

## PART TWO

**List the ways you use or used the car and see how you can make alternative arrangements.**

Below are some possible examples.

<b>REGULAR USES OF THE CAR AND ALTERNATIVES</b>	
<b>USE</b>	<b>POSSIBLE ALTERNATIVE</b>
To doctor's	Doctor's surgery runs a community car service  Chemist will deliver prescriptions to home
To supermarket	Taxi to nearest town where the supermarket sends a bus one day a week  Home delivery
To daughter's on Sunday	Taxi to nearest town, then free ride on bus
Holidays	Taxi, bus, train etc.
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**Now create your own table of use and possible alternatives.**

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<b>REGULAR USES OF YOUR CAR AND POSSIBLE ALTERNATIVES</b>	
<b>USE</b>	<b>POSSIBLE ALTERNATIVE</b>

Remember **you have available to you all the money you saved by not having a car.**

**You may find it useful to treat each place you want to get to as a problem and then use the Problem-solving Cycle to work on it. (☛ Chapters Twenty-Two and Twenty-Three: The Problem-solving Cycle)**

The key point is that you do not need to be defeated by the lack of your car, however poor your local transport is.

**HOBBIES AND INTERESTS**

*I am talking about active hobbies.* Sitting in front of the television for hours doesn't count, and can actively harm you, because you are getting no stimulation or activity.

**PART ONE**

Write down all the hobbies and interests you ever had OR you wanted to do. So, include hobbies and interests you were unable to take up in the past.

**PART TWO**

Would you like to take any of these interests up now?

How would you do that?

They may be provided at: adult day classes; evening classes; social clubs; specialist hobby clubs; pensioner luncheon clubs.

NOTE: It is important you **sign on for what does *actually* interest you**, because if you sign on just to meet people, your heart won't be in it. Your fellow participants will recognise this.

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