Electric Vehicle (EV) charging spaces. Cycle parking is provided for 13 bikes.
- 1.6 Vehicle access to the site is provided from Swinbourne Grove. Service access, including refuse collection, is gained from kerbside.
- 1.7 Planning Condition 23 requires the submission of a Travel Plan Statement within six months of occupation, based on the Interim Statement submitted with the planning application. The Travel Plan Statement includes measures that will assist residents to live sustainable and active lives, without a reliance on car ownership. The measures to be adopted include:
  - The appointment of a Travel Plan Co-ordinator
  - Provision of Travel Packs for each household
- 1.8 This Travel Plan Statement has been prepared to discharge Planning Condition 23.

### Travel Plan Process

- 1.9 A Travel Plan is a tool for managing access to a site that aims to promote access by sustainable modes. It contains a package of measures designed to meet the objective to reduce car use generated from the site by supporting sustainable modes of transport and measures that will build on the location of a development site. In line with PPG and NPPF, the measures adopted should be commensurate with the scale of impact from the development and the level of intervention required to influence residents to take up sustainable modes and to reduce significant single occupancy car trips. Based on this it is agreed with MCC that a Travel Plan Statement is a suitable level of intervention at the development.
- 1.10 The Travel Plan Statement draws on the following guidance and best practice:
  - Ministry of Housing, Communities & Local Government (2021), National Planning Policy Framework
  - Ministry of Housing, Communities & Local Government (2016), Planning Practice Guidance
  - Transport for Greater Manchester (2013), Transport for Sustainable Communities
  - Transport for Greater Manchester (2017), Greater Manchester Transport Strategy 2040
  - Department for Transport (2020), Decarbonising Transport: Setting the Challenge
  - Chartered Institution of Highways & Transportation (2019), Better planning, better transport, better places

### The Travel Plan Pyramid

- 1.11 The Department of Transport (DfT) states that it is helpful to:

'... view the Travel Plan as a pyramid of measures and actions, some of which may form the foundations of the Travel Plan and part of which will be outcomes from the Transport Assessment.'<sup>1</sup>

- 1.12 The pyramid (shown in Figure 1.1) views the process as a series of considerations that are constructed from the ground up, with each new layer building on the preceding one.
- 1.13 The base of the pyramid and the Travel Plan is the location of the development, as it is this that creates a foundation for good accessibility and mode choice opportunities by ensuring that the development relates well to places people want to go and is connected to these by existing transport infrastructure. Clearly the proposal site has a very strong Travel Plan base due to its district centre location and very high level of accessibility by non-car modes.
- 1.14 At the next level the physical or infrastructure aspects of the proposal are considered. This ensures that travel choices are built into a proposal to allow residents to realise their potential for sustainable trip making. Increased intervention is required if the base layer (location) of the site is poor. This is not the case with the proposal site, which benefits from immediate proximity to good transport links and district centre amenities. This was agreed with MCC during planning when it was accepted that a Travel Plan Statement only would be a suitable level of intervention.
- 1.15 The remaining levels of the pyramid set out if any further promotion or management interventions, and local route improvements are needed to compensate for anything found to be lacking in the preceding levels. Again, this is patently not the case with the development in question. Notwithstanding this, the Travel Plan includes measures to promote and support sustainable patterns of movement for the Plan going forward.



**Figure 1.1: Travel Plan Pyramid**  
[source: DfT 2008]

<sup>1</sup> Department for Transport (2009), Delivering Travel Plans through the Planning Process

#### Travel Plan Benefits

- 1.16 Travel plans result in a variety of health, financial, environmental and site operation benefits, which are set out below.
- 1.17 Reduced levels of single occupancy car use can lead to an improvement in air quality both surrounding the site and across the wider area. In addition, increases in active travel have very real impact on resident health as moderate physical activity can help prevent obesity, mental health issues, cancer, high blood pressure and cardiovascular disease.
- 1.18 The financial benefits of Travel Plans include personal cost savings from using more cost-effective modes of travel and indirect and wider cost savings relating to reduced illness and reduced accident rates.
- 1.19 The environmental benefits of Travel Plans include reduced carbon emissions and air quality issues.

#### Travel Plan Objectives

- 1.20 The main objectives of the Travel Plan Statement are to reduce the environmental effects of transport associated with the development, raise awareness of sustainable means of access and reduce single occupancy car use.
- 1.21 A secondary objective of the Travel Plan is to outline an Action Plan for the site that clearly defines the strategy and monitoring measures to be adopted to meet the defined objectives of the Plan. To this end, the Plan seeks:
  - To support site users to make informed travel choices
  - To set out a suitable management structure

## 2 Audit

#### Site Location

- 2.1 Figure 2.1 shows the location of the site.

