



Useful websites and phone numbers

- **Gloucestershire County Council SEN Travel Enablement:**
<http://www.gloucestershire.gov.uk/gloucestershire-county-council/transport/school-and-college-transport/transport-assistance-for-sen-pupils/>
Or email: SEN.transport@gloucestershire.gov.uk
Or call: 01452 425011

- **Gloucestershire County Council Mainstream Transport:**
<https://www.gloucestershire.gov.uk/transport/school-and-college-transport/apply-for-a-school-bus-pass/>

- **Easy Travelling Website: Plan your journey:**
<http://www.easytraveling.org.uk/gcc/>

- **Travel Line SW: Plan your journey:** (also available as an app on Apple and Android)
<http://www.travelinesw.com/>

- **Think Travel Website:**
<http://www.thinktravel.info/>

- **Gloucestershire County Council Travel:**
<http://www.gloucestershire.gov.uk/travel>
<http://www.gloucestershire.gov.uk/buspass>

- **THINK! Road safety website:**
<http://think.direct.gov.uk/education/secondary/>

- **National Rail: train tickets:**
<http://www.nationalrail.co.uk/>

- **Google Maps**
<https://www.google.co.uk/maps>

- **Stagecoach bus service website: Plan your journey:**
<https://www.stagecoachbus.com/>
Or call the disability desk: 01452 418630

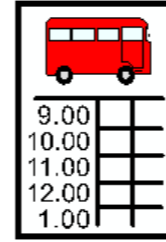
Useful Resources for smart phones/ devices:

- TraveLine SW App
- National Rail App
- Stagecoach Bus App
- GoogleMaps App
- Find my iPhone/Share location App
- Gloucestershire Offline Map App
- Location Reminder App
- Camera function on phones/devices
- GlosTalk (GCC led app)



Guidance and Activity booklet Pathway to Independence With Symbols

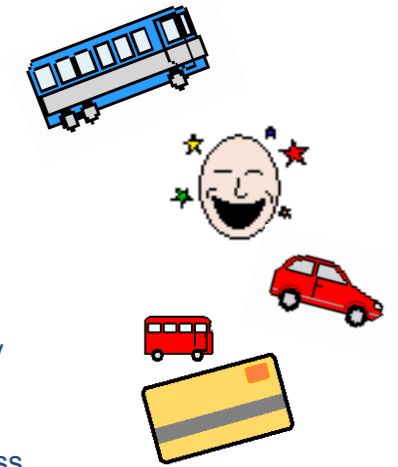




WORD SEARCH

Find the words below in the word search:

- Bus Stop
- Road Safety
- Street
- Crossing
- Timetable
- Train
- Car
- Journey
- Route
- Bus Pass



A	M	L	I	T	T	L	D	E	R	T
W	T	H	C	B	E	B	O	R	X	K
R	C	R	Y	U	S	J	R	O	G	D
C	B	U	S	S	T	O	P	A	I	C
R	R	J	M	P	R	W	A	D	J	I
O	E	J	R	A	E	F	V	S	O	N
S	Y	T	J	S	E	O	B	A	U	X
S	L	R	U	S	T	C	A	F	R	F
I	C	A	R	V	R	D	T	E	N	C
N	U	I	K	X	R	O	U	T	E	H
G	T	N	T	F	H	T	N	Y	Y	B
R	W	T	I	M	E	T	A	B	L	E





CROSSWORD

CONTENTS

Place the words into the grid below to complete the crossword:

- Travel (6 letters)
- Training (8)
- Crossing (8)
- Bus (3)
- Timetable (9)
- Walk (4)
- Safety (6)
- Practice (8)
- Planning (8)
- Journey (7)
- Information (11)
- Destination (11)
- Independence (12)
- Road (4)

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Things to think about.....page 5

About you.....page 6

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Bus timetables.....pages 9,10,11

What do you need?.....page 12

'What if' scenarios.....page 13

Suggestions and strategies.....page 14

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Useful websites and phone numbers.....page 28

INTRODUCTION

Travel training can be scary at first when you're used to having a taxi or being driven in by parents/carers. The idea of travel training can be just as scary for parents and carers.

