



[www.staveley-gti.co.uk](http://www.staveley-gti.co.uk)

Changing the way we  
think about travel

Dear Resident

**Even small changes to your journey can make a big difference to your life.**

Staveley Green Travel Initiative (Staveley Gti) is a community led project aimed at improving your quality of life by increasing awareness of alternative travel options and their benefits.

Over the next few weeks you will receive a visit from one of our volunteer team who will be explaining a little bit more about how you can get involved in the project, as well as a free leaflet giving Staveley specific information on bus and trains. You will also be offered the opportunity to receive a visit from one of our transport advisors who will offer you information and advice about the options available to you. Afterwards you will receive a free pack of personalised information.

**Improve your Quality of life!**

If every household in Staveley got involved it would have a noticeable impact on everyone's quality of life. You could have more money in your pocket, greater leisure time, increased health and well being and more freedom of choice.

We hope that you will be interested in learning more about the benefits of alternative ways to travel and we look forward to offering you the opportunity to take part.

Yours sincerely

*The Staveley GTi Team*



## Did You Know?

According to Sustrans an average household in the UK spends one in every six pounds on travel.

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# Free Events List

All our events are free. For more information on any of these events please see [www.staveley-gti.co.uk](http://www.staveley-gti.co.uk) or contact us.

## Save Money & Stay Healthy – Sat 9th May, 11am – 5pm

Experience smarter travel at the Village Hall & Institute.

- driving simulator
- smart driving instructor - you'll have a chance to win a free smart driving lesson with a qualified instructor
- bicycle powered electricity
- free health check
- personal travel planning
- food and refreshments

And much more. Come along and join us for a fun day out!

## Staveley Walking Quiz

Collect your free map and questions from Staveley Pharmacy or the Beehive newsagents anytime between May and July. With all correct answers, you could win a compass (two prizes) or the large jar of sweets you see in the Beehive.

## Driving Down the Cost – Wed 20th May, 7:30pm – 9pm, Village Hall

Would you like to learn how to save money while driving?  
A free interactive evening presented by the Energy Saving Trust. We will give information on where to find information on fuel-efficient cars and how to adopt some driving techniques to get more out of your fuel.

## Staveley School Cycle Fest – Sat 16th May

A social event for Staveley School families and friends which aims to promote cycling as part of a healthy lifestyle and to raise funds for school projects. The festival will take place on Saturday 16th May between 12pm - 4.30pm and will be a fun filled afternoon of wheelie great activities. For booking forms please go to The Bee Hive, Staveley Pharmacy or download one from [www.friendsofstaveleyschool.co.uk](http://www.friendsofstaveleyschool.co.uk).



## **Orienteering – Mon 25th May, Wilfs Cafe, 6 – 7pm**

Suitable for families, beginners and orienteers of all abilities. There's plenty of help available if you're new to orienteering. Please book in advance by ringing 01539 740694.

## **Cyclefest – Sat 30th May, Abbot Hall Park, Kendal**

Stunt bikes • talks • films • competitions • weird & wacky bikes • kids zone skills training • workshops • food & refreshments • competitions • bike rides and much, much more. Visit [www.cyclefest.org.uk](http://www.cyclefest.org.uk) to find out more.

## **Kentmere Konundrum – Sun 31st May**

A two wheeled treasure hunt for all the family. Starts at Wheelbase between 10am - 12.00pm. Test your cranial knowledge on two wheels with a family treasure hunt around the quiet lanes of Kentmere. A free ice cream is given to every child who takes part. Ring 0870 600 3435 for more details.

## **Mountain Bike Night – Tue 2nd June, Hawkshead Brewery, 7:30pm**

Join us for this fantastic night celebrating mountain biking. With some of the best mountain biking routes in the country, Staveley is the perfect place to experience and get involved in this sport. With a range of top speakers and films, this promises to be a great night.

## **Cycle Maintenance**

Bring your bicycle and get it fixed up for free! Staveley pavilion, Saturday on 16th May and 27th June, 11 - 3pm.

## **Cycle Maintenance Workshops – book in advance**

Come along and learn the basics of cycle maintenance. Staveley Pavilion, Sunday on 17th May and 28th June, 12 - 4pm. A special two day course will be held on Saturday and Sunday 20th & 21st June, from 9am to 4:30pm.

## **Staveley Car Club – Thur 18th June, 7:30pm, Institute**

Come and find out about a car club in Staveley. Have the freedom of owning a car but none of the associated costs.

## **Hill Walk to High Street – Sun 21st June**

Meet at 9am outside Wheelbase for this guided walk to High Street by local mountain guide Anne Salisbury. Please ring 01539 821305 to book.

## **Herbal Walk – Sat 11th July**

Meet at 11am at the Village Hall. Walk Led by Matt of Bushy Tail, Mill Yard. Discover the wild herbs growing around Staveley and learn how to make basic medicines from them.

## Did You Know?

People who car share regularly can save up to £1,000 a year.

## Car Sharing

Car sharing your journey to work or your weekly shopping trip is a great way to save money and help others to do so too. If you are interested in car sharing, or are happy to offer someone else in the village a lift, we would like to hear from you.

You can register your interest online at [www.staveley-gti.co.uk](http://www.staveley-gti.co.uk) or get in touch by ringing 01539 740694. Alternatively, if you want to find out more come along to our car related events on Sat 9th May at the Village Hall and Wed 20th May at the Institute.

## Car Clubs

According to the AA the average motorist spends £5,539 per year operating their vehicles. If you would like to enjoy the use of a car without having all the expense of owning one, then a car club is for you.

