

Issue 5

April 2014



Welcome to the Healthy Streets April Update!

What's new?

Spring is here, so it's time to start planning your walking and cycling events! Why not link in with [May Walking Month](#) to get you started!

Healthy Streets has been featured as a case study in the **RoSPA (Road Safety and Public Health) report** that has just gone live this week. You can find it online [here](#).

A new Healthy Streets **Community Engagement Toolkit** has been produced and is now available for anyone to use. The toolkit includes all the information you need to get a Healthy Streets group up and running- from template action plans and marketing resources to event ideas.

If you would like a copy of the toolkit email: charlotte.hoskin@lancashire.gov.uk .

Good News Story...

Volunteers in Preston have been working hard at Barley Pit, a popular angling location, as part of Healthy Streets. A new litter bin has been installed along with a brand new welcome sign at the entrance. 9 official fishing platforms have also been improved.

The next stage is to work with local schools to make bird boxes to help improve wildlife.



Walk This May!

Walk to Work Week 12th -16th May 2014

Walk to work week is back for 2014 and you can feel the benefits with Living Streets' **free** workplace walking challenge!

Log your walks, view live totalisers and leader boards, get competitive with colleagues, take part in individual/ team activities and raise money for your favourite charity.

[Click Here](#) for more information and to download posters, flyers and more!

Walk to School Week 19th - 23rd May 2014

Every year Walk to School Week brings together nearly one million schoolchildren, teachers and parents!

This year there is an updated 5-day walking challenge, making it easier than ever before to take part.

Benefits of walking to school...

Walking to school regularly is not only a fantastic way to encourage an active lifestyle, it is also a great opportunity to teach your children vital road safety skills and ensure they are alert and ready to learn at the start of a new day.

[Click Here](#) for more information on Walk to School Week and to download assembly plans and more! You can also sign up for monthly Walk to School updates [here](#).



Want to know where to walk in your area?

You can search for routes specific to where you'd like to walk on the Walk 4 life Website. Just click [here](#) or visit www.walk4life.info.

Lancashire Cycle Challenge is Back!

16th June- 6th July 2014

Lancashire Cycle Challenge is back and hoping to encourage even more workplaces to get cycling again this year.

It's all about participation-which workplaces can get the most people to ride a bike for just 10 minutes or more.

Lancashire businesses will compete against each other to see who can get the most staff to ride a bike between 16th June-6th July. It's not about who can cycle the most miles, but who can encourage the most people to give cycling a go!

To take part all you have to do is:

- **Register** by [clicking here](#) or visiting www.lovetoride.org/lancashire , it's free!
- **Ride** a bike anywhere, anytime for at least 10 minutes between 16th June & 6th July 2014.
- **Record** your ride online and tell your friends and workmates about the challenge.
- **Reward** yourself and your friends by winning prizes!

For more information, prizes up for grabs and to sign up [click here](#).

South Ribble 'Tots on Tyres', Imogen Brettell

"The 'Tots on Tyres' scheme has been a huge success in South Ribble, enabling

children to access cycle training from an earlier age.

The idea came through South Ribble Borough Council's Sport Development Team who already deliver the bikeability scheme to primary school years 5 and 6 within the area.

The concept of zoom balance bikes has been popular in other countries for some time, and is basically a small bike with no pedals, where children use their feet to push themselves along and simply practice balancing.



The Healthy Streets initiative funded the purchase of 12 balance bikes which meant the scheme could be piloted in a few local schools to see if it would be successful.

The 'Tots on Tyres' package has now been offered to all schools in the borough as a 5 week course at a cost of £100; this includes 1hr of coaching per week and the supply of bikes & helmets for the whole 5 week period. 36 local primary schools have taken up the offer which will mean approximately 1,080 young people will be accessing the programme this year.

Comments from schools that have taken part have been really positive: **"Many parents approached me to say their child had become more confident riding their bike at home. And some children told me they have now taken off their stabilisers"** - Lostock Hall Primary.

"We have seen improvement in balance and co-ordination (particularly as the bikes were left with us for the duration of the 6 week course. This enabled us to practice during our own time)"- Hoole St Michaels. "



Events 2014

3rd May, This Side of the River Event, Lancaster

12th-16th May, Walk to Work Week

19th- 23rd May, Walk to School Week

16th June- 6th July, Lancashire Cycle Challenge

21st June, Ingol and Tanterton Summer Fair, Preston – *Bring your bike along for an opportunity to get your bike maintained and join in with a bike challenge – one child could win a new bike!*

Coming soon in Pendle, Trail leader cycle training for volunteers.

Useful Links

Healthy Streets Webpage: [Click Here](#)

20mph Webpage: [Click Here](#)

Lancaster Healthy Streets: [Friends of Ryelands Park Facebook Page](#)

Safer Schools Moodle: [Click Here](#)

Lancashire Cycle Challenge: [Click Here](#)

Adult cycle training: [Click Here](#)

Road Safety Guide to Our Services: [Click Here.](#)

Sustainable Travel in Lancashire: [Click Here](#)

Contact Us

Anyone can get involved! Have you any actions you would like to achieve in your community? We would like to see if we can help.

Contact the Healthy Streets Team on:

Phone: 01772 537960

Email: safetravelteam@lancashire.gov.uk