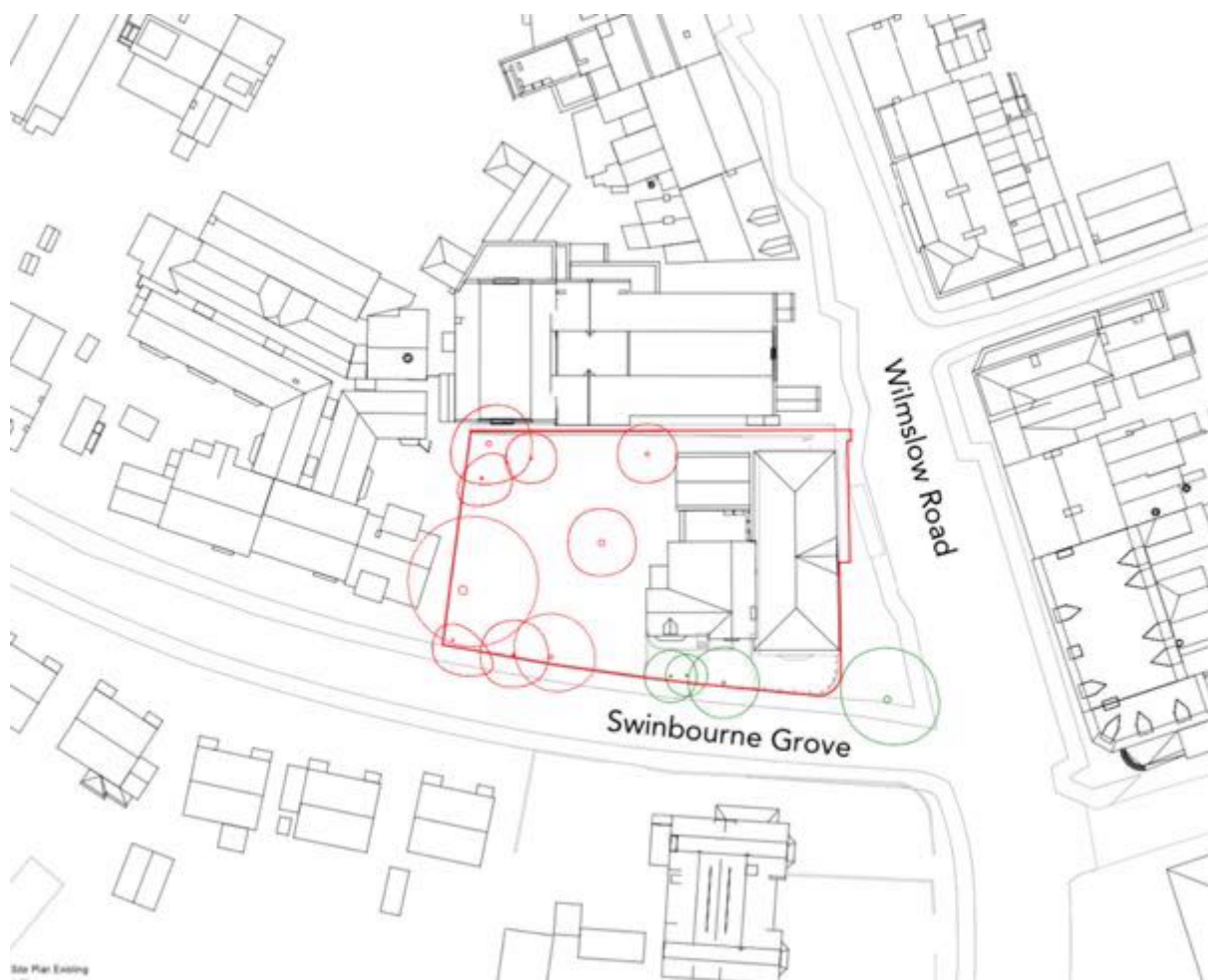


Figure 2.1: Site Location

- 2.2 The site is sustainably located in Withington district centre with good access to surrounding local centre uses and the surrounding community.
- 2.3 The site is bounded to the north by the B5093 Wilmslow Road, to the east by Swinbourne Grove, to the south by Abbeyfield Care Home, and to the west by Withington Methodist Church and the rest of the local centre beyond.

#### Access on Foot

- 2.4 A new segregated pedestrian access is provided to the residential building onto Swinbourne Grove.
- 2.5 Swinbourne Grove is a 20mph residential street with footways on either carriageway edge. At the junction of Swinbourne Grove/Wilmslow Road dropped kerbs and tactile paving are provided. A signalised crossing is in place to the north of the Swinbourne Grove junction, with further crossings provided at regular intervals along the Wilmslow Road corridor.
- 2.6 Two-thirds of all journeys in the UK are under-five miles and short distance trips offer the greatest opportunity for changes in travel behaviour. DfT best practice guidance states that walking has the potential to substitute for car trips under 2km. CIHT<sup>2</sup> provides further advice on suitable walking distances these are set out in Table 2.1.

<sup>2</sup> CIHT (2000), Providing for Journeys on Foot

| Destination Type          | Walk Distance (m) | Walk Time (mins)* |
|---------------------------|-------------------|-------------------|
| Commuting/Education       | 2000              | 25                |
| Local Centre/Local Retail | 800               | 10                |
| Other                     | 1200              | 15                |

\*Walk times based on leisurely speed of 80m/min

**Table 2.1:** CIHT Walk Distances  
[source: CIHT 2000]

- 2.7 Figure 2.2 shows 10-, 15- and 25-minute walking isochrones from the site.
- 2.8 Recent research promotes '20 Minute Neighbourhood' principles, whereby residents can access employment, retail, health and leisure land uses within a 20-minute sustainable trip of their home. '20 Minute Neighbourhood Principles' are being promoted by the Town & Country Planning Association (TCPA), Sports England and Sustrans as a way of delivering healthy placemaking<sup>3</sup>. Figure 2.1 also shows a 20-minute walking isochrone so that the site can be assessed against these new requirements.

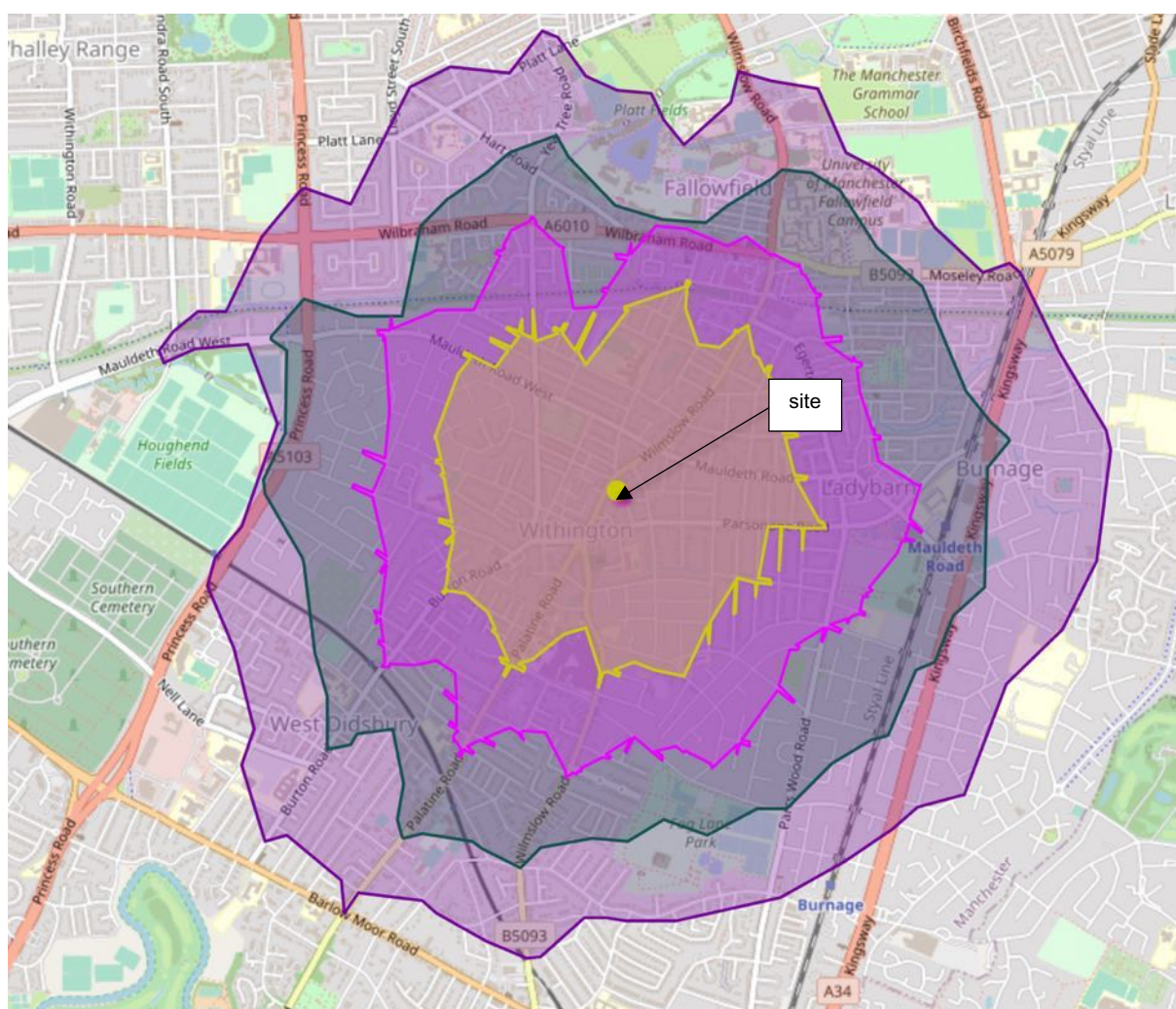


**Figure 2.2:** 10-, 15-, 20- & 25-Minute Walk Isochrones

<sup>3</sup> TCPA *et al* (2020), <https://www.tcpa.org.uk/Pages/Category/health>

