

# Barnaby Mead Autumn Newsletter 2025

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## Get Walking This Autumn

October is **International Walk to School Month**, and your home is ideally located. Gillingham School is a 5-minute walk, and Gillingham Primary School is around an 8-minute walk away. Leave the car at home and join others across the world in walking to and from school with your children!

There are many benefits to walking which include:

- Increasing your cardiovascular fitness
- Lowering anxiety and stress
- Boosting your energy and improving your mood
- Strengthening your bones, improving your balance and boosting your muscle power



Fancy some longer walks? **Gillingham Walkers** are a community group, set up for those who wish to walk in and around Gillingham. They run frequent walks around the local area. Walks are free and led by trained leaders. Learn new routes and meet new people! Visit [gillwalkersarewelcome.chessck.co.uk](http://gillwalkersarewelcome.chessck.co.uk)



## Travel By Train

Your home in Barnaby Mead is around a 15-minute walk or 5-minute cycle from **Gillingham Railway Station (GIL)**. Trains run hourly to Salisbury (around 40 minutes), Exeter (around 1 hour and 40 minutes) and hourly to London Waterloo (around 2 hours). Visit [www.southwesternrailway.com/](http://www.southwesternrailway.com/) for more information.



South Western  
Railway



Gillingham Station has 34 cycle spaces, Wifi, a ticket office, a café and a waiting room.

Get a railcard and save 1/3 on rail travel. Visit [www.railcard.co.uk/](http://www.railcard.co.uk/) to see the railcards on offer.

**Don't hesitate to contact us,  
your Travel Plan Coordinators, at:**  
[travelplan@paulbashamassociates.com](mailto:travelplan@paulbashamassociates.com)

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## Fuel Efficient Driving Tips

Here are some useful tips to help reduce your fuel costs and your environmental impact.

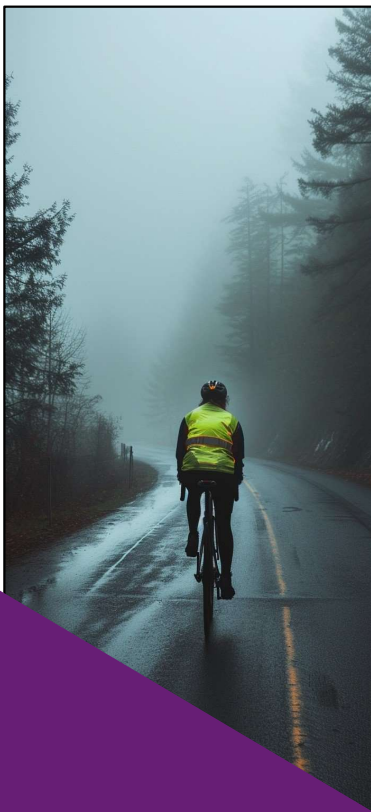
- Maintain your car and tyres
- Remove excess weight
- Minimize air resistance
- Limit A/C and heating use
- Brake and accelerate smoothly
- Plan the shortest route
- Use correct gear (high gear, low revs)
- Walk, cycle, or use public transport



## Get Out On Your Bike

Your home is close to both National Cycle Route 25 and the North Dorset Cycleway, which both pass through the heart of Gillingham, providing the perfect opportunity for commuting sustainably or just getting out and about on a bike! For a map of nearby cycle routes, visit <https://dorset.activemap.co.uk/>

You could also join the Gillingham Wheelers – a friendly group of cyclists that regularly put on events throughout the year. Visit their website: [www.gdw.org.uk/](http://www.gdw.org.uk/)



## Staying Safe As It Becomes Darker Sooner

Below are some tips for travelling by foot or bicycle when it is dark.

- ✓ Wear high vis or bright, reflective clothing. Try to avoid wearing darker outer layers as this makes it more difficult for drivers to see you.
- ✓ Stick to well-lit areas. Avoid isolated streets without lighting, and do not take short cuts through poorly lit areas.
- ✓ Use lights on your bike and helmet. Don't wait to fix them if they break.
- ✓ Wear shoes with grips. As the weather gets wetter, roads get more slippery.
- ✓ Be extra cautious when crossing the road, try to stick to crossings where possible.
- ✓ Be aware of your surroundings. Always assume drivers do not see you.