Travel training can result in lifelong positive changes in life skills and behaviour. It can allow young people to attend school or college courses, social clubs and other social events without having to rely on others.

Travel training can benefit young people's lives to gain access to education, employment, health care, social and leisure activities. It can help build confidence, self-esteem and feelings of true independence.

In this booklet, there is guidance for both parents/carers and young people and activities for young people to complete.

This booklet is only a starting point, but we hope it will give you confidence as a parent, carer or young person to know where to start.

Through travel training, we hope that the young person will learn new skills to be able to manage independently.

These skills will include:

- Taking responsibility for themselves and learning life skills such as handling money, understanding real-time information displays and the importance of leaving on time to get to school or college
- Understanding consequences and how to resolve problems: using coping strategies and handling emergencies
- Advice on how to behave on public transport and whilst out in the community and how to deal with other people's behaviours
- Improved concentration, improved communication and improved social interaction



Encourage the young person to do the activities as independently as they can. You will need a pen, pencil and rubber for most activities.



YOUR SPACE



Use this space to add any additional notes that can help you with your journey.

You can stick photos, draw a map of your journey and/or write down key buildings/monuments you pass.

THINGS TO THINK ABOUT

“What can I do as a parent or carer?”

Support the young person to route plan, discuss ‘what if’ scenarios and practice the route with them on a withdrawing basis. When the young person is ready to progress, allow them to try and do things by themselves.

“How do you start travel training?”

Prepare for the journey the young person wants to learn—see page 17 for route planning

Also see the back page of this booklet for more websites and phone numbers.

“Why do we need to do travel training?”

To allow the young person to gain independence. This can be life changing as it will boost confidence and allow the young person to take responsibility for themselves.

“When should we start travel training?”

As soon as possible. If the young person wants to learn and you feel they have the capacity, give it a go! If it turns out it’s not the right time, pause the training and come back to it later.

“What do we do if something goes wrong? “

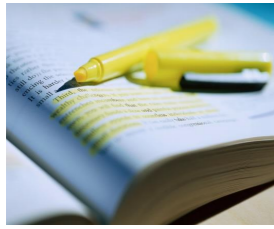
See page 11 for ‘what if’ scenarios. These are some things that could go wrong which will allow you to think about answers in advance.

“Can school or college support travel training?”

Arrange to meet with your school’s SENCO or tutor at college to discuss what work they can do around independence. If your child is at a special school or a foundation course at college, they may already be learning about road safety and practicing getting the bus as part of their curriculum.







REMEMBER: The more you can practice the route, the easier it’ll be for the young person to learn and remember it.


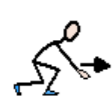






ABOUT YOU

What's your name?	
Where do you go to school/college?	
If possible, would you like to use the bus to get to school/college?	
Who could get the bus with you to practice? (family, friends)	


?  
 What is the name of your road?

?  
 How do you get to school/college at the moment?

?   
 What time do you start school?

?   
 What time do you finish school?

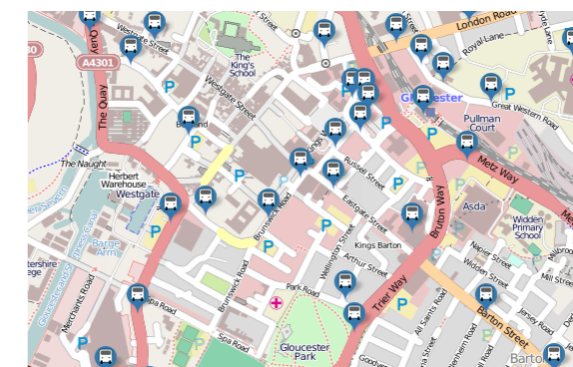
YOUR JOURNEY DETAILS

Step 6 e.g. Catch the 94	
Step 7 e.g. Get off the bus at GCHQ	
Step 8 e.g. Walk to Princess Elizabeth Way	
Step 9 e.g. Stay straight until you reach school/	
Step 10  e.g. Arrive at school	

Help:

Think about what landmarks are on the route that can help you figure out where you are!