- 2.9 The site is located adjacent to Withington district centre, which extends along both sides of Wilmslow Road providing a wide variety of retail and commercial premises that support the local community. In addition to the employment opportunities in the district centre, access can also be gained to the Christie Hospital in less than a 10-minute walk, The University of Manchester's Fallowfield Campus in 16 minutes and Withington Community Hospital in a 24-minute walk. Access can also be gained to substantial areas of open/recreational space in a short walk, with Old Moat Park a 3-minute walk, Ladybarn Park a 12-minute walk, and Platts Field a 16-minute walk.
- 2.10 Figure 2.2 shows that the site benefits from an exceptional level of access to amenities and services on foot, and that it meets the criteria whereby residents can travel by active modes.

#### Access by Cycle

- 2.11 Figure 2.3 shows the cycle network serving the site.

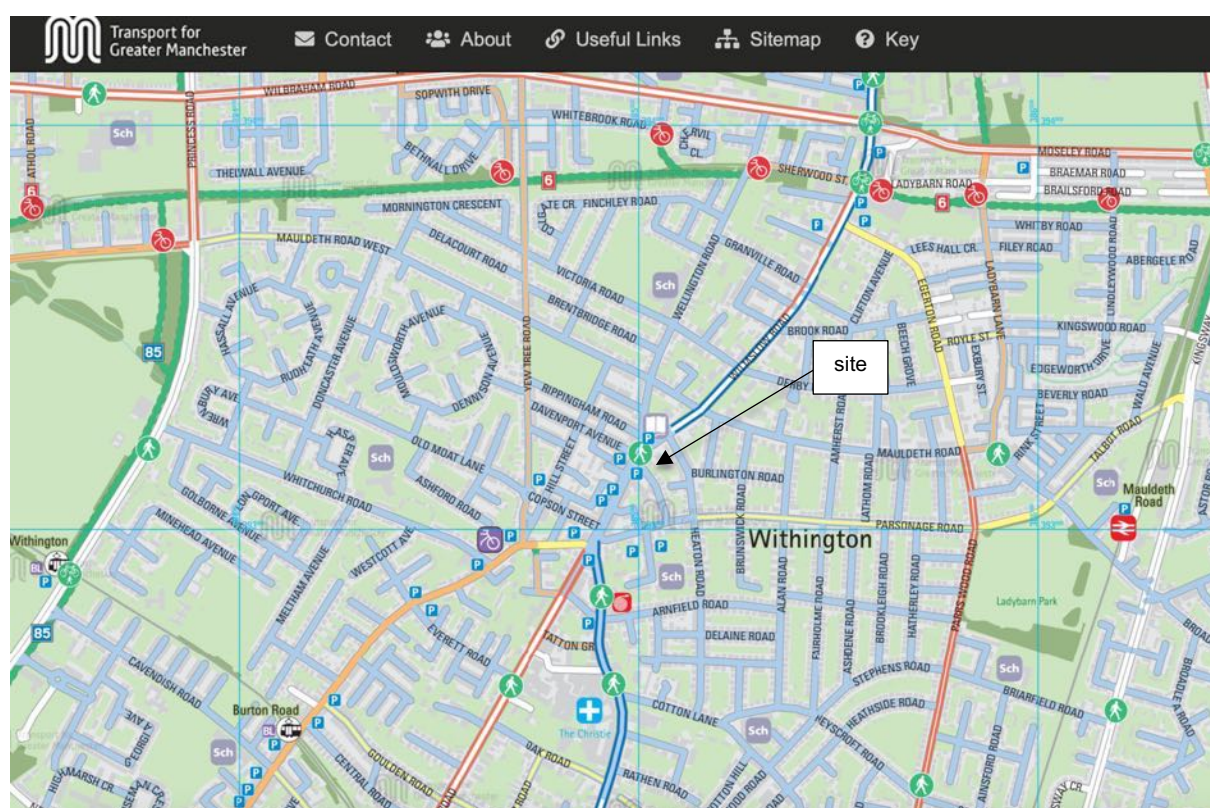


Figure 2.3: Cycle Route Network  
[source: TFGM Website 2022]

- 2.12 Figure 2.3 shows that Swinbourne Grove and Wilmslow Road are defined as advisory routes on the cycle network. Both provide access to the wider network, including on-road routes with physical segregation such as Wilmslow Road (N) and Wilmslow Road (S), and routes with other cycling facilities such as Palatine Road, Yew Tree Road and Burton Road. The routes serving the site also connect to Route 6 (The Fallowfield Loop) and Route 85 of the National Cycle Network. Continuous cycle connections can also be gained to Burton Road Metrolink Station (a 4-minute cycle) and Mauldeth Road Train Station (a 6-minute cycle).
- 2.13 The site is well placed for access to the Greater Manchester Cycle Network, which provides good connections from the site to key destinations in the local area and across Manchester.

