



Welcome and News Update

Lots of activity to report again this month especially with the build up to Bike Week in June - features in this newsletter include:

- **Launch of the Try It Challenge: FREE home-to-office Personalised Travel Plan with incentives for participants**
- **Competition for the best car sharing story - the winner gets an 8GB ipod nano with camera**
- **Guided Walk in Milton Country Park on Thursday, 20 May**
- **Ideas for Bike Week and activities being run across the TP+ area**
- **FREE Travel Planning Essentials workshop for those organisations about to develop their own Travel Plan**
- **Spotlight on the Royal Society of Chemistry**
- **Report on the first Travel Plan Plus Bicycle User Group Meeting held on the 21 April at the Health Innovation Centre.**
- **The TP+ Commuter Stand is proving popular with TP+ Area employers**

All the latest news on the project can be found at www.fw.org.uk/tpplus.php

We Challenge you to Try It! - Launch in early May

Travel Plan Plus will shortly be launching a new and exciting initiative to encourage commuters to try alternative and sustainable forms of travel to the area. The "Try It Challenge" will provide commuters with their very own FREE home-to-office Personalised Travel Plan. We won't be suggesting commuters cycle 25 miles, walk 10 miles or change buses three times - however we might challenge people to try a longer journey once or twice per week.

All we require from participants is some basic details about their current commute to work. With this information we will devise a personalised travel plan and make practical and realistic suggestions on the alternatives. The plan will include information on potential cost savings, health benefits and if appropriate free bus tickets and other appropriate incentives to encourage participants to try the suggested options.

The initiative will be launched soon, so keep a look out for the associated promotional activities



WANTED: Car Sharing Stories - **ipod Nano for the Best Story!**

Do you save a fortune in fuel by car sharing? Do you have a lively debate on current issues during your journey? Or do you just nod off for the duration of the trip? Did you meet your partner car sharing?

If so, we want to hear your car sharing story. The story can be witty, serious or full of facts and figures on how far you travel and how much you save. Also, if you have a photograph we can use, that's even better. As a special incentive to participate we are offering an **ipod nano 8GB with a built-in camera** for the best story we receive. You may have guessed, we are trying to encourage and promote car sharing as a practical alternative to driving alone, so if you have any ideas on how we can persuade your colleagues to give car sharing a chance then please include these as well.

So sharpen your fingers and thumbs and get typing - **entries must be emailed to tammy.liu@cambridgeshire.gov.uk by 31 May 2010.**

For those of you who are attracted to the idea of car sharing but don't know where to start, there is a ready built web based on-line matching service for you to use - www.camshare.co.uk. This FREE to use service allows you to register your journey and to see who else is travelling a similar route. More details on how car sharing works and answers to frequently asked questions can be found here (<http://www.fw.org.uk/documents/carsharingFAQ.doc>). If you are car sharing informally, then we would encourage you to register your route - you never know there may be other people you know who travel the same journey and could join your group with potential to save even more money.

Easy as a Walk in the Park

It's one of those things you know you should do, but keep putting off. Well, now is your opportunity to explore and find out more about Milton Country Park which is just the other side of the A14, over the Jane Costan Bridge. The park is a great place to walk during lunchtime or for the more energetic a pleasant place to jog. Therefore we have organised a guided walk by an experienced park ranger, on Thursday 20 May 2010 at noon, who will point out interesting park facts and features. Afterwards, you can occupy one of the many park benches to enjoy your lunch or go to the café for a much deserved cup of tea. The guided part of the walk will take approximately one hour - allowing 15 minutes to and from the park you will need to allow an hour and half in total. So, brush off your walking shoes, rub on some sunscreen and make your way to the TP+ Commuter Centre at the Science Park Innovation Centre. For those of you based on the Business Park and St John's innovation Centre we can pick you up at 12.10pm at the base of the Jane Costan bridge. The maximum number we can cater for is 30 people, so please let us know if you wish to take part and where you will meet us. Lets just hope the weather is kind to us!

To promote this event in your organisation, please print out a flyer at <http://www.fw.org.uk/documents/guidedwalkatmiltoncountryparkpdf.pdf>

Please RSVP by Tuesday 18 May 2010 to tammy.liu@cambridgeshire.gov.uk.