These can also help you to know when to press the bell.





YOUR JOURNEY DETAILS


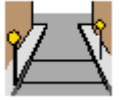








Where will you start?	
Where are you going?	
What transport will you use?	
Do you need money or a bus pass?	

What do you do?

Use these boxes to break down your journey into steps: (Don't worry if you don't fill all the boxes!)

<p>Step 1</p> <p>e.g. Leave the house</p>	
<p>Step 2</p> <p>e.g. Walk to bus stop</p>	
<p>Step 3</p> <p>e.g. Wait for number 2</p>	
<p>Step 4</p> <p>e.g. get off bus on Clarence St</p>	
<p>Step 5</p> <p>e.g. Walk to Market Parade</p>	

HELPFUL HINTS AND TIPS

- ⇒ I.C.E contact number in phone (in case of emergency)  
- ⇒ Do encourage the young person to lead the walk and to press the button at crossings. 
- ⇒ Set an alarm on the young person's mobile phone to prompt them to leave home/school/college on time if they cannot read the time or timetables. 
- ⇒ If the young person is forgetful, make a list to hang in their room or on the front door so they can take responsibility for remembering what they need to take with them when travelling. 
- ⇒ Be positive and encourage the young person to step out of their comfort zone. 
- ⇒ Can someone else practice the routine with the young person? (Siblings, cousins, grandparents, friends?) 
- ⇒ Do practice the route at often as possible (this will help the young person to remember the route) 
- ⇒ When the young person feels ready, do allow them to try doing parts of the journey on their own. In time, hopefully, they will feel confident to do the whole journey alone. 
- ⇒ Do seek advice and guidance from relevant teams (phone numbers and websites on pages 15/22) 

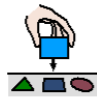
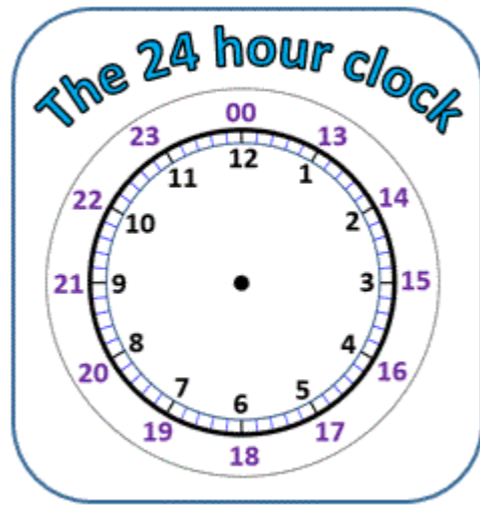




24 HOUR CLOCK

24-hour clock conversion table

24-hour clock	12-hour clock
00:00	12:00 midnight
01:00	1:00 am
02:00	2:00 am
03:00	3:00 am
04:00	4:00 am
05:00	5:00 am
06:00	6:00 am
07:00	7:00 am
08:00	8:00 am
09:00	9:00 am
10:00	10:00 am
11:00	11:00 am
12:00	12:00 noon
13:00	1:00 pm
14:00	2:00 pm
15:00	3:00 pm
16:00	4:00 pm
17:00	5:00 pm
18:00	6:00 pm
19:00	7:00 pm
20:00	8:00 pm
21:00	9:00 pm
22:00	10:00 pm
23:00	11:00 pm
24:00	12:00 midnight



Try to complete this conversion table:

12-hour clock	24-hour clock
1:00am	
	17:25
7:20pm	
	00:00
2:14pm	
9:00am	
6:20am	
	11:00
	13:10
3:42pm	



JOURNEY PLANNING

Have a look at these websites:

- www.easytraveling.org.uk
- www.travelinesw.com
- www.stagecoachbus.com

All of these sites can help you to look for a bus, find a bus stop, plan a journey and look for bus timetables!