## Access by Public Transport

2.14 Figure 2.4 shows the public transport network serving the site.

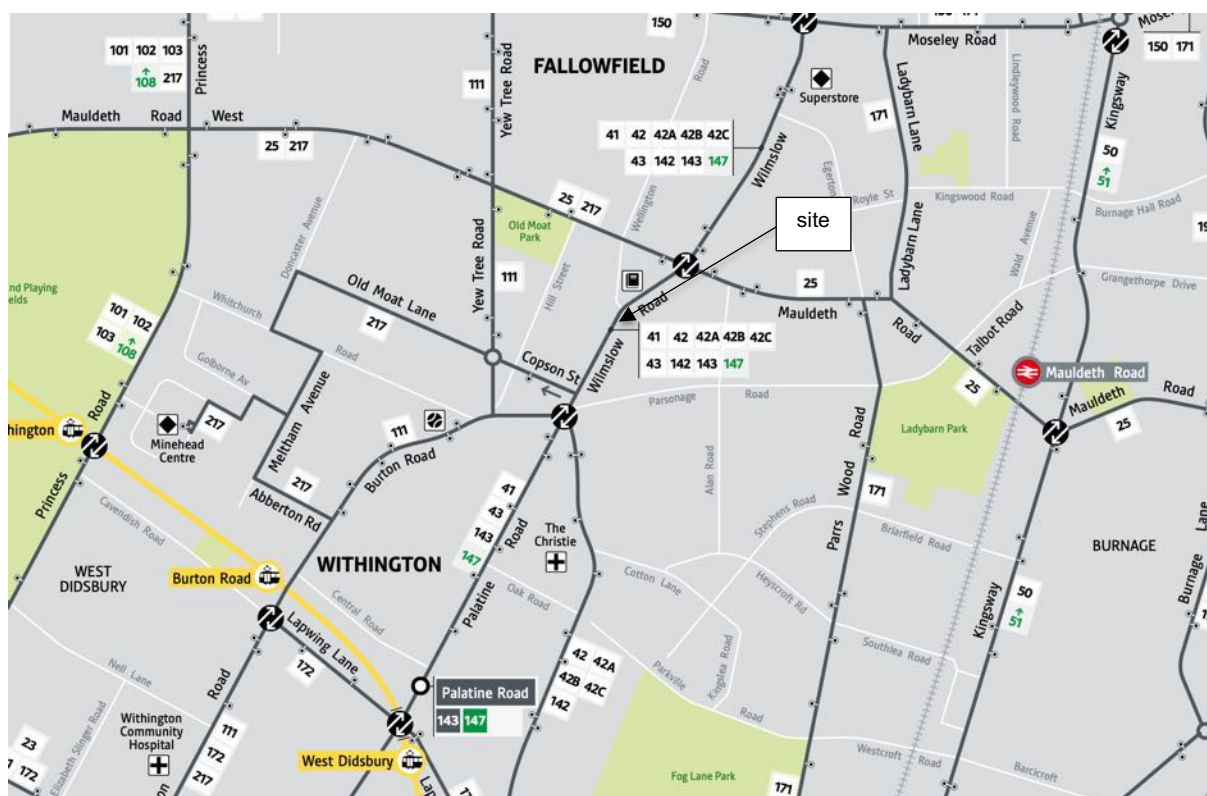


**Figure 2.4: Public Transport Network**  
[source: TfGM Website 2022]

2.15 The nearest bus stop to the site is located directly outside the site on Wilmslow Road. Northbound bus services are located a short walk from the site outside the Library. The northbound bus stop can be accessed by using the signalised crossing on Wilmslow Road.

| No. | Route                                                                                          | Frequency (buses per hour each way) |         |    |         |          |        |
|-----|------------------------------------------------------------------------------------------------|-------------------------------------|---------|----|---------|----------|--------|
|     |                                                                                                | AM                                  | Daytime | PM | Evening | Saturday | Sunday |
| 41  | North Manchester Hospital – Manchester – Uni of Manchester – West Didsbury – Northenden – Sale | 3                                   | 3       | 3  | 2       | 3        | 2      |
| 42  | Stockport – Didsbury – Rusholme – MRI – Manchester                                             | 2                                   | 2       | 2  | 2       | 2        | 0      |
| 42B | Woodford – Bramhall – Cheadle – Manchester                                                     | 1                                   | 1       | 1  | 0       | 1        | 1      |
| 42A | Reddish – Heaton Chapel – Didsbury – Manchester                                                | 2                                   | 2       | 1  | 1       | 2        | 1      |
| 42C | Handforth Dean – Cheadle – Manchester                                                          | 1                                   | 1       | 1  | 1       | 1        | 1      |
| 43  | Manchester – Wythenshawe – West Didsbury – Manchester                                          | 6                                   | 6       | 6  | 4       | 6        | 2      |
| 142 | East Didsbury – Didsbury – Rusholme – Manchester                                               | 6                                   | 6       | 6  | 6       | 6        | 6      |
| 143 | West Didsbury – Fallowfield – Manchester                                                       | 6                                   | 6       | 6  | 6       | 6        | 6      |
| 147 | Piccadilly – MRI – West Didsbury                                                               | 6                                   | 6       | 6  | 6       | 0        | 0      |

**Table 2.2: Bus Routes & Frequencies**  
[source: TfGM Website 2022]

- 2.16 Table 2.2 shows that the Wilmslow Road corridor is particularly well served by buses, with 33 services per hour in each direction during the day. Frequent services are also available in the evening, through the night and at the weekend.
- 2.17 Access can also be gained to train services at Mauldeth Road and tram services at Burton Road and West Didsbury. Mauldeth Road train station is a 19-minute walk or a 6-minute cycle from the site, Burton Road tram stop is a 14-minute walk or 4-minute cycle from the site, and West Didsbury tram stop is a 17-minute walk or 5-minute cycle from the site.
- 2.18 A Greater Manchester Accessibility Level (GMAL) calculation has been undertaken for the site. A GMAL is calculated using the interactive tool managed and maintained by TfGM for use in assessing the accessibility by non-car modes of a development site. The tool measures AM Peak accessibility by public transport of a point of interest and provides a score between 1 and 8, where 1 is a low level of accessibility and 8 is the highest level of accessibility.
- 2.19 The site has a GMAL of 8, which is the highest level of public transport accessibility in Greater Manchester. The assessment shows that the site is highly accessible by public transport.

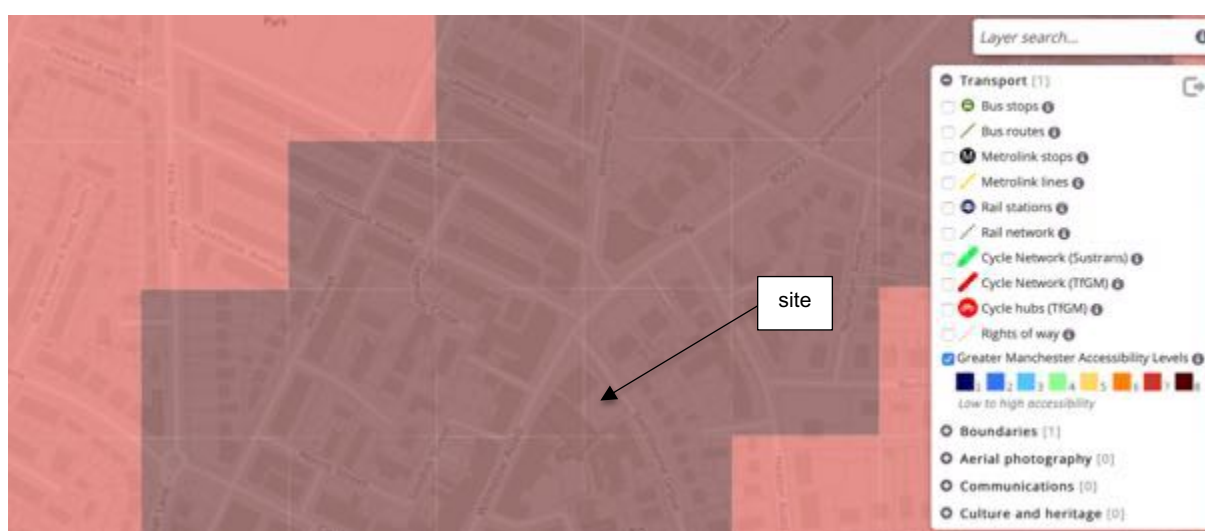


**Figure 2.5:** Greater Manchester Accessibility Level  
[source: Mapping GM 2022]

#### Casual Car Use

- 2.20 Enterprise Car Club provides a MCC supported alternative to car ownership that complements Salford's sustainable transport system to help meet casual vehicle needs of residents. The initiative enables members to benefit from low cost, convenient and greener motoring, and a more sustainable pattern of living that negates the requirement to use or even own a car.
- 2.21 Figure 2.6 shows that the nearest Car Club vehicle to the site is located a 3-minute walk away from the site on 494 Wilmslow Road.