Bike Week (19 to 27 June) Coming Up Fast!

Bike week (19 to 27 June) is less than two months away so now is the time to start planning your events. The weather is warming up and the summer is predicted to be a BBQ season, so there are no excuses. If you are thinking about running an internal bike event but don't know where to start here are some suggestions of events you might like to consider:

- Off-road bike ride (countryside ride)
- BBQ and Bike Maintenance event
- Birding by Bike
- Guided Tour Ride
- Evening Pub Run
- Pedal in the Park with a Picnic
- Back to Biking (for beginners)
- Breakfast/Lunch/Teatime/Evening Ride
- Workplace Cycle Challenge
- Cycling Treasure Hunt
- Novelty Bike Ride
- Try a Tandem
- Unicycling for beginners
- Bike Budi Commuting
- Doctor Bike sessions
- Blendavenda (have a cycle powered blender to make smoothies in your lobby - www.blendavenda.com)



If you need any advice on setting up an event, please contact the Travel Plan Plus team. If you register your event on www.bikeweek.org.uk you will be provided with free Event Organiser Guides and freebies (while supplies last).

If setting up your own event is a bit too ambitious, check out other bike events being run in and around Cambridge which you might want to promote to your staff:

- Bike Fair 12-13 June 2010, 10am-6pm, Parker's Piece
- Unusual Historic Bike Tour around Cambridge, 16 and 25 of June, 6-8pm, £3 per person (accompanied children under 14 go for free). Tickets can be purchased from The Cambridge Tourist Information Centre
- Ride for Joy Guided Bike Ride (20 June)
- Dust Off your Bike Family event (15 May at Christ the Redeemer Church and 19 June at Meadows Community Centre)
- Free Cycle Hire (19-27 June)
- Free Swimming at Abbey Pool if you arrive by bike (19-27 June)

Travel Plan Plus are also running three events during Bike week especially for employees from across the area:

- Cycle maintenance taster sessions (run by Outspoken Training) (22, 23 and 24 June). **Please promote this within your own organisation by putting out some flyers from <http://www.tfw.org.uk/documents/bikemaintenancecoursesflyer.pdf>.**
- Launch of the TP+ Electric Pool Bike scheme (All Day, Tuesday 22 April)
- Social bike ride to The Bridge, Waterbeach (Lunchtime. Friday 25 June)

Also, check out this year's Cambridge Cycle Challenge www.cambridgecyclechallenge.org.uk which allows you to register, record your miles and claim rewards.

Travel Planning Essentials FREE workshops



Based on feedback from participants from the recent 2010 Travel Plan awards in January, this series of workshops are aimed at those employers who are preparing to write a travel plan.

The format of these sessions will be interactive, with long-standing Travel for Work employers with experience of travel planning actively participating in the sessions as mentors. While you learn about travel plan best practice and develop key skills to make sure your own plan is successful, these workshops are also an excellent networking opportunity for you to meet and work with other employers at a similar stage of the travel planning process. The workshop will be followed by a delegate lunch at the venue.

So would you like to apply best practice to your travel plans? Do you want to ensure you gain the necessary initial and continued support for your initiatives from decision-makers? If so, come along to Workshop 1, titled "What makes a good Travel Plan and how to gain support", and find out how!

Workshop 1 will take place on Monday, 14th June at The University Centre, Mill Road, Cambridge, CB2 1RU and are being run by the Travel for Work team. Both Gary Armstrong and Tammy Liu will be on hand to tackle TP+ area specific issues. Where possible, we encourage all attendees to travel to the event in a sustainable manner. With limited spaces available, please contact Tammy Liu on 01223 437053 to reserve a place. For directions to the venue, please go to <http://www.unicen.cam.ac.uk/contact/maps-and-directions/>.

