

# Your journey to your appointment

Your journey to

Didsbury Medical Centre, M20 2ER



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.

Greater Manchester Integrated Care Partnership

**Didsbury Medical Centre is relocating!**

From 8th June we will now be located at 1 The Avenue, West Didsbury, M20 3ER

You can find out more about our relocation here: <https://www.didsburymedicalcentre.co.uk/surgery-information/didsbury-relocation>

On the other side of this leaflet, you can see a walking route that shows how to get from our old surgery to our new one.

## 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.



## 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](https://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](https://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](https://beenetwork.com/ways-to-travel/bus/local-link)

## 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](https://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.

## 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](https://beenetwork.com/tickets-and-passes)
- To see your closest public transport options, use the map on the other side of this leaflet.



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