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**An easy read guide to CONNECT**

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| E:\lores_images\World.jpg | **What does sustainable transport mean?**  It means transport that is better for the planet, with less pollution and waste.  Like walking, cycling, catching the bus or the train or car sharing. |
|  | Cheryl Sandford from the CONNECT Project can help you with transport.  She works in Blackburn town hall. |
| E:\lores_images\Transport.jpg | Cheryl’s job is to help you get to your place of work, interview or training using sustainable transport. |
| E:\lores_images\Traintravel.jpg | Or Cheryl can help you plan a day out. |
| E:\lores_images\IndianaSuit4.jpg | Are you going to an interview or starting a new job? |
| E:\lores_images\Timetable.jpg | Cheryl can help you find the cheapest and fastest way to get to interviews, training courses or your new place of work. |
| E:\lores_images\Plan.jpg | Cheryl can give you a travel plan. You can have a travel plan to go for a day out or to see your friend, not just to go to work. |
| E:\lores_images\WatchPoint.jpg | The travel plan will give you the times for your transport. |
| E:\lores_images\Maplocal.jpg | The travel plan will show you the quickest and easiest way to get to your interview or new job.  If you are planning a day out, it will show you how to get there and how long it will take you. |
| [Travel Vouchers](http://ifcsg.co.uk/wp-content/uploads/2013/10/Untitled-1.jpg) | Cheryl could help you to pay your travel costs for going to interviews or starting a new job. |
| E:\lores_images\Transport.jpg | There are lots of different ways you can travel. |
|  | **Bus**  There are lots of buses to use in Blackburn with Darwen.  You can buy a travel pass to help you save money. |
|  | **Train**  There are train stations in Blackburn, Darwen, Mill Hill, Cherry Tree, Pleasington and Entwistle.  You can buy a travel pass to help you save money. |
| C:\Users\cheryl_sandford\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\V2D7E90J\14388 BwD Connect Loyalty Card_Front.jpg | **There is a ‘Vulnerable Adult’ card scheme available.**  You can ask Cheryl at the Connect Project for a card. You can use it on public transport to let staff on the bus or train or taxi know that you may need a little more time or patience.  **Who can get a card?**  Anyone with a learning disability, dementia, physical disability or anyone who feels this would be a good idea to have one.  You must live in Blackburn or Darwen.  **How to get a card**  You will need to fill out an application form. You can get a form from Cheryl Sandford. How to contact her is written at the end of this leaflet. |
| E:\lores_images\NoAccess.jpg | If you have a physical disability and your local train station isn’t accessible, Northern Rail can transport you to your nearest accessible station. |
| E:\lores_images\SupporterCar.jpg | **Park and stride**  This is when you park your car and then walk a short distance to work or your destination. |
| E:\lores_images\DonaldStory6.jpg | **Car share**  If you own a car or even if you don’t, you can join Shared Wheels which brings people together to car share.  Car sharing is when 2 or more people share a car and travel together. They normally share the petrol costs. It means there are less cars on the road. |
| E:\lores_images\Walk.jpg | **Walking**  Walking helps to keep you fit and healthy.  You could join a walking group. |
| E:\lores_images\RideBicycle.jpg | **Cycling**  Cycling helps to keep you fit and healthy.  If you want to cycle to work we can give you information about the Cycle to Work Scheme.  This lets you buy a bike and pay the cost back monthly. |
| Sky Ride Witton Park1 | You can learn to ride a bike or go for a ride on a bike in Witton Park.  There are different types of bikes you can borrow and someone will ride with you. This is free. |
|  | If you want to find out more about how CONNECT can help you contact Cheryl Sandford. |
| E:\lores_images\Telephone.jpg | You can ring Cheryl on  01254 588814 |
| E:\lores_images\Email.jpg | or email  cheryl.sandford@blackburn.gov.uk |