

Support with sustainable travel and transport

Introduction

According to the Scottish Government, about 28% of Scotland's greenhouse gas emissions come from domestic travel and transport.

To build a more sustainable future, we need to follow a travel hierarchy that prioritises low-impact ways of getting around. The hierarchy is:

1. Active travel: walking/wheeling, and cycling,
2. Community and public transport: public transport (buses, trains), and shared transport (carpooling, community transport,
3. Private car use.

However, active travel should go beyond physical infrastructure to ensure users feel safe to travel. Additionally, nearly a quarter of residents in West Dunbartonshire report they have a long-term health condition or disability – active and community travel options need to be as inclusive and accessible as possible.

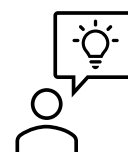
Sustainable travel brings a multitude of benefits:

- Improved health – walking/wheeling and cycling regularly or wheeling regularly lowers your risk of heart disease, stroke and diabetes,
- Reduced emissions, congestion, air and noise pollution,
- Reduces social isolation, and promote community cohesion,
- Transport methods are targeted to community needs, making them more affordable and accessible,
- Supports local economy – through improved access to local spaces and businesses.

Community involvement in sustainable travel is key to ensuring travel schemes identify the needs and opportunities of community members, and for promoting conversation, education, and social behavioural change.

Ideas for individuals

- Walk or cycle where possible,
- Use public transport,
- Where private car use is necessary, consider getting an electric vehicle as these don't produce exhaust pollutants, and charging them emits less CO₂ than using a combustion engine vehicle,



- Avoid parking on the kerb to allow wheelchair users to use the pavement.

Ideas for community groups:



- Bike rental/hire, with accessible options. Lack of access to bikes was a large barrier identified by West Dunbartonshire Council.
- Consider setting up a walking or cycling bus to get to school or work.
- Set up a community transport project – for example, a community bus service, school/hospital transport, wheels-to-work scheme, dial-a-ride or community car scheme.
- Programmes for awareness and education – such as road user awareness, shared use path etiquette, cycle proficiency courses.
- Active travel days – opportunities for people to try different travel methods in a safe, group setting.

Further resources:



Cycling Scotland - Become a certified cycle friendly organisation:

<https://cycling.scot/support/cycling-friendly>

Bike for Good – Training on bike maintenance and road user awareness training

<https://www.bikeforgood.org.uk/employers/dr-bike/>

Sustrans – how to set up a bike bus: <https://www.walkwheelcycletrust.org.uk/our-blog/get-active/what-is-a-bike-bus-and-how-can-i-set-one-up/>

Walking Scotland – support setting up walking and wheeling events and policy advocacy: <https://walkingscotland.org.uk/our-work/walking-communities/>

Transport for all – breaking barriers for disabled people to have their transport needs met: <https://www.transportforall.org.uk/>

Need Help Getting Started?

We can help you:



- Develop your idea
- Link with funding opportunities
- Connect with like-minded and experienced groups
- Connect with organisations who can provide technical support and expertise