



Supporting
Sustainable Travel
at LandAid House

Landaid House
10 Errol Street
London
EC1Y 8SE



Welcome Pack

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1. Introduction

Landaid House YMCA is a new 146 bed Housing project. The gymnasium and two flexible commercial units will be open to the public as well as residents. YMCA London City and North are committed to encourage the uptake and increase of walking, cycling and use of public transport. By doing this we seek to help reduce the use of motor vehicles which in turn reduces congestion, noise and pollution. The information in the welcome pack will help you to help us achieve this.

This document provides an overview of the transport links currently serving the site. It helps develop an informed view of the transport alternatives available so that recommendations can be made to residents and staff about the way they travel.

2. Walk

Walking is a cost-effective and healthy mode of travel.

There are many health and wellbeing benefits of walking, walking for just 30mins most days can greatly improve your health.

Walking can:

1. Reduces stress
2. Helps maintain a healthy weight
3. Reduces heart and cardiovascular disease
4. Regulate your blood pressure
5. Reduces your risk of diabetes
6. Improves your blood circulation
7. Strengthen muscles
8. Improve creativity and productivity,
9. Increase energy levels
10. Improve your sleep
11. Explore and discover new places
12. Save the planet

- Find walking routes

https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=527qs_ejSYc

3. Cycle

Bike travel creates local area education/training and employment opportunities for all, because this is a low-cost mode of transport, these opportunities are also accessible to those on a restricted income.

There are 40 cycle stands onsite available for staff and residents to use. Several cycle routes pass near to the site, including quiet routes recommended by other cyclists. If you want to explore these routes you will find details on the following website.

- Find cycle routes

<https://www.islington.gov.uk/roads/cycling/improvements>

3.1 Second-hand bikes

If you're looking to donate your old bike or purchase a secondhand bike you may find the following links helpful.

- <https://bikesforgoodcauses.co.uk/>
- <https://thebikeproject.co.uk/pages/donate-bike>

3.2 Bikeability

Bikeability is the governments national standard cycle training programme. Bikeability is a free cycling training programme for all levels and ages designed to keep you safe on today's busy roads. For more details on the Islington Bikeability programme, please see further cycling information at the end of this document.

- <https://bikeability.org.uk>

3.3 Bike Week

Bike week is scheduled to take place from Friday 4th March 2022 to Sunday 13 March 2022.

- <https://www.officialbikeweek.com/>

3.4 Free bike repairs

Islington offers a free bike repair programme to people living in the borough, the council also offers a cycle maintenance programme for those who would like to upskill and maintain their own bikes. For more details, please see further information.

- Free bike repairs
https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=YT_uqHNZKDLg

3.5 Try before you buy bike hire scheme

If you are thinking about taking up cycling and don't want to make an expensive purchase without being sure cycling is for you, you may want to give some thought to Islington Council's try before you buy scheme. For the hire cost of £20 per month you can choose a bike and accessories, the bike will be delivered to the address of your choice, and you will be offered free cycle training to help get you safely on your way.

- <https://www.islington.gov.uk/roads/cycling/try-before-you-bike>

Table 1: Cycle Hire Locations

Location	Distance (time to walk)
Golden Lane, Barbican	260m (3 min)
Bunhill Road, Moorgate	300m (4 min)
Roscoe Street, St. Luke's	350m (5 min)
Barbican Centre, Barbican	400m (6 min)

- Find out how to cycle safely on the TfL website
<https://tfl.gov.uk/modes/cycling/santander-cycles>

4. Public Transport

4.1 Bus

Local bus routes.

Table 2: Bus Stops Within 400m of Site (24-hour services highlighted)

Location	Buses	Peak Frequencies
St Luke's Music Edu Centre (Stop H)	55	5-8 minute
	243	5-9 minute
	N55	30 minute
St Luke's Music Edu Centre (Stop J)	55	5-8 minute
	243	5-9 minute
	N55	30 minute
Old Street (Stop N)	21	5-8 minute
	43	4-8 minute
	76	5-8 minute
	141	6-10 minute
	214	6-10 minute
	271	8-10 minute
Finsbury Street (Stop S)	153	10-14 minute
Silk Street (Stop BM)	153	10-14 minute
Beech Street (Stop BN)	153	10-14 minute

4.2 Underground/Overground

There are three underground stations close by Old Street, Barbican and Moorgate. Figure 1 shows these stations and includes Liverpool Street Station. Old Street and Liverpool Street provide connection to overground services. Services at these stations include the Circle, Hammersmith & City, Metropolitan, Northern, and Central lines.