If you have a smart phone, Stagecoach have a handy app with live arrivals for their buses!

Which buses pass near to your home?	
Which number bus can take you where you need to go?	
How long will it take you to walk from home to the bus stop?	
Will you need to catch another bus? If yes, which service?	
How often does the bus(es) run? (e.g. every 10 minutes)	
Looking at the bus timetable or journey planner online, what time do you need to leave home to get to school or college on time?	
Does the bus run all day long? Will you be able to get home after school or college?	



The Docks
Stop ID: gloawptw

Directions

48	49
66	66F
66Q	66S
113	N71

Stagecoach Gold 10

Did you know?

On Googlemaps, if you click on a bus stop, it will tell you which services stop there.

IF YOU HAVE AN INCIDENT OR ACCIDENT

Do NOT panic!



- **Think!** Do you know how to manage this?
- Try and stay calm, find a quiet space and/or count to 10!
- Do you have a phone? Is there someone you can call?
- Is there someone near by who can help?

- **Remember!** You can use calming strategies that you use at school/college or at home
- Carry pictures and visual aids that can help you to communicate
- Find a shop or café that has the 'Glos Safe Places' sticker in the window
- Have you got a buddy or companion with you who can help?
- Speak with the bus driver and show your Stagecoach Journey Assistance card if you have one

Use this box to write down what you can do when you are worried or anxious:

.....

.....

.....

.....

Have you got your mobile phone?

Who could you call or text for help or advice?

.....



EXAMPLES OF ROADSIDE BUS TIMETABLES

GLoucester MARKET PARADE
TIMETABLE EFFECTIVE FROM 17 SEPTEMBER 2017

94U

GLoucester ROYAL HOSPITAL
OXSTALLS CAMPUS
PARK CAMPUS
CHELTENHAM
FRANCIS CLOSE HALL
PITTVILLE STUDENT VILLAGE

UNIVERSITY TERM TIMES	UNIVERSITY HOLIDAY TIMES
MONDAYS TO FRIDAYS EXCEPT PUBLIC HOLIDAYS	MONDAYS TO FRIDAYS EXCEPT PUBLIC HOLIDAYS
0700	0700
0735	0735
0810	0810
0845	0845
0920	0920
0955	0955
1020	1020
1050	1050
1120	1120
1150	1150
1220	1220
1250	1250
1320	1320
1350	1350
1420	1420
1450	1450
1520	1520
1550	1550
1625	1625
1700	1700
1735	1735
1810	1810
1840	1840
1910	1910
1955	
2055	
2155	
2255	
2355P	

UNIVERSITY TERM DATES
4 SEPTEMBER 2017 - 15 DECEMBER 2017
8 JANUARY 2018 - 23 MARCH 2018
9 APRIL 2018 - 22 JUNE 2018

P- SERVICE TERMINATES AT THE PROMENADE

UNIVERSITY OF GLOUCESTERSHIRE
Stagecoach WEST

EXAMPLES OF ROADSIDE BUS TIMETABLES

Example of a Gloucestershire County Council produced bus timetable display.

This is the most common style of timetable display you will find at Gloucestershire bus stops:

FROM : 11th March 2018

Stop Bishops Cleeve, opp Sandown Road; NAPTANID: 1600G LA3666 1 of 1

Bishops Cleeve, opp Sandown Road

The numbers added indicate approximate times in minutes from Bishops Cleeve, opp Sandown Road

E operated by Stagecoach West

Mondays to Fridays													
Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes
07:07	0847	10:27	1207	13:47	1527	17:07							
07:27	09:07	10:47	1227	14:07	1547	17:27	2						
07:47	09:27	11:07	1247	14:27	16:07	17:47	2						
08:07	09:47	11:27	13:07	14:47	16:27	18:07	2						
08:27	1:007	11:47	13:27	15:07	16:47	18:27							

