



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

Alternatives to driving in Stockport



Pennine Care
NHS Foundation Trust



NHS
Stockport
Clinical Commissioning Group

EDUCATE
People with dementia raising awareness
Stockport Foundation Trust and Dementia Centre since 2014

**SAFER
ROADS
GM**

Benefits of not driving

- Financial savings including Insurance bills, annual MOT, maintenance costs, fuel, parking space fees.
- A lot of taxi trips can be made for the cost of running a car. It is useful to practice using the bus, car sharing with family or friends or using taxis before stopping driving to become familiar with the different companies.
- A bus pass is FREE for people over 65 years and you can also use it at tram stations in Greater Manchester enabling tram travel to Altrincham, Bury Market, Didsbury, Tameside, The Trafford Centre and to Hope Hospital, Salford.
- Some council areas allow exchange of a bus pass for taxi vouchers to use with approved taxi companies.
- Avoiding the stress of driving in heavy traffic and looking for a parking space.
- Sharing taxis, using local 'ring and ride' or travelling on public transport can be sociable.
- Where possible and when safe for you, walking or cycling is better for your health and the environment.
- Arranging weekly on-line supermarket shopping, or phoning for delivery from local grocery stores and paying bills by direct debit can be helpful.
- On a Night Out it can be beneficial not to have to drive home afterwards.
- You get to see and appreciate your surroundings in the countryside and town when you are not driving.

Running Costs Calculator

www.thisismoney.co.uk/money/cars/article-1633412/calculator-true-cost-running-car.html

Health Conditions

Sometimes we may temporarily stop driving for health reasons such as the following:

- Stroke
- Heart attack
- Broken leg
- Eyesight problems
- Caesarian section
- Or when taking medication such as strong painkillers or other tablets which can make us drowsy.



You can ask your doctor or pharmacy for advice regarding this. On the internet there is a list of DVLA Reportable Conditions.

www.gov.uk/health-conditions-and-driving

‘Safer Driving for Longer’

The council runs courses and provides driving advice and free practical tuition to help reduce risks while you continue to drive. Find out more by clicking on “Safer Driving for Longer” at:

www.drivesafe.org.uk

I was approached by my daughter in law Allison Hargreaves asking me to attend the course mentioned above. I agreed very reluctantly I might add, really not knowing what to expect. I was presented with the itinerary for the course which mentioned a practical drive, this really stressed me out. However on attending the course I found it very interesting indeed.

The morning session involved two very able speakers taking us through a series of issues facing drivers especially older drivers. These included a video of a vehicle driving along a typical road and asking the attendees to highlight any hazards or moments of concern as the car travelled along. I must confess that I personally did not do very well others spotted more and when the hazards were highlighted by the speakers they were might I say obvious.



Allison Hargreaves and her father in law Maurice attend a “Driving Safer for Longer” course.

We were asked to highlight memorable driving experiences, also how we rated our driving.

We enjoyed a very nice buffet lunch break.

The afternoon session involved two in each car in the company of a driving instructor. This was the part I was dreading thinking that my driving would be rated with the possibility of negative comments suggesting I might need to take another test. It could not have been further from the truth. Our instructor Eric made it clear from the outset that he was only there to offer advice that we might find useful. I certainly did, he was excellent. His main theme was to be constantly aware of things that can happen whilst driving and being prepared to deal with them should they occur. To be aware of not just things in front of you but also any problems that may occur from roads right and left. His message was feel in control of whatever the circumstances.

As I said earlier I found the course a pleasant surprise and honestly feel that what I learned will improve my driving skills. I hope the course does become a reality because I am sure it will benefit all who will attend it.

Many thanks,
Maurice Hargreaves

Alice, age 82 on giving up driving

I realised that there was something wrong with my driving when I didn't know which way to turn to get back home. My GP had told me I had Vascular Dementia but I didn't want to accept it.

When I saw a Dementia specialist I had to believe it and I decided to stop driving because I realised I might be a danger to others.

I decided to get rid of my car straight away out of temptations way and I gave it to my granddaughter.

It was hard at first to not be able to pop out to the shops in my car whenever I wanted but I did get used to it. At first I used local buses but I am nervous out on my own.

Now I use taxis to get around if my friends and family can't take me and I enjoy chatting to the taxi drivers.



A useful website to access with family
and watch videos about this topic is:

www.stillsafetodrive.org

National organisations who can support you

Motability provides a way for people with disabilities to lease a car, scooter or powered wheelchair in exchange for mobility allowance and can be driven by registered carers. **Tel:** 0300 456 4566 **www.motability.co.uk**

Travelling by rail and help to stations:

Travel Line – is a national service which provides impartial planning information for all public transport services including; bus, rail, coach and ferry door to door across Britain. **Tel:** 0871 200 22 33 / large print or other language **Tel:** 0191 203 3333 **www.traveline.info**

Staff to meet you from your train, carry your bags or provide a ramp
Tel: 0800 022 3720

Find accessible stations, Stations made easy and passenger assist
Tel: 0345 605 0525 **www.nationalrail.co.uk**

Disabled person's railcard - 1/3rd off rail fares for you and a friend
www.disabledpersons-railcard.co.uk

Blue Badge Disabled Bay Parking Permit: 0343 100 1000

Free pension age bus pass for travel anywhere in England
www.gov.uk/apply-for-elderly-person-bus-pass

If you struggle with changes in your life

People usually become used to not driving themselves around after a few weeks, but if it makes you feel low in mood, please speak to your GP or one of the organisations shown below;

Family lives: 0808 800 222 **www.familylives.org.uk**

NHS: 111

Silverline: 0800 470 8090 -

Free confidential 24 hour advice to older people **www.thesilverline.org.uk**

The Samaritans: 116 123 **www.samaritans.org** **Email:** jo@samaritans.org

Age UK: 0800 169 6565 **www.ageuk.org.uk**

MIND: 0300 123 3393

CALM for men: 0800 585858 (5pm-midnight)

Jacqui, age 66 on attending a Driving Safety Assessment



After my diagnosis of early onset Alzheimer's I contacted the DVLA and received a letter of acknowledgment. I thought that was that.