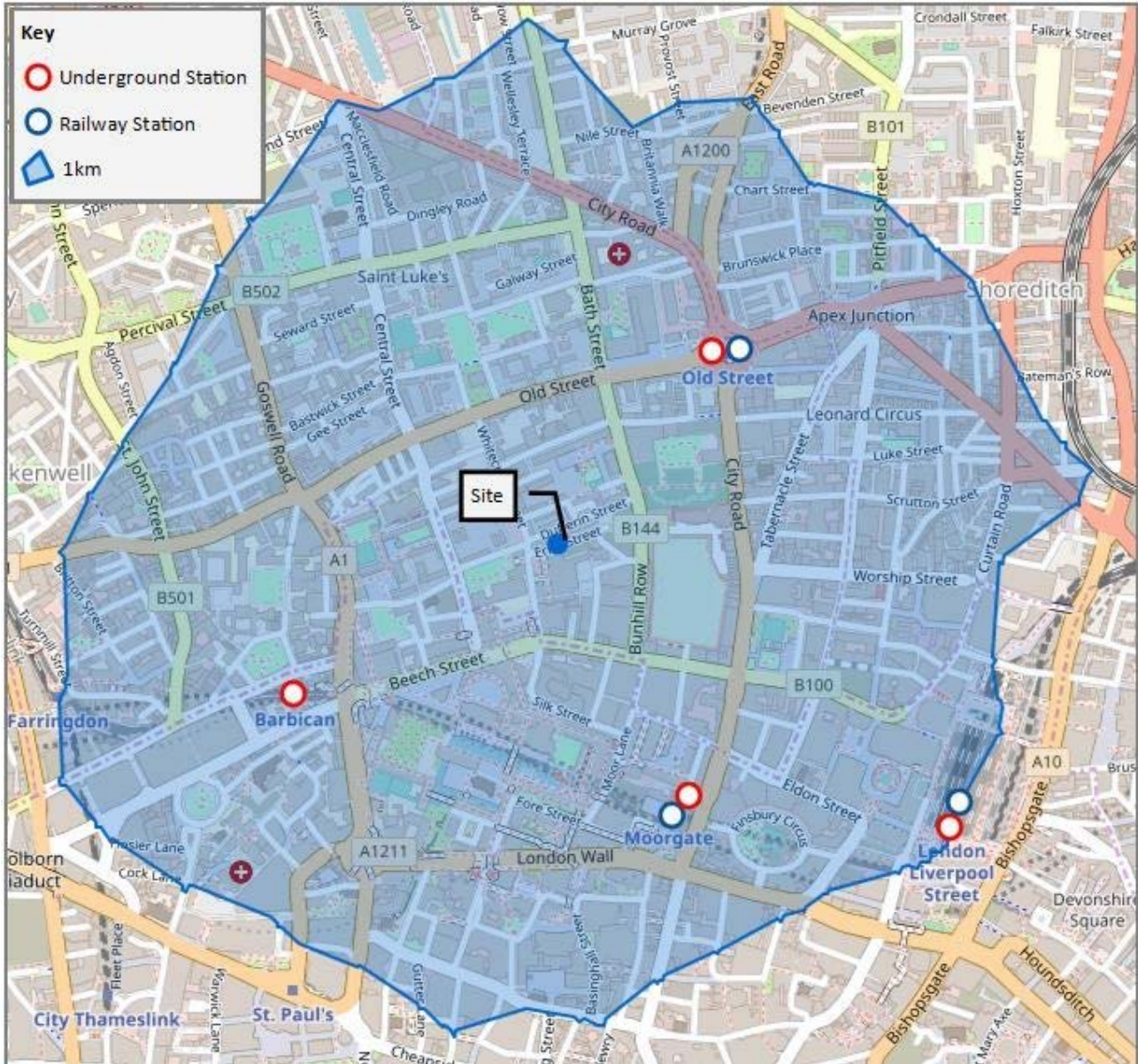


Figure 1: Location of Underground and Rail Stations.

4.3 TFL Travel Alerts

YMCA London City and North encourage you to make use of travel alerts, the alerts help you plan your journey. TFL will update if there are any disruptions to your route. To set up an alert you will need to set up a TfL account, for details please see TfL website.

