



9. Getting out and about

It can be depressing and isolating when you can not get out and are unable to meet your friends or do your shopping. So don't miss out on services available to you if you have a mobility problem or are a wheelchair user.

What is Kirklees Good Neighbours?

Kirklees Good Neighbours is a local community scheme, which offers a befriending service and accessible social transport to older people in Kirklees.

Befrienders will visit you in your own home and can accompany you on trips. A befriender will usually visit once a week or you may prefer to volunteer and be a befriender.

For more information call:

- WRVS, Tel: 01484 453679 visit www.wrvs.org.uk

Luncheon clubs

Luncheon clubs give people the chance to come together and enjoy a home cooked meal. To find out more about clubs in your local area visit www.kirklees.gov.uk/localorganisations and search for luncheon clubs.

Age Concern Calderdale and Kirklees Day Care Services

Age Concern Calderdale and Kirklees Day Care Services operate in Kirklees. They help people take part in various activities and more importantly develop new

interests and make new friends. Transport to the services is also available.

- Age Concern Calderdale and Kirklees, Tel: 01274 871328

Concessionary fare travel

The new English National Concessionary Pass will replace all local authority passes and permits for senior, disabled and blind concessionary passengers. They will also introduce free, off-peak local bus travel.

Over 215,000 of West Yorkshire's over 60s have already signed up for the new pass and forms are still coming in thick and fast. So the message is if you are aged 60 or over, apply now.

Metro Line can help you with:

- West Yorkshire bus and train times
- MetroCard, West Yorkshire DayRover and our other prepaid tickets
- Concessionary travel
- Braille, large print and Audio timetables
- Metro Line, Tel: 0113 245 7676 between 7am and 10pm, visit <http://www.wymetro.com>

Bus passes

From 1 April 2008 everyone aged 60 or over and eligible disabled people will be able to get free off-peak local bus travel anywhere in England.

Off-peak travel is when you travel any time after 9.30am Monday to Friday, and all day at weekends.

Some bus passes cover a wider area, such as a county. Some also allow travel in the morning rush hour, and in some areas, passes can also be used on trams, trains or taxis. It can get complicated, but don't let that put you off and just ask before you travel.

Bus passes are travel passes which allow discounted travel on buses and trains within the West Yorkshire Metro area. You can get a bus pass if:

- you are over 60 years old
- you have a severe learning disability
- you are profoundly deaf
- you are without speech
- you are registered blind
- you are registered partially sighted
- you are without the use of both arms
- you have been, or would be, refused a driving licence on medical grounds. (Drug/alcohol abuse does not qualify).

Pick up an application form from Gateway to care. They can also help you fill it in.

- Gateway to care on 01484 414933 or text 0778148231 email gatewaytocare@kirklees.gov.uk

Access Bus

Access Bus is a door-to-door dial-a-ride bus service that runs within each of the five districts of West Yorkshire. The buses are either low floor ramped access design or have passenger lifts. The service is free to people living in West Yorkshire and runs Monday to Saturday between 9am and 5.30pm and Sunday 9am to 5pm. Access Bus also provides an evening service, but with limited availability. Anyone of any age, who is

unable to use conventional public transport, or who has extreme difficulty in doing so, because of a disability is able to use the Access Bus.

- Access Bus, Tel: 0113 3481903 or write to Access Bus, Wellington House, 40-50 Wellington Street, Leeds, LS1 2DE visit www.wymetro.com/AccessibleTravel

Free townbus in Huddersfield

Buses run every 10 minutes from 7.30am to 7.00pm Monday to Friday and from 8.30am to 5.30pm on a Saturday. The bus links key locations around Huddersfield town centre including the bus and rail stations, university, Kingsgate Centre and the indoor and outdoor markets. It is also available in Dewsbury. All journeys are FREE. Each vehicle is fully accessible and can carry one wheelchair at any time.

Metro Local

MetroLocal serves shops, post offices, supermarkets and community centres where regular bus services can not serve.

It runs on a 'hopper' basis where the bus stops where you want it to do - providing it is safe to do so - and costs £1.00 per adult (50p per child) per journey.