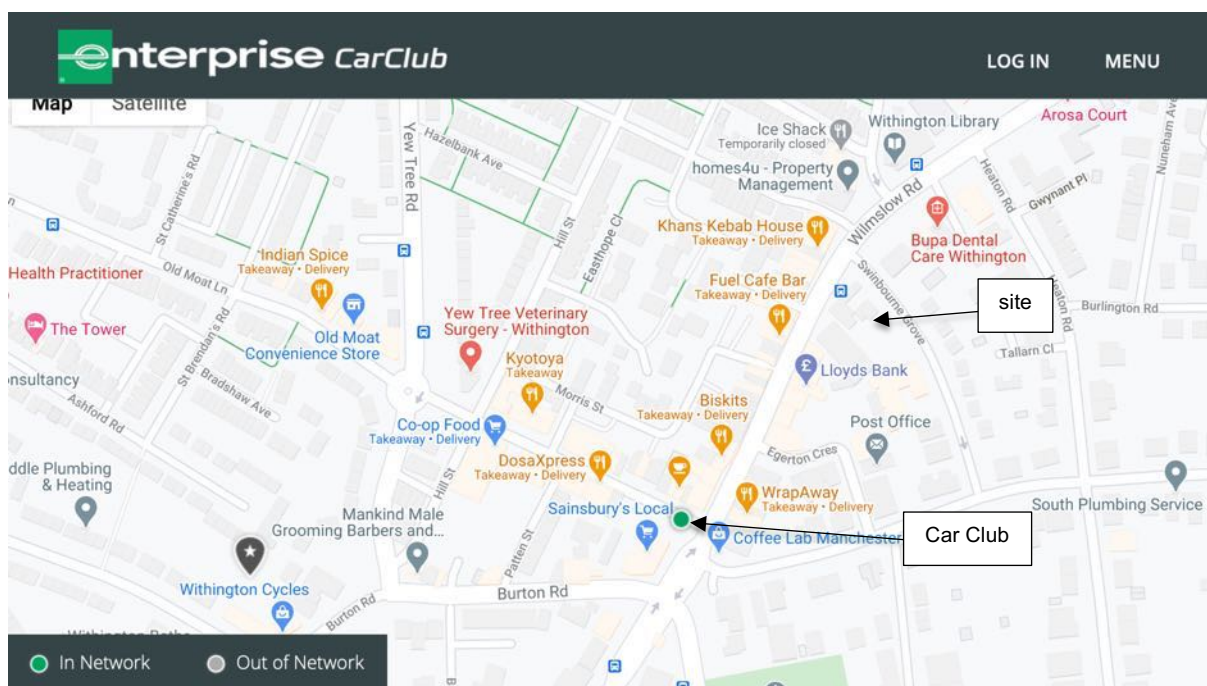


**Figure 2.6: Car Club Locations**  
[source: Enterprise Car Club Website 2022]

### 3 Management & Funding

#### Travel Plan Coordinator

- 3.1 An effective Travel Plan needs a clear hierarchy of responsibility. The applicant has been closely involved in the development of the Travel Plan Statement and is committed to its successful implementation on completion of the development.
- 3.2 The applicant, or their successor in title, will continue to have a regular overseeing role in the progress of the Plan and is committed to funding the resources required for its implementation.
- 3.3 Travel Plan Co-ordinators play an important role in developing, implementing and managing Travel Plans. The Travel Plan Co-ordinator for the site is:

Matthew Guirdham  
0161 200 8590  
[m.guirdham@step-places.com](mailto:m.guirdham@step-places.com)

- 3.4 The Co-ordinator will form the main point of contact for the local authority and residents. The Co-ordinator will also be responsible for raising awareness and marketing the Travel Plan and surveying its effectiveness and assessing this against the stated objectives and targets.
- 3.5 In summary, the Travel Plan Co-ordinator's general role and responsibilities will include:

- Responsibility for the implementation strategy
- Providing a point of contact for residents
- Preparing and issuing household travel packs

#### Funding Mechanisms

- 3.6 The funding of the Travel Plan, in terms of Travel Plan Co-ordinator time and promotional printing and distribution costs, will be borne by the applicant or its successor in title to the development.

## 4 Toolkit

### Promotion & Marketing

- 4.1 Good communication is a vital component of the Travel Plan Statement to ensure that residents are fully aware of the options available to them.
- 4.2 All new households have been provided with a Travel Pack. The travel pack includes information on sustainable travel modes, as summarised below:
  1. Travel Plan Co-ordinator contact details
  2. Details of TfGM's website links to on-line and phone app journey planning software
  3. Details of TfGM's website links to cycle and walking route maps
  4. Details of TfGM's website links to bus maps and timetables
  5. Details of current TfGM local initiatives (such as adult cycle training)
  6. Information on Enterprise Car Club
  7. Details of Car Sharing GM
- 4.3 A copy of the travel pack is attached as Appendix B.

### Journey Planning Software

- 4.4 Residents are encouraged via the travel pack to familiarise themselves with the journey planning websites and phone apps promoted by TfGM. The [MyTfGM](http://my.tfgm.com/)<sup>4</sup> website now directs users to use the [Trip Go](https://tripgo.com)<sup>5</sup> journey planning software. Other mode specific journey planning software is also promoted, and these are set out in the relevant sections below.

### Walking

- 4.5 TfGM states that the growth in residential development in urban centres has led to an urban renaissance that has reduced car ownership and use. This is because people can work and play within walkable distances of their front door. The proposal site is a continuation of this, as the site is located in Withington district centre, which can be accessed in a short walk.
- 4.6 Walking is simple, free and the easiest ways to get more active and feel healthier. The travel packs include information on local walking routes. The travel pack also includes details of on-line and phone app journey planning software that is available from [TfGM](http://my.tfgm.com/)<sup>6</sup>. In addition, website links are provided to the [GMWalking](https://gmwalking.co.uk)<sup>7</sup> website which provides resources on routes and local walking groups.
- 4.7 The NHS Active 10 tracker app to set daily goals for journeys so that users can set challenges. Bigger challenge with the Coach to 5km phone app. Both are available from this [NHS website](https://www.nhs.uk/better-health/get-active/)<sup>8</sup> as set out in the travel pack.