Saturdays													
Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes
08:40	1:007	11:27	1247	14:07	1	15:27	1	16:47	1	18:07	1,2		
09:07	1:027	11:47	13:07	14:27	1	15:47	1	17:07	1	18:27	1		
09:27	1:047	12:07	13:27	14:47	1	16:07	1	17:27	1,2				
09:47	1:107	12:27	13:47	15:07	1	16:27	1	17:47	1,2				

Sundays

No Service

Notes: 1- does not serve Bishop's Cleeve, The Grange Zurich Grounds 2-terminates at Cheltenham, Pitville Street
Times shown in Italic are approximate. Please allow up to 5 mins for arrival/departure

W2 operated by Marchants Coaches

Mondays to Fridays													
Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes
07:21	09:21	11:21	13:21	15:21	Sch	16:21		18:21					
08:21	1:021	12:21	14:21	15:28	Sch	17:21							

Saturdays													
Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes	Time	Notes
07:21	09:21	11:21	13:21	15:21		17:21							
08:21	1:021	12:21	14:21	16:21		18:21							

Sundays

No Service

Notes: Sch - Gloucestershire School Days SH - Gloucestershire School Holidays
Times shown in Italic are approximate. Please allow up to 5 mins for arrival/departure

Next bus by mobile browser: [glogmjad](http://www.glogmjad.com) to 84268

Next bus by SMS: [glogmjad](http://www.glogmjad.com) to 84268

To report any problems with this bus stop: www.gloucestershire.gov.uk/busstop

Effective Date: 11th March 2018

Return text costs up to 25p, plus normal text messaging charge. Normal Mobile internet charges apply.



CAN THIS HELP YOU?

Visit:

<http://think.direct.gov.uk/roadsafety.html>

THINK! Educational websites

For advice on road safety, quizzes and more!



The THINK! Education Primary and Secondary websites support teachers, parents and pupils. You can find teaching ideas, curriculum links, activities, worksheets and more.



Forwards Employment Service

They can help you to access work. (including travel training)

forwards@gloucestershire.gov.uk

www.forwardsgloucestershire.co.uk

07825 024 692

Gloucestershire Enablement Service

To develop greater independence by supporting people in their home and in the community.

Access their referral process by calling:

01452 426 868

GCC SEN Travel Enablement

Travel assistance may include

- bus passes
- cars & taxis
- mileage paid to parent / personal transport budget
- minibus

<http://www.gloucestershire.gov.uk/gloucestershire-county-council/transport/school-and-college-transport/transport-assistance-for-sen-pupils/>

GCC Mainstream Transport

If your child goes to the nearest, or nearest available school to your home address and is;

- 2 miles or more for pupils aged under 8 years.
- 3 miles or more for all pupils aged 8 and over
- you are getting the maximum award of Working Tax Credit
- your child is eligible for free school meals

<https://www.gloucestershire.gov.uk/transport/school-and-college-transport/apply-for-a-school-bus-pass/>



CAN THIS HELP YOU?



Safe places Gloucestershire:

Look out for this symbol in shop windows!

And you can register online: http://keepsafeglos.org/safe_places/
(they will post a card out to you)

Stagecoach Journey Assistance Cards:

<https://www.stagecoachbus.com/>

Apply online for assistance Cards

Types of Journey Assistance Cards

Our Journey Assistance Cards have been developed with our trade body, the [Confederation of Passenger Transport \(CPT\)](#).

The cards available are:

- please be patient, I am deaf
- please be patient, I am visually impaired
- please be patient, I have difficulty speaking
- please be patient, I am hard of hearing



And there's more available!

Concessionary bus pass with COMPANION:

This means someone can be your buddy/companion and get on the bus with you for free!

A concessionary bus pass works on any service after 9:30am.



You can apply here: <http://www.gloucestershire.gov.uk/buspass>

Or call: **01242 53 25 23** for more information.

EXAMPLES OF ROADSIDE BUS TIMETABLES

Example of electronic bus timetable displays



Electronic timetable display contained within the 'flag' at the top of a free standing bus stop post.

