

If you're looking for ideas for a letter to your local paper, highlighting some positive changes we can make post-Covid-19, here are some thoughts to get you started – but remember, the best letter will be that which is personal to you and relevant to your local area:

- How has traffic changes in your local area, or on your street, and has a reduction in traffic helped you feel comfortable cycling and walking?
- Do you have children who can now cycle on the roads thanks to the reduction in traffic?
- How can we all reflect on our ability to change, as we have over the past month, to move towards a more cycle friendly town/city/nation?
- How have quiet streets made you think about cycle lanes and speed limits as ways to encourage cycling?
- Have you noticed more people cycling or walking in your area?
- Are you a key worker who has switched to cycling for your commute?
- Have you realised that certain journeys you took by car were not necessary, and could have been cycled or walked all along?
- Has the improvement in air quality improved your enjoyment of your local area?
- Have you discovered new off-road cycling opportunities near your own home, on bridleways or in parks, instead of putting the bike in the car to go for a cycle?
- Has the reduction in noise pollution helped your health or sleep?
- What transport and travel changes that you've made will you try to keep up post-lockdown?

- Has the imperative to stay local during exercise helped you explore your own area more?
- Have you realised you can avoid a carbon-heavy commute by working from home for some of the week and cycling on other days?
- How can we avoid falling into the same old car reliant habits when the pandemic is over?