- Metro Local, Tel: 0113 251 7272 or write to Wellington House, 40-50 Wellington Street, Leeds, LS1 2DE, visit www.wymetro.com and search for Metro Local.

Blue Badge (disabled parking permit)

The Blue Badge scheme provides a range of parking concessions for people with severe mobility problems who have difficulty using public transport.

You are able to get a Blue Badge if you are aged over two and:

- receive the higher rate of the mobility component of the disability living allowance
- are registered blind
- receive war pensioners' mobility supplement
- drive a vehicle regularly, have a severe congenital disability in both arms, and are unable to operate, or have considerable difficulty in operating, all or some kinds of parking meter
- are unable to walk or have difficulty in walking because of a permanent and substantial disability.

For more information call:

- Gateway to care on 01484 414933 or text 0778148231 email gatewaytocare@kirklees.gov.uk visit www.kirklees.gov.uk and click on the health and social care link.

Trains

It is advisable to book a train journey at least 48 hours in advance if you need help with a wheelchair or getting on and off trains. If you need to change trains, it is advisable to telephone to get the times when connections between trains must be made and to arrange help in transferring from train to train.

How do I find out more about travelling by train?

Pick up the leaflet 'Rail Travel for Disabled Passengers' from Gateway to care or a train station or travel agent.

- Use www.nationalrail.co.uk to find times of trains and fares as well as the station accessibility. Or telephone:
- Northern Customer Relations on 0845 600 8008
- National Rail Enquiries on 08457 48 49 50 (08457 60 50 600 textphone)
- Transpennine Express on 0845 600 1671

Travel to hospital

A shuttle bus service for hospital visitors runs between Huddersfield Royal Infirmary and Calderdale Royal Hospital in the evenings and weekends. Transport can also be provided for out patients depending on their needs.

- Calderdale Royal Hospital, Tel: 01422 357171
- Huddersfield Royal Infirmary, Tel: 01484 342000

Car share scheme

Car sharing brings many benefits including saving money, reducing wear and tear on your vehicle, freeing up parking spaces and cutting congestion. You could also make new friends along the way. Simply register your details at www.carsharekirklees.com and where you are travelling to and from, and whether you are offering a lift or seeking a lift, and then this site will search for appropriate matches. www.carsharekirklees.com have 208,541 members and on average they each save £817.46 per year.

- Car Share, Tel: 01484 225605

Parking

For information on parking season tickets, permits, parking spaces, disabled parking, waiting restrictions and fines, call:

- Parking, Tel: 01484 223222, visit www.kirklees.gov.uk/parking

Shopmobility

To help town centre shoppers with limited mobility we have battery-powered scooters and manual wheelchairs for you to borrow free of charge. They are available at:

- The Shopmobility and Information Shop, Gateway to care, 30 Market Street, Huddersfield
- Huddersfield Bus Station - booked only through the information shop
- Kingsgate Shopping Centre, Huddersfield
- The Walsh Building, Town Hall Way, Dewsbury
- Cleckheaton Town Hall
- Batley Town Hall
- and also available in Huddersfield by arrangement at Civic Centre 1, High Street.

Anyone who has difficulty walking around Huddersfield, Dewsbury, Batley or Cleckheaton town centres can borrow a shopmobility scooter or wheelchair free of charge during Shopmobility hours.

Anyone who would like to start using Shopmobility should register themselves as a user, fill in a registration form and have a short safety assessment on scooter or wheelchair use.

How can I book one?

Wherever possible, you should book scooters or manual chairs in advance to avoid disappointment. To make a booking or for further information please contact:

- Shopmobility at Gateway to care, Tel: 01484 416666,

Or

- for Dewsbury scooter or wheelchair bookings contact KIP's (Kirklees Information Point), Tel: 01924 325078, or email gatewaytocare@kirklees.gov.uk

Wheelchair loan

Kirklees Integrated Community Equipment Service (KICES) is a partnership service funded by Kirklees Council Adult Services and NHS Kirklees.

If you think you need a wheelchair you should contact your doctor or other healthcare professional such as a district nurse or therapist.

Disabled Go

DisabledGo is a website which provides a guide to the accessibility of many venues and services in Kirklees.

- DisabledGo is at www.disabledgo.info

