

Your journey to your appointment

Your journey to

CH Medical, OL9 8NH

www.ch-medical.co.uk



Greater Manchester Integrated Care Partnership



We want your journey to your appointment to be safe, welcoming, and environmentally sustainable. This leaflet has been created to support that ambition.

Not only will it show you your different travel options to get here, but it will also show what support is available for each option.

This map highlights sustainable travel options to CH Medical, including walking, cycling, and public transport routes.

CH Medical, OL9 8NH, is a general practice (GP) surgery based in Chadderton.

You can find out more about CH Medical here: www.ch-medical.co.uk

You can plan your journey to CH Medical with the TfGM journey planner here: www.tfgm.com/plan-a-journey

Walking / wheeling

- Walking / wheeling (e.g. using a wheelchair) is simple, free and one of the easiest ways to get more active and become healthier.
- We know walking / wheeling the whole way isn't viable for everyone – however, walking might be part of your journey to your appointment.
- To find the best way to walk or wheel to your appointment, use the map on the other side of this leaflet.



Cycling / scooting

- 150 minutes of moderate exercise a week can boost your mood, sleep quality and energy, as well as reducing your risk of stress.
- Don't feel too confident with your skills on wheels? Not a problem, visit: beeactive.tfgm.com/cycling/courses-and-bike-maintenance
- To see your traffic-free and low-traffic routes, use the map on the other side of this leaflet.



Difficulty using public transport?

Consider these alternatives:

- You may be able to use a Community Transport Service to get to your appointment – you can find out more here, visit: gmintegratedcare.org.uk/find-a-service/type/transport-services
- Ring and Ride offers an accessible, low-cost minibus service for people who have difficulty in using public transport services, visit: tfgm.com/public-transport/ring-and-ride-minibuses
- Local Link offers a flexible transport service for local journeys where public transport options are limited, visit: beenetwork.com/ways-to-travel/bus/local-link

Bus / tram / train

- If you can't cycle / scoot or walk / wheel, public transport may be suitable for all or part of your journey.
- You can find ticket information on the Bee Network app, which you can download through The App Store or Google Play on Android, or visit: beenetwork.com/tickets-and-passes
- To see your closest public transport options, use the map on the other side of this leaflet.

Greater Manchester Integrated Care Partnership

BEE NETWORK

Transport for Greater Manchester

together we are **GREATER MANCHESTER**



- CH Medical
- ▬ Traffic free, good surface
- ▬ On road, segregated
- ▬ Traffic free, rough surface
- ▬ 20mph zone
- Connecting footpath
- 🚲 Cycle access point
- ⬡ 15 min walk
- ⬡ 10 min cycle
- 🚌 Bus Stop
- 🚶 Pedestrian Crossing
- 🚊 Metrolink Station
- P Cycle Parking
- 🚉 Rail Station