



optalis
choices for living

Try a Train

Are you interested in giving train travel a try?

At Optalis we are offering tailored, practical support to help you become more confident using local train travel, in partnership with Great Western Railway and Southeast Communities Rail Partnership.

Develop new options for independent travel through our Try a Train programme.

Learn how to travel by train, become familiar with the assistance available on board, and learn about the stations and the facilities.

Our programme is free and available to support those who might face barriers to train travel. We have extensive experience supporting people with a variety of disabilities and support needs.

GWR

Great
Western
Railway



How our Try a Train Workshop and Travel Training works

We work with you at your own pace, helping you to build your confidence and knowledge using trains. During our workshops we will teach you about:


- Planning your journey, reading timetables
- Buying tickets and accessing the platform
- Railway safety
- Problem solving; What to do if things change (e.g. the train is late)
- Understanding how to navigate around the stations using signage and where to seek help

We will travel with you on a short sample journey to a destination of interest and support you to explore the facilities at your destination.



Discover freedom and greater independence through train travel

If you would like to get support with Try a Train please contact:

 0118 977 8636

 employmentservice@optalis.org

In connection with