Plugged in Places for the East of England—Electric Charging Points

The East of England Development Agency (EEDA) is preparing its strategy for the development of electric (EV) and plug in hybrid (PHEV) vehicle recharging infrastructure across the region. EEDA has commissioned Future Transport Systems to research the market opportunities, including compiling a justified and integrated infrastructure development plan. A seminar entitled "Plugged in Places for the East of England" was recently held and the slides from this event are available for download from here: <http://www.tfw.org.uk/documents/PluggedinPlacesEastofEnglandApril12010.pdf>

Spotlight: Royal Society of Chemistry

This month we are shining a spotlight on the Royal Society of Chemistry (RSC) located on the Cambridge Science Park and an active member of the TP+ Steering Group. With over 330 staff working on site and only 117 parking spaces allocated to staff members, the RSC is very keen on promoting sustainable transport options within the organisation. The numbers from the latest Travel to Work survey indicate that RSC's efforts are paying dividends with 22% of staff cycling to work, 11% car sharing and an amazing 9% of people walking.



What is their key to success? Bob Shimmens (Facilities Manager) commented "We have a high level of graduates who may be used to the student culture of cycling or walking, combined with the cycling culture within Cambridge and the facilities that we provide, encourages a high number of RSC employees who travel via greener methods."

But there is no room for complacency as work still needs to be done in the areas of drive alone, currently 47.56% and bus usage 3%. The RSC are continually looking for new and innovative ways to promote the available alternative sustainable options.

Travel information such as local events and initiatives are heavily promoted on the RSC intranet as well as the Travel Board conveniently located next to the staff restaurant. The board is kept up to date with information which is available for download from www.tfw.org.uk/news/tplus.

Existing locker/changing room and shower facilities are provided for staff that cycle or run/walk to work and there are also future plans to expand on these facilities even further. Recently a comprehensive cycle repair kit has been introduced which is available from their reception.

As the RSC has so many avid cyclists, it is hoped that in the coming months they will be able to set up their own Bicycle User Group and to also run a regular basic cycle maintenance course which will be run by Outspoken Training. On 8 June 2010, RSC will be host for the second TP+ lunchtime Bicycle User Group Meeting. In addition the RSC have gone that extra mile by providing something not often seen in car parks - dedicated motorcycle parking spots.

Early in May a Commuter Breakfast is being held where staff can learn more about the different travel options and commuters will be able to meet up with colleagues who live in a similar area by strategically placing the food in post code groups - the plan being to encourage staff to give car sharing a go.

Rolling out the BUG

After a well-deserved and hearty lunch of sandwiches, fruit, tea and coffee, 35 cyclists from across the TP+ area made their way into the meeting room for the first TP+ Bicycle User Group (BUG) meeting, which was held at the Health Innovation Centre on 21 April 2010. The group heard from:

- Gary Armstrong, TP+ Coordinator, who provided an introduction on the aims and objectives of the Travel Plan Plus Project.
- Mike Davies from Cycle Cambridge gave an update on current & new cycle projects around Cambs
- Vanessa Kelley talked about the new Cambridge Cycle Challenge an initiative to get more people to cycle (see www.cambridgecyclechallenge.org.uk)
- Simon Haydn from Cambridgeshire County Council outlined what is involved in the subsidised Bikeability Cycle Training initiative
- Tammy Liu, TP+ Senior Administrator, summarised the cycle events being organised for Bike Week (19 to 27 June) and other cycle initiatives and promotions available to commuters across the TP+ area

The meeting included an open forum for the group to highlight and discuss cycling issues in and around the TP+ project area covering the Science Park, Business Park, St John's Innovation Park and Cambridge Regional College & Taylor Vinters Solicitors. The following summarises the highlighted issues:

- Cycling priority lane on the Science Park spur road leading to Milton Road. There is no clear routing for cyclist wanting to turn right onto Milton Road from cyclists coming past Building 101. Also, many cars also coming from that direction use both lanes to turn left onto the road toward the Milton Road junction, which is unsafe for cyclists.
- Gates (road and cycle) from King's Hedges Road are closed on Saturdays. Cyclists who work on the weekends have to take a long detour to the main entrance via Milton Road
- Confusion in access to King's Hedges road from the Science Park gate via the Busway
- Cobble stones on entrance to raised traffic calming area near RSC are uncomfortable for cyclists
- The junction (by Kudos building) is confusing, especially for new cyclists and those turning right
- Milton Road Science Park entrance/exit has inconsistent phasing of traffic lights and sensor issues for cyclists travelling outside of busy periods
- Milton Road off road cycle/pedestrian paths is inconvenient to cyclists. Due to giving pedestrians right of way, cycling speed is erratic with a lot of stopping/starting. There is more ambiguity on the cycle paths as cars may pop out of driveways unexpectedly, giving the cyclists little time and space to react
- Many potholes all over the area that can cause damage/punctures especially along Milton Road
- Getting people to cycle may be more difficult as it can be quite expensive. It would make things easier for new cyclists to rent out/hire a bike to see how it is before investing into a bicycle
- Ending of the on-road cycle lane by the Milton Road side gate access road: the cycle lane ends and directs cyclists on the pavement, but space for cyclists and pedestrians by the bus stop is restricted
- After coming through the Milton Road side gate access path, passing by Unit 21, the cyclist must make a sharp right then onto a lowered kerb onto the road. It would be more convenient to be able to go straight onto the road via a lowered kerb at the end of the path.
- Kerbs in the Science Park area are generally not low enough and in poor condition.
- Shrubs in some areas are too high and compromises vision for cyclists, especially when cars are speeding and turn the corner too fast.
- General improvement and joining up of infrastructure and signage required

