

Merseytravel case studies



Name, Job title, Employer

Rebecca Dunne, Case Worker, Risk and Intelligence Service, HMRC

Where do you walk from/to?

I walk from the city centre to Bootle

How long have you been doing this journey by foot / what did you do before?

I've been walking to Bootle for around 18 months. Before then I've always worked in town.

Approximately how far is that and how long does it take?

It's about 3 miles, it takes me 50 minutes

How / why did you decide to walk?

I decided to walk to work to justify sitting down all day (I work at a desk). I used to get the train but I quickly realised that I could walk in roughly the same time. The train would be 15-minute walk to the station, 15-minutes on the train, and another 5-minute walk from the station to the office so the walk is the same really.

Tell me a bit about your journey, what are the best bits?

I like the walk – when I leave the house I'm half asleep but when I get to work I'm refreshed. I listen to music on the way – usually reggae and feel good hip-hop.

Has anything interesting / amusing happened on your walk and why?

I've seen project Jennifer happen from the beginning of the building while I've been walking so I've seen all that change. Now I use the shops on my way home and it saves time I don't have to do chores at the weekend.

When is your favourite time of year to walk and why?

I like winter and summer, in winter you can get wrapped up and put your hat and coat on – I like crisp dry winter days. Summer's good because you can enjoy the nice weather and you don't need a coat. I don't like it when it rains but I don't often get caught in the rain.

Have you noticed any benefits to walking?

I definitely feel healthier, I wear a fitbit and I can see the steps on my days off are a lot less than they are on work-days. I think it's good for my posture too – we sit a lot at work. It's time to think – you can be left with your thoughts

What would you say to anyone who's thinking of commuting on foot to encourage them to get started?

Once you leave the house you just have to do it – you can only go forwards – just give it a try.

Tuesday 13th December 2017

Taken by: Jillian Griffiths

Approved by...