### Cycling

- 4.8 The site is well located to allow access to the Greater Manchester Cycle Network. The site provides 13 bike parking spaces in a secure location.
- 4.9 Cycling is an excellent mode of travel which is healthier, cheaper, and more enjoyable than driving. Cycling has the following benefits:
  1. Builds physical strength and develops healthy bones and muscles
  2. Lowering blood pressure and reducing the risk of heart attacks, strokes and diabetes
  3. A moderate cycle ride burns 400 calories per hour and is a great way to control weight

---

<sup>4</sup> <http://my.tfgm.com/>

<sup>5</sup> <https://tripgo.com>

<sup>6</sup> <http://www.tfgm.com/>

<sup>7</sup> <https://gmwalking.co.uk>

<sup>8</sup> <https://www.nhs.uk/better-health/get-active/>

- 4.10 Information on local cycling routes is provided in the travel pack. The travel pack also includes details of on-line and phone app cycle maps and journey planning software that is available from TfGM. In addition, the travel pack also includes website links to [Sustrans](https://www.sustrans.org.uk/)<sup>9</sup>, who provide information on local and national routes, and [Cycling UK](https://www.cyclinguk.org/)<sup>10</sup>, who provide information on local cycling groups, cycle tips and routes.
- 4.11 TfGM offer [free cycle training and maintenance](https://www.tfgm.com/cycling/training)<sup>11</sup> sessions for adults for beginners and experienced cyclists and provides safety tips and advice on the [TfGM](https://www.tfgm.com/cycling)<sup>12</sup> website. Details of regular cycle events, such as the Summer Cycle Camp, Let's Ride Pop-Up and Let's Ride Manchester are provided on the [TfGM](https://www.tfgm.com/cycling)<sup>13</sup> website. TfGM offer a cycle newsletter service is frequently updated with new route information and activities.

#### Public Transport

- 4.12 The site benefits from an exceptional level of accessibility by public transport and is located only a short walk from high frequency bus services providing over 33 services per hour in each direction. Access can also be gained to tram services at Burton Road and train services at Mauldeth Road.
- 4.13 The travel packs include information on the locations of the nearest public transport facilities and information on how to access phone app and on-line journey planning information available from [TfGM](https://www.tfgm.com).

#### Sustainable Vehicle Use

- 4.14 EV charging is provided at the site.
- 4.15 The site is very well located to enable residents to live in the area without needing to own a car. To support occasional car use an [Enterprise Car Club](https://www.enterprise-carclub.co.uk/gb/en/home.html)<sup>14</sup> vehicle is located a 3-minute walk away on Copson Street. Details of the Enterprise Car Club is provided in the Travel Pack.
- 4.16 TfGM has an established car share scheme ([CarShareGM](https://www.carsharegm.com)<sup>15</sup>) is promoted in the Travel pack to promote more efficient car use for residents with cars.
- 4.17 The travel pack will include information on on-line food retail facilities that serve the area, such as [Sainsburys](https://www.sainsburys.co.uk/)<sup>16</sup>, [Tesco](https://www.tesco.com/)<sup>17</sup> and [Ocado](http://www.ocado.com/)<sup>18</sup>.

#### Monitoring

- 4.18 The scale of the proposal is below that which would normally require Travel Plan. That coupled with the fact that the evidence presented shows that the majority of residents will already move around by sustainable modes, means that the Travel Plan Statement has concentrated on measures that will promote local infrastructure. It is not proposed to undertake any formal monitoring of the Plan, other than regular reviews by the Travel Plan Co-ordinator based on any issues raised by local residents.
- 4.19 This level of monitoring was set out in the Interim Travel Plan Statement and agreed with MCC during the planning application.

#### Action Plan

- 4.20 Table 4.1 sets out the Travel Plan Statement Action Plan.

<sup>9</sup> [www.sustrans.org.uk/](https://www.sustrans.org.uk/)

<sup>10</sup> [www.cyclinguk.org/](https://www.cyclinguk.org/)

<sup>11</sup> <https://www.tfgm.com/cycling/training>

<sup>12</sup> <https://www.tfgm.com/>

<sup>13</sup> <https://www.tfgm.com/cycling>

<sup>14</sup> <https://www.enterprise-carclub.co.uk/gb/en/home.html>

<sup>15</sup> <https://www.carsharegm.com>

<sup>16</sup> <https://www.sainsburys.co.uk/>

<sup>17</sup> <http://www.tesco.com/>

<sup>18</sup> <http://www.ocado.com/>

| Toolkit              | Measure                                        | Timescale                               |
|----------------------|------------------------------------------------|-----------------------------------------|
| Promotion/Marketing  | Appoint Travel Plan Co-ordinator               | Already achieved                        |
|                      | Prepare travel packs                           | Already achieved                        |
|                      | Issue travel packs                             | Already achieved                        |
| Walking & Cycling    | Provide secure cycle parking                   | Already achieved                        |
|                      | Improve surfacing on Swinbourne Grove          | Already achieved                        |
|                      | Provide walking & cycling route information    | Already achieved as part of travel pack |
|                      | Provide information of cycle training          | Already achieved as part of travel pack |
| Public Transport     | Provide information on public transport routes | Already achieved as part of travel pack |
|                      | Contact TfGM regarding service changes         | On-going / quarterly                    |
| Sustainable Vehicles | Provide constrained parking level on site      | Already achieved                        |
|                      | Provide EV charging points                     | Already achieved                        |
|                      | Provide information on car share schemes       | Already achieved as part of travel pack |
|                      | Provide information on Car Club                | Already achieved as part of travel pack |

## Appendix A



## Appendix B

# Swinbourne Grove: Resident Travel Pack

## Travel Plan & Travel Plan Co-ordinator

We recognise that we have a responsibility to reduce the environmental and social impacts of our developments and so have produced a Travel Plan Statement to set out information on how you can travel around as sustainably as possible and to reduce as much as possible unnecessary car trips.

Developments with Travel Plans provide the following benefits to residents and the environment:

1. Improved health and wellbeing
2. Money savings
3. Reduced traffic congestion
4. Increased physical activity and fitness
5. Improved air quality
6. Reduced carbon emissions

We have appointed a Travel Co-ordinator who will be your point of contact for anything and everything travel related. The Travel Co-ordinator, Matthew Guirdham, can be contacted on [m.guirdham@step-places.com](mailto:m.guirdham@step-places.com).

We would be happy to email you a copy of the Travel Plan Statement so you can see what it involves and we can also provide this travel pack electronically to make it easier to use the weblinks. Please let the the Travel Plan Co-ordinator know if you would like a copy of either documents.

## Getting Going

To get you going we recommend that you familiarise yourself with these handy journey planning websites and phone apps so that you can you plot your journeys and find out the quickest ways to travel around:

<http://my.tfgm.com/>

<https://tripgo.com>

Maps are also provided in this pack to help you move around.

## Keep in touch

We would also like to be able to send you updates on any changes to local public transport services or other information that may be useful to you. If you would like us to do this please provide the Travel Plan Co-ordinator with a contact email address.

## Walking

Walking is simple, free and one of the easiest ways to get more active and feel healthier. It is quite simple to include some walking in your day and you could think about the following:

1. Walk part of your journey to work
2. Walk to local shops and local bus stops
3. Leave your car behind for short journeys
4. Go for a stroll around Withington after dinner

Swinbourne Grove is a 20mph residential street with footways on either carriageway edge. At the junction of Swinbourne Grove/Wilmslow Road dropped kerbs and tactile paving are provided. A signalised crossing is in place to the north of the Swinbourne Grove junction, with further crossings provided at regular intervals along the Wilmslow Road corridor.