Then a letter came re a driving assessment. I was really scared and anxious. However, I spoke to staff at The Memory Clinic and they put me at ease about the process.

The assessment was at AJ Bell Stadium in Salford at 2pm. The receptionist called the RDAS office when my friend and I arrived. Barbara came down and introduced herself and I was then asked to do some cognitive tests.

The driving assessment followed. The assessor made sure I was comfortable with the car and instruments. The process was explained to me and I drove around the car park to get used to the car.

We drove out of the grounds into Salford. All the time I felt supported. After an hour we returned and I was asked to wait while my driving was discussed. Following this short chat I was told that I had passed.

I felt relieved but also happy to have been checked which makes me feel good.

National Mobility Centres

Tel: 0800 559 3636 www.drivingmobility.org.uk

If you are unsure as to whether you should continue driving or not following health problems, you could attend a mobility centre for a formal driving assessment. There are 20 in the country. They also offer refresher courses and older driver courses including:

RDAC Manchester: AJ Bell Stadium, near The Trafford Centre M30 7EY
Merseyside and Lancashire: St. Helens WA11 9SJ

Free transport in Stockport

Stockport Metroshuttle

The bus is completely free and stops at the main shopping areas including Merseyway Shopping Centre, Princes Street, Warren Street, Stockport Market, Underbank, the Peel Centre and the Tesco supermarket at Portwood.

Schedule every 12-15 minutes

- Monday to Saturday: 8am to 6pm
- Sunday: 10:30am to 5pm

The service will not run on Christmas Day or Boxing Day.

Lyme Park Free Shuttle Bus from Hazel Grove Park and Ride. Free bus service for visitors on **Sundays and Bank Holidays.** www.nationaltrust.org.uk

Hazel Grove Park and Ride is located at the junction of Buxton Road and Macclesfield Road in Hazel Grove, Stockport. There is a covered waiting area, toilets and a staffed office and wheelchair on the bus.

Taxi transport in Stockport



List of taxi drivers who have completed training in disability awareness and taxi drivers who transport you in a wheelchair.

Lynx: 0161 483 1099 www.lynxtaxis.uk

Quick wheelchair response.

Metro Taxis: 0161 480 8000

24 hour notice for wheelchair bookings.

Mantax Manchester Black Cabs: 0161 230 3333

Wheelchair friendly.

Easy Go Community Transport: www.easygoct.org

Tel: 0161 419 3580



Stockport Charity Transport Groups: Similar to private taxis firms they are happy to take short distances to the hairdressers, doctors' appointments or on trips to bus and train stations or the Airport.

Ring and Ride: For those with accessible transport needs
www.tfgm.com/public-transport/ring-and-ride-minibuses
Tel: 0845 688 4933

Communicare Charity

Bramhall and Woodford: 0161 439 6000 (Telephone Mon, Tues, Fri) **Cheadle Hulme:** 0161 485 5353

Heatons: (tourist office book) 0161 474 4444

Stockport Car Scheme: www.stockportcarscheme.org.uk
0161 476 2812

Marple Christian Care: 0161 449 0829 (*hospital or doctors' appointments*)

Stockport transport support

Stockport Council Advice: www.mycaremychoice.org.uk

Blue Badge disability parking pass

GREATER MANCHESTER OFF PEAK CONCESSIONARY PASS for BUS TRAIN and TRAM, free bus travel throughout England, free MANCHESTER train and tram travel, for pension age or disability.

Transport for Greater Manchester Journey Planning: www.tfgm.com

Bus: 0161 244 1000 **Rail:** 0871 200 2233

Manchester Airport Hidden Disabilities

www.manchesterairport.co.uk/help/special-assistance

Tel: 0808 169 7030 - A Lanyard gives a fast track through the Airport including for those with difficulties with mental health, autism or dementia.

Accessible Transport: www.stockportgov.uk/accessibleTransport

Stockport Targeted Prevention Alliance: www.stockporttpa.co.uk

Tel: 0161 474 1042 Advice on all travel in Stockport, approved taxi drivers list, support application for GMPTE taxi vouchers to reduce taxi costs.

Signpost: www.signpostforcarers.org.uk **Tel:** 0161 442 0442

Age UK Stockport: www.ageuk.org.uk/stockport **Tel:** 0161 480 1211

Disability Stockport: 0161 480 7248

All numbers listed are for information, we are not responsible for any errors or omissions. Information correct July 2018. To advise of changes or new services or access please contact EDUCATE www.educatestockport.org.uk.

The Meadows, Owens Farm Drive, Stockport SK2 5EQ

Stock
by Getty Images™

iStock
by Getty Image



iStock
by Getty Images

Stock
by Getty Images

iStock
by Getty Image



STOCKPORT
METROPOLITAN BOROUGH COUNCIL