

## COVID-19 : USEFUL WEB LINKS

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The Travel Plans team want to ensure you are aware of all the useful information out there which could make your time spent at home a little easier, as well as providing links that could make a difference to your financial situation during COVID-19

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- To view and download the cycle maps in Suffolk – [www.suffolkonboard.com/cycle](http://www.suffolkonboard.com/cycle)
  - To find public transport updates and information in Suffolk – [www.suffolkonboard.com](http://www.suffolkonboard.com)
  - For information on safely cycling to work - <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/how-to-start-cycling-to-work/>
  - For advice on cycle safety - <https://www.rospa.com/Road-Safety/Advice/Cyclists-and-motorcyclists/Cycling-advice>
  - Sustrans blog articles on cycling and walking - <https://www.sustrans.org.uk/our-blog/get-active/?location=null&theme=Commute&p=1>
  - Home working equipment could potentially be borrowed from your workplace. Visit the following website for guidance – <https://www.hse.gov.uk/toolbox/workers/home.htm>
  - If your employer is unable to lend equipment, the following website could provide inspiration in setting up a suitable home working space - <https://www.idealhome.co.uk/home-office/small-home-office-ideas-222302>
  - Tax refund scheme for home workers from Martin Lewis – <https://blog.moneysavingexpert.com/2020/04/martin-lewis--working-from-home-due-to-coronavirus--claim-p6-wk-/>
  - Ensure that you check your home insurance policy regarding home working in 'business use'
  - Information on self-discipline and setting a routine for home working – <https://www.bbc.co.uk/news/business-51868894>  
<https://blog.hubspot.com/marketing/productivity-tips-working-from-home>
  - Home exercise ideas and further information – <https://www.keepmovingsuffolk.com/exercise-in-your-home/>
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Contact us if you require any further information: [travelplans@suffolk.gov.uk](mailto:travelplans@suffolk.gov.uk) or Tweet us @SuffLocalLinks