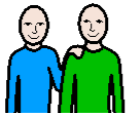




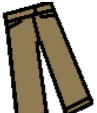






This style of electronic timetable is usually found inside bus shelters.



Electronic timetable display known as 'E-paper'. The photo opposite is taken from Stonehouse High Street.

WHAT DO YOU NEED?

When you're getting ready for the bus, what do you need to take with you?

	YES	NO	DON'T KNOW
A buddy or companion 			
My coat 			
My bus pass or money 			
My pet 			
My school bag 			
My trousers 			
My toothbrush 			
My medication 			
Extra money in case of an emergency 			
My house keys 			
My mobile phone 			
School/College ID 			



KEEPING SAFE (DO'S AND DON'TS)

Keeping safe when walking around:

DO	DON'T
Take a fully charged mobile phone with you or emergency contact numbers	Travel without knowing where you're going
Make a direct journey to your destination	Tell someone where you live
Use crossings where possible or safe crossing points	Go off with a stranger
Learn the route with someone before you do it alone	Leave your belongings unattended
Tell a friend or family member where you are going	Lend your phone/belongings to someone you do not know
Dress appropriately for the weather/ check the weather forecast before leaving	



Stranger Danger Awareness

To start, young people need to understand what we mean by "stranger".

Most people unknown to them are not dangerous – they need to understand the difference between "good" and "bad" strangers. This needs to be explained to the young person in a way they will understand (this will be different for everyone).

This is important so young people understand who to turn if they are ever lost or feel scared, threatened, or if they think someone may be following them.

Examples of "good" strangers may include police officers, security guards, teachers, shop workers, etc. These are all examples of people to turn to if the young person needs help. On the other hand, there are many situations where the young person may be approached by a "bad" stranger – a residential street, bus station, etc.



If they are approached by a "bad" stranger who tries to convince the young person to go with them, the best thing they can do is get the attention of others - the vast majority of people will help a young person in danger.

Having a fully charged mobile phone with them is good to ensure the young person can call for help if needed.



KEEPING SAFE (DO'S AND DON'TS)

Keeping safe on the bus:

DO	DON'T
Know the bus number and the times you need so you don't have to wait too long	Travel without knowing where you're going
Carry an in-date bus pass or have the right money. Some bus operators do not give change!	Sit on the upper decks unless it is unavoidable
Wait at a brightly lit stop if you travel at night	Distract the driver
Sit on the lower deck, near the driver if you can	Tell someone where you live
Let the driver know if someone bothers you	Go off with a stranger
Travel with a companion if you can	Leave your stuff unattended
Get off the stop nearest your destination	Touch an unattended bag or package (but do report it)
Let someone know where you are going and what time you will arrive	
Carry a fully charged mobile phone or money for a pay phone	



Keeping safe on the train:



DO	DON'T
Know the time of your train so you don't have to wait too long	Travel without knowing where you're going
Make sure you know the time of the last train	Tell someone where you live
Wait on a brightly lit part of the platform	Go off with a stranger
Travel in a busy carriage if you can, it will be safer	Leave your stuff unattended
Move away if someone becomes a nuisance	Make too much noise
Be sure someone knows your travel plans	Run on the platform
Carry a fully charged mobile phone or money for a pay phone	Stand on the platform edge
Note where the emergency alarm is located	Touch an unattended bag or package (but do report it)