Although we can't guarantee that all these issues will be addressed and resolved we will take them to the relevant authorities to see if some or all of the issues can be assessed and given action.

The next BUG meeting is on 8 June 2009 and we are particularly keen for new and novice cyclists to attend as the emphasis will be on addressing the needs new cyclists. If you would like to attend the next BUG meeting, please email tammy.liu@cambridgeshire.gov.uk.



Commuter Stand Update

During the last couple of months Travel Plan Plus has been visiting different employers across the area to promote sustainable travel options. We have run breakfast, mid-morning, lunch and afternoon events either as formal presentations or in-formal information stands. We are able set up a stand with maps, leaflets, information, and freebies along with guidance to staff interested in trying out an alternative methods of travelling to work. We have a laptop to register interested staff on Cam Share (www.camshare.co.uk) the car sharing system - we can also bring along a couple of electric bikes for staff to try out. If you would like a commuter stand at your organisation, please contact Tammy Liu (tammy.liu@cambridgeshire.gov.uk)



By the end of May we will have held events for the following organisations:

- St John's Innovation Centre
- Building 101
- BBC Cambridgeshire
- Napp Pharmaceuticals (3 separate sessions)
- Amgen
- Cambridge Consultants
- Royal Society of Chemistry
- Taylor Vinters Solicitors



Cambridge Cycle Challenge: 7-27 June 2010 (www.cambridgecyclechallenge.org.uk)

The Cambridge Cycle Challenge is a FREE, fun competition to encourage people working in Cambridge to rediscover the joys and benefits of riding a bike. The main aim is to get as many staff as possible to ride a bike for at least 10 minutes a day. Staff can cycle anywhere they like, anytime they like, over the three week period. So register your company online and promote it to your staff by visiting <http://www.cambridgecyclechallenge.org.uk/uploads/challenge-information-fo-5b338e.pdf>



What's in it for your business?

- Boost staff morale
- Healthier, happier staff
- Free incentives and prizes
- Help reduce congestion
- Reduce demand for car parking spaces

Correction on Park and Ride Fare

In the last edition of the TP+ newsletter, we mistakenly stated a ticket for the Park and Ride Bus was £3.40. The correct price for a ticket is £3.30 from a P & R site and £3.60 from the bus driver. In addition we would like to clarify that once you have returned to the starting Park & Ride site the ticket ceases to be valid, although you are able to use the ticket for interim journeys around Cambridge City prior to returning to the starting Park and Ride site.

Upcoming Events and Dates

- Reach Bike Ride starting at Midsummer Common, 9.30-10.30 (3 May 2010)
- Taylor Vinters Luncheon Commuter Stand (11 May 2010)
- Breakfast Commuter Stand at Royal Society of Chemistry (13 May 2010)
- Travel Plan Plus Steering Group Meeting at Cambridge Radio Silicon Radio (18 May 2010)
- Cambridge Cycle Challenge 7-27 June 2010
- Next BUG meeting 8 June 2010 at Royal Society of Chemistry
- Bike Week 19 -27 June 2010



Travel Plan Plus (TP+) is a project to assist the commuters of the Cambridge Business Park, Cambridge Science Park, Cambridge Regional College, St John's Innovation Centre and Taylor Vinters Solicitors.

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