

MAY 2025: REVIEWING THE WAY WE TRAVEL

Our LiveSimply Prayer. Heavenly Father, we praise and thank you for the world You created for us to share. We ask You to give us the grace to work together, to live more simply, more sustainably, and in solidarity with the poor. *Through Christ our Lord. Amen*

In his message for BBC Radio 4's *Thought for the Day* in 2021, Pope Francis spoke of the need for 'a renewed sense of **shared responsibility** for our world', adding that "each of us - whoever and wherever we may be - can **play our own part** in changing our collective response to the unprecedented threat of climate change and the degradation of our common home". Our transport decisions can be one aspect of how we play our part. You can listen to his message again online at <https://www.bbc.co.uk/programmes/p0b10zxw>.

ACTION FOR MAY: to review the way we travel and identify changes we can make as individuals and as a family to benefit our health and the environment.

Reflection: Transport produces more than a quarter of the total UK greenhouse gas emissions, with private car journeys accounting for almost half of the emissions. For a journey from Leeds to London, for example, using a petrol or diesel car emits almost 4 times the carbon dioxide equivalent emissions as the same journey by train or coach. As well as releasing carbon into the atmosphere, increased car use also causes traffic, noise and air pollution - dramatically decreasing the quality of the air we're breathing.

In England, almost 20% of journeys under a mile are made by car. Many of us could walk this distance in less than 15 minutes.

Walking or cycling, instead of driving, can help improve our fitness, cardiovascular and mental health.



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Reviewing the way we travel

Many people have changed their ideas about travel in recent years. Some travel for work less than they did and others are able to work from home. Some people are asked by their employers to travel to work on public transport. Others have switched to hybrid or electric vehicles. Now that the weather is warming up and the days are getting longer, what can you do?

- Could you ditch the school run one day a week and encourage your child to walk, scoot or bike to school instead? This year, Walk to School Week takes place from 19-23 May.



- Could you commit to walking to your local shops, doctor's surgery or to church once a week? Why not challenge yourself to get fit enough to do all 6.5 miles of the [parish walk on 7 June](#), or the shorter one mile version, or even the 2 day Diocesan Camino from Leeds to Ripon in October? www.dioceseofleeds.org.uk/jubilee/st-wilfrids-way/



- If we need to drive to work, the gym, football, choir practice or mass on Sunday, for example, can we car share, either as a driver or passenger, saving money and having some company?
- For journeys to and from the city centre, taking the bus usually doesn't take much longer than driving, and can be far quicker when traffic and parking are taken into account. You can also relax, read or plan your day on the way.
- Have you tried the e-bikes that are available near the Immaculate Heart church and around the city? <https://beryl.cc/scheme/leeds>.



- Consider a UK holiday, travel to Europe by train or arrange business meetings online rather than meeting in person. If you must go by plane, using your local airport, flying direct and travelling in economy can all help reduce emissions. If you can, remember to offset the carbon footprint of your flight.