

How to lead an Active Travel Breakfast event

Workplace champion

Planning

When: Choose a time that coincides with people arriving. Allow 45 minutes for the event, plus 15 minutes either side to set up/clear away.

Get in touch: Your workplace may have a health and wellbeing fund, so check with senior management and budg(ag)@stbourne

The Active Travel Breakfast

Free breakfast or snack for anyone who actively commutes.

Start up a conversation and raise the profile of active travel.

Unique event or combined with others i.e. Clean Air Day.

I come 3.8 miles [by V_Y]. I'm trying to find parking, paying for parking and it means you can eat more.

NHS employee, Eastbourne District General.

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

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