



North Pembrokeshire Transport Forum Fforwm Trafnidiaeth Gogledd Penfro

December News Briefing, 2021

Buses and Community Transport

1. OBE Awarded to Barclay Davies, Director for Bus Users Wales/Cymru

The North Pembrokeshire Transport Forum warmly welcomes this well-deserved award to Barclay Davies - for services to public transport and to the government. Bus Users, a registered charity, is one of the Forum's longstanding Corporate Members, and in that time we have witnessed Barclay's outstanding interest in and support for bus users and public transport services throughout our region.

2. Update on Pembrokeshire Bus Services

- For all bus routes and timetables, including changes to bus services due to covid-19 *visit* <https://www.pembrokeshire.gov.uk/bus-routes-and-timetables/bus-routes-list-all-buses>.
- In a report on reduced coastal bus services due to covid-19, Visit Pembrokeshire advises visitors to the coast: 'If you want to travel to or along Pembrokeshire's coast by bus, it is important that you check the Council's website for the latest timetable information'. For more information *visit* www.visitpembrokeshire.com/latest-news/en/limited-coastal-bus-service.

3. Update on PACTO's Covid-19 Community Transport Services

- Thanks to funding from Pembrokeshire Association of Voluntary Services, and the Welsh Government through Wales Council for Voluntary Action, the Pembrokeshire Association of Community Transport Organisations (PACTO) has been able to provide PPE and specialist cleaning equipment to get Pembrokeshire's community transport services safely back on the road.

The following services are now all able to welcome passengers for journeys within Welsh Government's current travel guidelines:

- Country Cars is available again for essential shopping and health-related journeys. Contact pembshub@royalvoluntaryservice.org.uk or 07585997091.
- The Wheelchair Accessible Country Car service remains closed. However wheelchair accessible cars are available for hire for essential journeys. Contact 01437 711042.
- Most Dial-a-Ride services are now operating again, with reduced passenger numbers. This includes Town Rider services and the Fflecsi Pembrokeshire service. Advance booking is essential. Community minibuses are also available for hire. Please contact your local operator for more information and to book.

- The Bus Buddies scheme is able to provide support to people needing to make an essential journey by public or community transport. Please call us on 01437 770119 or email us at busbuddies@pacto.org.uk.
- Due to the high risk associated with sharing lifts with people from outside your immediate household or bubble, Take Me Too! remains suspended. We have issued some advice about liftsharing during the Coronavirus crisis at <https://takemetoo.co.uk/en/news/take-me-too-update-lift-sharing-during-covid-19-outbreak/>.

For full information provided by the PACTO visit <https://www.pacto.org.uk>.

4. Pembrokeshire County Council COVID-19 Community Support

Information for people who are isolated/isolating at home. Contact the Council's COVID Community Support Hub at:

- <https://www.pembrokeshire.gov.uk/coronavirus-covid-19-community-information/community-hub>.
- Telephone: 01437 776301 (Monday-Friday 9am-5pm).
- Email: communitycovid19@pembrokeshire.gov.uk.

5. Walking and Cycling: Active Travel During Covid-19

From the Energy Saving Trust. Active travel: Benefits of Walking, Wheeling & Cycling

'What is active travel? Simply put, active travel involves using your body to make the journey. It's an important part of leading a healthier lifestyle and can also help to decarbonise transport systems in towns and cities'.

You can walk or wheel almost anywhere, and you'll see benefits including:

- Finding new places – by exploring your local area you might find shortcuts, new sights and sounds or maybe even a new favourite walk or wheel through nature.
- Improved health benefits – just 30 minutes of walking a day can increase your heart and lung fitness, while reducing risk of chronic and cardiovascular disease.
- Improved fitness – walking is a low impact exercise, good for your joints and alleviating joint pain, and even better improving muscles.
- Better for the environment – if you choose to walk or wheel just one mile a week instead of driving, you'll save 26kg of carbon dioxide a year.

Visit <https://energysavingtrust.org.uk/active-travel-benefits-walking-and-cycling/> for more!

The Forum's work is supported by:

Individual Members (£5 p.a.), Family Members (£8 p.a.) & Corporate Members (£12 p.a.)
(Corporate members include town and community councils, transport operators, and groups, organisations and associations with a transport interest)

For further information, contact the Secretary, 2 Hill Terrace, Fishguard SA65 9LU
Tel: (01348) 874217. Email: hattiwoakes@gmail.com