Car club members get to drive a lovely new car and only pay for the actual journeys they make. The Club owns and maintains a fleet of cars which members can book by the hour, day, month or whatever they want.

If you're interested in joining a Staveley car club, come along to our car club event on 18th June, 7:30pm at the Staveley Institute.



# Smart Driving

Smart driving is all about driving to save on petrol. By learning to drive smart you can save up to 15% off your current fuel bill – without changing anything else!

On 9th May come along to the Village Hall and Institute and try the Smart Driving simulator and also have a chance of winning a lesson with a Smart Driving Instructor. Also, on the 20th May, the Energy Saving Trust will be explaining more about the driving techniques you can use to make your fuel go a bit further.

## Basic Smart Driving Tips

- Avoid fast acceleration and hard braking – it doesn't save you time and increases fuel use by as much as 40%.
- Make sure your tyres are properly inflated.
- If you are stationary for more than 30secs and it is safe to do so, turn off your engine.
- Drive away immediately when you start your car. It doesn't need to warm up.
- Remove roof racks and extra carrying weight wherever you can.
- Change up a gear before you hit 2,500rpm (petrol) or 2,000rpm (diesel).
- Use air conditioning sparingly - it runs off the engine and the extra energy it requires uses up more fuel.
- Driving with open windows ruins the aerodynamics of the car especially at high speeds.

## Did You Know?

You can get free advice on smart driving by ringing the Energy Saving Trust driving hotline on: 0800 512 012. Calls are free.



# Cycling

Cycling is the best way of getting around. Whether you want to improve your fitness and health, help the environment, save yourself money or have some fun with family and friends, choosing to cycle can solve many problems at once!

## Cycling for your Health

Health professionals now recommend at least 30mins of moderate exercise 5 days a week. Cycling to work, school, to the shops or for leisure is one of the easiest ways to incorporate regular exercise into your life.

## Cycling in Staveley

- Travelling to Windermere or Kendal from Staveley takes about 30mins cycling.
- You can take your bike on the Oxenholme Windermere train.
- You can hire bikes from Windermere train station and Wheelbase in Staveley.





## Want to try Cycling but don't have a bike?

We can provide free cycle hire. Mountain bikes, road bikes, trailers and folding bikes – if you want to try something new get in touch.

## Cycle Training

We can provide free adult and child cycle training, or we can provide advice on routes to work/school. For more details see [www.staveley-gti.co.uk](http://www.staveley-gti.co.uk) or give us a ring.

## Maintaining your Bicycle

See our events guide for a full listing of free cycle maintenance courses and events.

## Cycle Train

Want to cycle to work but prefer the company of others? We can help organise 'cycle trains' by putting you in touch with others in the village who share the same route and also want to cycle. Get in touch with us to register your interest.

## Free Bicycles

You may qualify for a free bike! Get in touch to find out more.

## Cycling Events

Why not come to one of our cycling events? From rides, to maintenance workshops, bike nights and cycling festivals there are many ways you can get involved.

## Did You Know?

Cycling at least twenty miles a week reduces the risk of heart disease to less than half that for non-cyclists who take no other exercise – that's the same as cycling to Kendal and back twice a week!

## Did You Know?

Regular cyclists enjoy a fitness level equal to that of a person ten years younger.

## Did You Know?

Health professionals recommend walking 10,000 steps a day (about 5 miles).

## Walking for Health

There's no doubt about it, walking is considered the best form of exercise. An easy way to get exercise every day is to walk to work, school, the shops or go for a stroll during your lunch break.

If work is too far from home to walk, why not park further away and walk the remaining distance?

### Guided Walks

Why not take part in one of our guided walks? See our events listing for more details.

### The School Run – A Better Way

Walking to school is an excellent way to incorporate exercise into your child's daily life. It also helps reduce congestion in the morning and makes the school gate a safer environment.

### Walking Bus

A walking bus is an organised rota of children and parent helpers walking to and from school together. We need your help to make this happen in Staveley. If you would like to get involved please contact us or see [www.staveley-gti.co.uk](http://www.staveley-gti.co.uk) for more information.



## Did You Know?

Children require 60mins of moderate intensity exercise each day for good physical and mental development.

# Home Shopping

Shopping from home saves you time and petrol money. There are a wide range of delivery services available that will deliver groceries straight to your door or to a specified location (such as your place of work or a friends house).

## Did You Know?

Home delivery of groceries is estimated to cut car mileage to the supermarket by as much as 70 to 80 percent for those using the service.

## Howbarrow Organic Farm

Howbarrow not only deliver delicious and wholesome local organic fruit and veg boxes, but they also deliver a wide range of other foodstuffs. See [www.howbarroworganic.co.uk](http://www.howbarroworganic.co.uk) or ring 01539 536330.

## Traidcraft – Support Fairtrade

Traidcraft deliver a wide range of Fairtrade groceries straight to your door. See [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk) or ring 0845 330 8900.

## Supermarket

All the major supermarkets do doorstep deliveries. See our website for more details or contact us to find out more.

## Local Shops

Walking or cycling to your local shops in Staveley gets you regular exercise and helps to support local businesses.

## Growing Well Organic Farm

Get delicious, fresh vegetables grown locally from Growing Well near Sizergh Barn in Kendal. Ring 015395 61777 for more details.





## Contact Us

For more information on anything you have read here and on other services we are offering please visit the website at [www.staveley-gti.co.uk](http://www.staveley-gti.co.uk) or give us a ring on **01539 740694**.



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