



Travel with Confidence



Reach the places you want to go

Providing support to people over 50 to increase their confidence using transport and to give more opportunities for people to make journeys to the places they want to go

Would you like to:

- Increase your confidence using transport?
- Reach new places through travel?
- Return to places you used to go?
- Improve your health and wellbeing by getting out and about?

How can we provide support?

- Would you like to know more about using apps to assist with transport?
- Would like to feel more confident in using the bus?
- Would you like to try the train but are unsure of how to get a ticket or ask for assistance when travelling?
- Do you want to have more confidence in walking around your local community?
- Have you thought about using the AccessBus but are not sure how?

Find out more and get in touch

Give our team a call to chat about the service and the support we can offer you to get out and about

Telephone: 0113 389 3000

Email: travelwithconfidence@ageukleeds.org.uk

Website: www.ageuk.org.uk/leeds

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