The site is located adjacent to Withington district centre, which extends along both sides of Wilmslow Road providing a wide variety of retail and commercial premises that support the local community. In addition to the employment opportunities in the district centre, access can also be gained to the Christie Hospital in less than a 10-minute walk, The University of Manchester's Fallowfield Campus in 16 minutes and Withington Community Hospital in a 24-minute walk. Access can also be gained to substantial areas of open/recreational space in a short walk, with Old Moat Park a 3-minute walk, Ladybarn Park a 12-minute walk, and Platts Field a 16-minute walk.

Details of how to plan a route and tips on walking safety and the benefits are provided on the following websites:

<https://tfgm.com/walking>

<https://gmwalking.co.uk>

# Swinbourne Grove: Resident Travel Pack

## Walking (continued)

NHS advice states that a 20 minute brisk walk can lead to lots of physical and mental health benefits. If you fancy a challenge you could use the NHS *Active 10 tracker app* to set daily goals for your journey to and from work. If you're up for it, you could set yourself a bigger challenge with the *Couch to 5km* phone app! Both phone apps are available from this website:

<https://www.nhs.uk/better-health/get-active/>

## Cycling

Secure cycle parking is provided on site for you to store your bike.

The site relates well to the Greater Manchester Cycle Network. Swinbourne Grove and Wilmslow Road are defined as advisory routes on the cycle network. Both provide access to the wider network, including on-road routes with physical segregation such as Wilmslow Road (N) and Wilmslow Road (S), and routes with other cycling facilities such as Palatine Road, Yew Tree Road and Burton Road. The routes serving the site also connect to Route 6 (The Fallowfield Loop) and Route 85 of the National Cycle Network. Continuous cycle connections can also be gained to Burton Road Metrolink Station (a 4-minute cycle) and Mauldeth Road Train Station (a 6-minute cycle).

There are plenty of cycling events and activities across the region and you can sign up for TfGM's Cycle Newsletter to get full details of these:

[www.tfgm.com/cycling](http://www.tfgm.com/cycling).

Further route and journey planning information is available using the following website:

<https://tfgm.com/cycling/maps>

Not been on a bike for a while? Don't panic TfGM provides adult cycle training lessons to get you back in the groove.

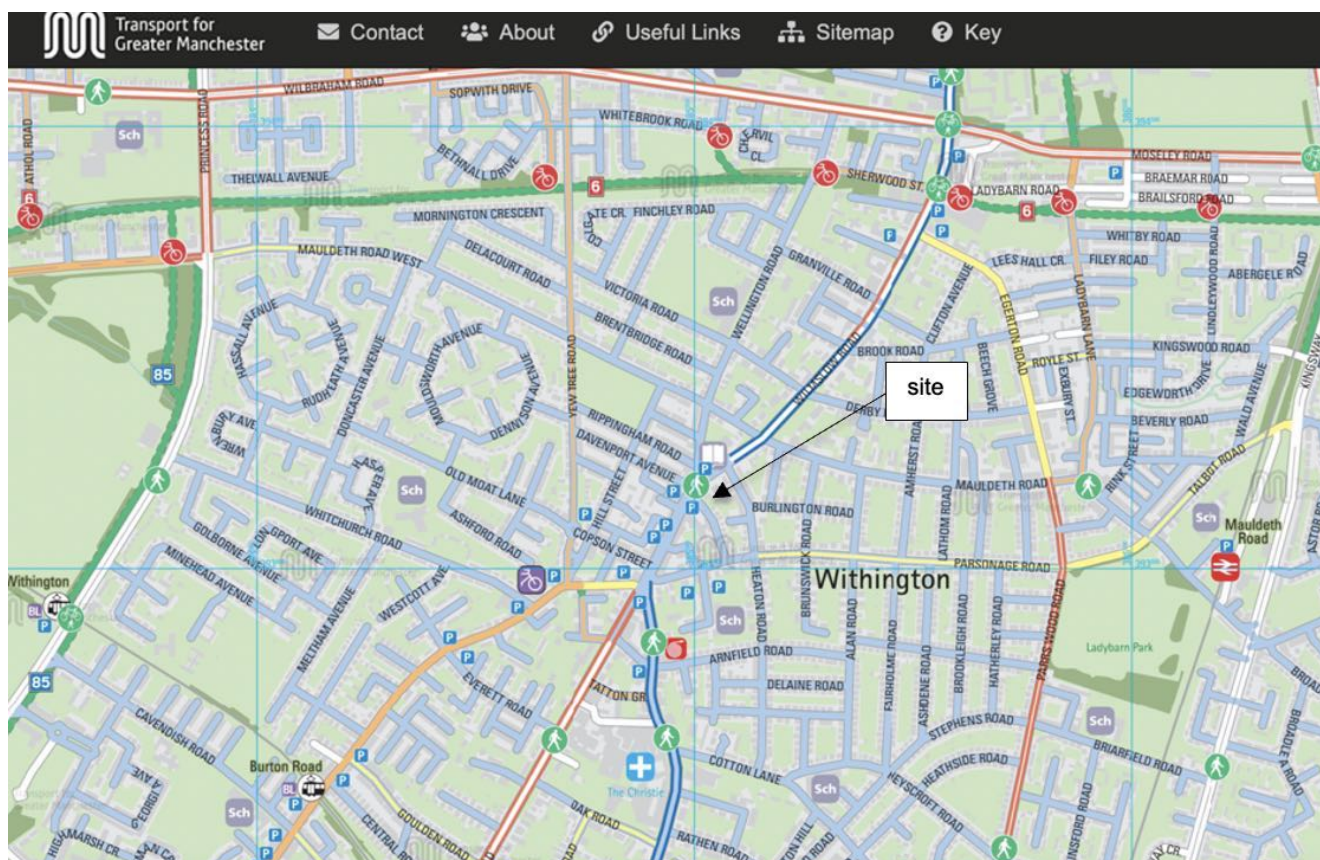
<https://tfgm.com/cycling/confidence>

If you're not ready to commit to buying your own bike you could hire one to try out first. Manchester Bikes operates a bike hire scheme and they will drop off the bike at your home for you to use:

<https://www.manchesterbikehire.co.uk/>

TfGM also provides a list of retailers that sell recycled and refurbished bikes here:

<https://tfgm.com/cycling/access-to-bikes>



# Swinbourne Grove: Resident Travel Pack

## Public transport Routes

The nearest bus stop to the site is located directly outside the site on Wilmslow Road. Northbound bus services are located a short walk from the site outside the Library. The northbound bus stop can be accessed by using the signalised crossing on Wilmslow Road.