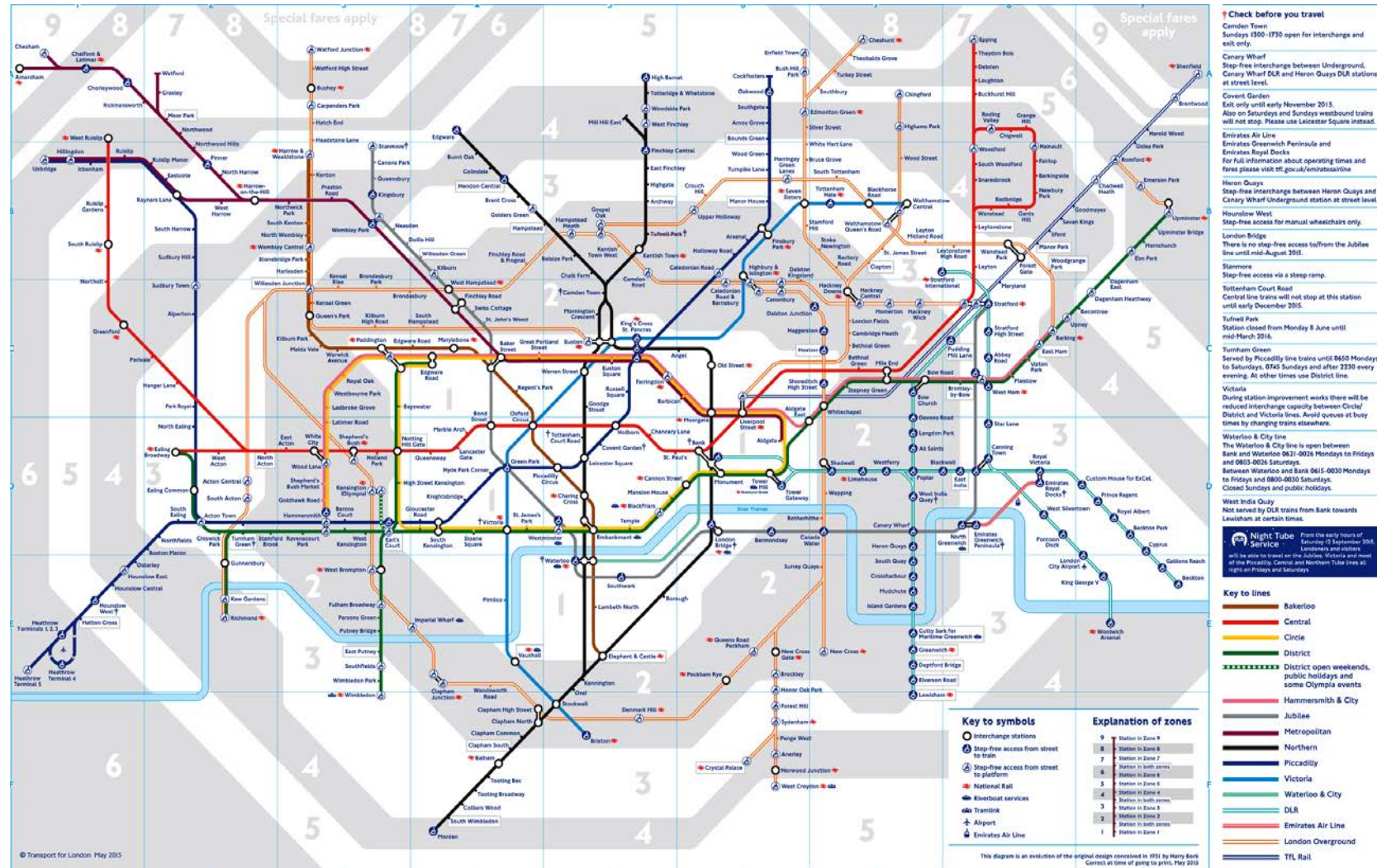
- <https://tfl.gov.uk/travel-information/social-media-and-email-updates/journey-alerts>

4.4 Support with the cost of transport

You are entitled to help with the cost of transport if you have been unemployed for 3-9 months and are aged between 18-24 or over 25 and have been out of work for 3-12 months and in receipt of Job Seekers allowance or Universal credit. At the discretion of your local Job Centre, you may also be entitled to claim for the cost of travel to interviews, training, and your travel to your place of work for the first month. For more information, please see website.

- Support to help with the cost of transport
<https://www.gov.uk/government/publications/support-to-help-with-the-cost-of-transport/support-to-help-with-the-cost-of-transport>

4.5 London Underground Tube Map



4.6 Local Cab Services

Compass Despatch
50 Old Street
London
EC1V 9AQ

Tel: 0207 739 5555

Taxi EC1
71b Central Street
Old Street
London
EC1V 8AB

Tel: 0203 951 0885

Hoxton Cabs
125A City Road
London
EC1V 1JB

Tel: 0203 951 7324

Taxi Old Street
Old Street Station
London
EC1Y 1BE

Tel: 0203 637
8574



4.7 Car Hire

Zipcar operates a car club in the area with several vehicles located near to the site, should there be the need for short term car use. For more information see further transport information at the end of this document.

5. Further Information

Further walking information:

- Find walking routes
https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=527qs_ejSYc

Further cycling information:

- <https://bikeability.org.uk>
- Free bike repairs
<https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=YTUqHNZKDLg>
- <https://www.officialbikeweek.com/>
- <https://www.islington.gov.uk/roads/cycling/try-before-you-bike>
- Find out how to cycle safely on the TfL website
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- <https://thebikeproject.co.uk/pages/donate-bike>
- <https://www.islington.gov.uk/roads/cycling/improvements>

Further Transportation Information:

- Support to help with the cost of transport
<https://www.gov.uk/government/publications/support-to-help-with-the-cost-of-transport/support-to-help-with-the-cost-of-transport>
- <https://tfl.gov.uk/travel-information/social-media-and-email-updates/journey-alerts>
- <https://www.zipcar.com/>