

Charnwood Community Transport: What are The Benefits?

People need to travel. To visit friends and family. To go to the shops. To visit the doctors. While most of us take it for granted, there are those that find it hard to get around.

Let's face it, public transport can be stressful. It's not accessible, nor is it reliable. Taxis might be an option for some, but they're expensive. The cost adds up if you're using them every time you need to get somewhere. This lack of options leads to a [transport disadvantage](#) and social exclusion.

That's where community transport comes in. It's a not-for-profit service that helps older and disabled people get around. It enables them to leave their homes confidently where they may have been unable to before.

We're proud to offer [community transport](#) across Charnwood. These are just some of the benefits.

Safer and More Accessible

Getting to bus stops or train stations might be impossible for our clients. Volunteer drivers pick them up from their homes whether they need to go shopping, have an appointment, or want to visit family.

We also have [wheelchair-accessible minibuses](#). Unlike public transport, the drivers help people who need it, making it more accessible. It can be comforting to know the drivers aren't only there to operate the vehicle!

Reliable and Pre-Booked

It's no secret that public transport can be unreliable. Buses can be late or not arrive and trains... well they may not be running at all! With community transport, people aren't waiting long, even to return home. This is due to being able to pre-book and arrange trips.

Affordable and Subsidised

Journeys are subsidised by Leicestershire County Council. This makes the service much more affordable than constantly using taxis and public transport – great news for pensioners!

Reducing Loneliness and Isolation

It's widely accepted that being lonely is damaging to health. Feeling isolated can cause [depression and anxiety](#). What's more, it can lead to unhealthy habits as a means of coping. It can impact anyone, but the older generations are particularly susceptible. According to [Age UK](#), 1.4 million older people are often lonely.

Community transport can support people by easing their isolation. Almost three quarters of those who responded to a government survey in Scotland said they used it to 'just get out'. Furthermore, individuals can get to know the driver and others onboard. This is something that's usually overlooked, but it naturally makes the journey something to look forward to.

Personal and Caring

On the subject of drivers, they're in contact with passengers often. In fact, they're often the first person the passenger meets in a morning. They're aware of each passenger's needs and routines.

As a result, they might be the first to notice any problems or signs of problems developing. This personalised care, respect, patience and understanding is invaluable.

Independent for Longer

Community transport can help people retain their independence for longer. The [aforementioned survey](#) found that almost 90% agreed it was important for that exact reason. People don't have to worry about how to get to around and can simply enjoy their lives. Furthermore, it reduces the demand for nursing and residential care by delaying the need.

Community transport has many benefits. If you, or someone you know is struggling, we can help.

[Contact us](#) on 01509 631761 or email us at enquiries@jscharnwood.org.uk.