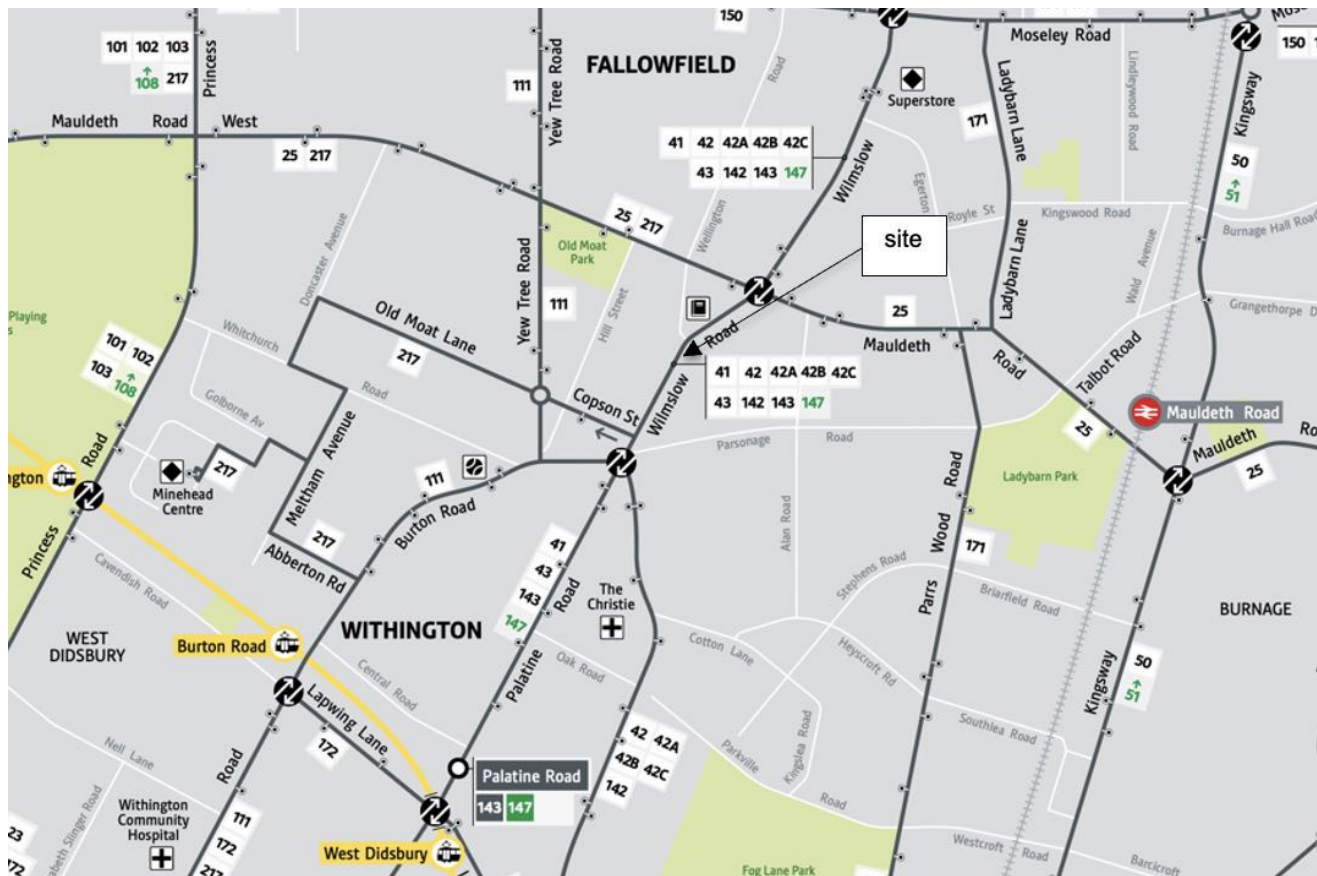
| No. | Route                                                                                          | Frequency (buses per hour each way) |         |    |         |          |        |
|-----|------------------------------------------------------------------------------------------------|-------------------------------------|---------|----|---------|----------|--------|
|     |                                                                                                | AM                                  | Daytime | PM | Evening | Saturday | Sunday |
| 41  | North Manchester Hospital – Manchester – Uni of Manchester – West Didsbury – Northenden – Sale | 3                                   | 3       | 3  | 2       | 3        | 2      |
| 42  | Stockport – Didsbury – Rusholme – MRI – Manchester                                             | 2                                   | 2       | 2  | 2       | 2        | 0      |
| 42B | Woodford – Bramhall – Cheadle – Manchester                                                     | 1                                   | 1       | 1  | 0       | 1        | 1      |
| 42A | Reddish – Heaton Chapel – Didsbury – Manchester                                                | 2                                   | 2       | 1  | 1       | 2        | 1      |
| 42C | Handforth Dean – Cheadle – Manchester                                                          | 1                                   | 1       | 1  | 1       | 1        | 1      |
| 43  | Manchester – Wythenshawe – West Didsbury – Manchester                                          | 6                                   | 6       | 6  | 4       | 6        | 2      |
| 142 | East Didsbury – Didsbury – Rusholme – Manchester                                               | 6                                   | 6       | 6  | 6       | 6        | 6      |
| 143 | West Didsbury – Fallowfield – Manchester                                                       | 6                                   | 6       | 6  | 6       | 6        | 6      |
| 147 | Piccadilly – MRI – West Didsbury                                                               | 6                                   | 6       | 6  | 6       | 0        | 0      |

Access can also be gained to train services at Mauldeth Road and tram services at Burton Road. Mauldeth Road train station is a 19-minute walk or a 6-minute cycle from the site, Burton Road tram stop is a 14-minute walk or 4-minute cycle from the site, and West Didsbury tram stop is a 17-minute walk or 5-minute cycle from the site.

You can find more information on public transport routes, tram network and service timetables by using this website:

<http://www.tfgm.com/>

The website also provides information on season ticket arrangements.



## Swinbourne Grove: Resident Travel Pack

### Enterprise Car Club

We know that there are occasions when you need to use a car, even if you don't own one. The site is located close to Enterprise Car Club vehicle located outside Sainsbury's at 494 Wilmslow Road (M20 3HE) that you can use to meet these requirements.

Enterprise Car Club provides a pay-as-you go service where you can rent a vehicle for as little as 30 minutes. Rental rates start at £6 per hour.

Further information on the location of vehicles and membership benefits is provided using the link below:

<https://www.enterpriseclub.co.uk/>

### Electric Vehicle Charging

If you have an electric vehicle you can charge this using the EV chargers in the car park - there are 3 spaces available. Please talk to the Travel Plan Co-ordinator about how to use this facility.

### Car Sharing

If you still need to use your car to get around you could sign up to the Greater Manchester Car Sharing Scheme. This service will match you with other local people making similar journeys. You can then share the cost of travel, help reduce the number of cars on the road and potentially halve your personal vehicle emissions.

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

### Home deliveries

The following websites can be used so that you can do your food shopping on-line:

<https://www.sainsburys.co.uk/>

<http://www.tesco.com/>

<http://www.ocado.com/>

### Dates for your diary

There are local and national sustainable travel campaigns happening throughout the year. We have provided details of some of these so that you can get involved. We will provide details throughout the year of other events.

The Big Pedal - March

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

National Walking Month/Walk to Work Week - May

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

Work Wise/National Home Working Day - May

[www.workwiseuk.org](http://www.workwiseuk.org)

Cycle to Work Day - September

[www.cycletoworkday.org](http://www.cycletoworkday.org)

World Car Free Day - September

[www.worldcarfree.net](http://www.worldcarfree.net)

GM Walking Festival - October

<https://gmwalking.co.uk/festival/>