'WHAT IF' SCENARIOS

1 No credit/flat battery	2 Weather is bad	3 Lose my way	4 Meet a stranger	5 Someone offers me a lift	6 Someone says they know me/my family/my friends	7 Someone asks to borrow something
8 I am frightened	9 I am anxious	10 I am challenged	11 I am poorly/have a seizure/panic attack	12 I have an accident	13 I need the toilet	14 There are lots of parked cars
15 The road is too busy	16 There is no safer place to cross	17 I forget where I am going	18 My usual route is changed/blocked	19 I'm travelling in the dark/at night	20 I don't have any emergency money	21 I have forgotten/lost my pass/ticket/fare
22 I have forgotten something important	23 I lose something important	24 I have something stolen	25 There is no timetable information	26 The bus/train is late	27 I have missed my bus/train	28 The bus/train doesn't stop at my stop
29 I forget what to say to the driver/conductor	30 I can't find a space/seat	31 I get on the wrong train/bus	32 I get off at the wrong stop	33 I have to get off early	34 I am going to be late	35 I have arrived too early
36 I hear/see an emergency vehicle	37 Using a mobile phone/device to keep in touch	38 Who do I contact in an emergency	39 Who is appropriate to ask for help	40 The opposite/same sex	41 Sharing my opinions	42 Sharing information about myself
43 Suitable clothing/equipment and footwear	44 Crowds	45 Time	46 Noise	47 Animals	48 Children	49 Interacting with strangers
50 Sensory	51 Being seen in the dark	52 Frequency of transport	53 Where to find timetable information	54 Individual trainee specific target.	55 Individual trainee specific target.	56 Individual trainee specific target.

What would you do if the weather is bad?
-Take a coat, umbrella and/or warm clothing

Who should you text/call when travelling?
-Parent/carer and/or college friend who could meet you at college.
When should you text/call?
-When you change buses and/or arrive at destination. When you need help.











What can you do if you're going to be late?
-Let a parent/carer know and/or call your tutor at college.
Don't panic.

SUGGESTIONS AND STRATEGIES



What would you do if...





Please tick which one you would do:

...You have an accident 			
Ask for help or use your mobile phone to call someone		Carry on as if nothing has happened and don't tell anyone	
... You feel unwell? 			
Get the bus home, ring school or college and let them know you're not coming in		Fall asleep on the bus and hope you feel better when you wake up	
...You lose something? 			
Carry on as if nothing has happened and worry that you will be told of when you get home		Tell your buddy/companion or inform the bus driver	
...You forget something? 			
Depending on how important it is, you may need to return home to get it or maybe it can stay at home this time		Feel worried or anxious that you might need it at some point in the day	
...The bus is late? 			
Stay calm and wait for the bus to arrive. Explain the bus was late when you get to school/college		Go home, the bus might not even come anyway	
...You miss your stop? 			
Stay on the bus until the next stop, then get off and walk back to the bus stop		Stay on the bus and wait for it to do the whole route until you get back to the right stop	
...You lose your way? 			
Keep walking, don't talk to anyone and worry you won't be able to get home		Ask for help from the bus driver, person working in a shop or use your phone	
...You get the wrong bus? 			
Stay on the bus and hope it goes near where you want to go		Ask the bus driver for help. You may need to get off the bus and walk back to the bus stop	
...People cannot understand you? 			
Use your 'Journey Assistance Card', carry picture cards with you on the bus		Give up and go home	
...You are approached by a stranger? 			
Talk to the stranger and go walk with them, they might be able to drive you home		Answer if they ask you something, but don't give away personal information and don't go with them	

CROSSING THE ROAD

PELICAN CROSSING



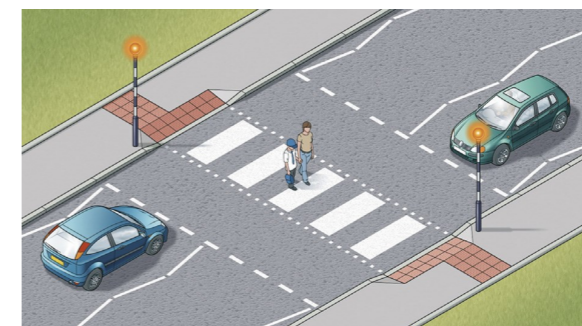
?    
 What do you need to do at a Pelican crossing?




.....

.....

.....

ZEBRA CROSSING



?   
 What do you need to do at a Zebra crossing?

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Help: Don't worry if the young person doesn't remember the crossing names, they just need to learn how to use them!