

Issue 4

January 2014



Welcome to the Healthy Streets New Year Update!

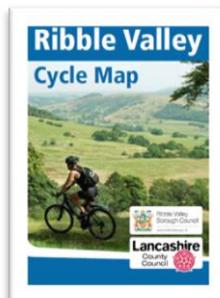
What's new?

The New Year brings an opportunity to change habits and try something new. Many of the Healthy Streets groups are starting on with additions to their action plans this January and looking for new ideas from their communities.

If you feel like making a change to your lifestyle this New Year, why not get involved and make things happen in your community. You could re think how you commute to work- could you cycle part the way? Read our ['Plan Your Journey'](#) section to find out how easy it can be.

Good News Stories...

A **Ribble Valley Cycle Map** has been produced by Ribble Valley Borough Council, part funded by Healthy Streets. The map features 5 routes categorized into short family rides, medium road rides and a mountain bike novice ride so there is something for everyone. Email [sustainable travel team](mailto:sustainabletravelteam) for a copy of the map.



Wesham Healthy Streets are addressing the problem of an unlit footpath in their area that was stopping people walking down there in the dark. A new street lamp is being installed in the hope it will encourage more local people to use this path more often as it is a great way to reach local amenities by foot.

Safer Schools Moodle

Safer Schools Moodle

The Safer Schools Moodle's Sustainable Travel pages have now gone live and can be accessed by anyone with a username and password. The Moodle is a site that houses lesson plans, resources, animations and media and is aimed at Education Establishments.

The Sustainable Travel pages contain lots of information including car sharing, considerate parking resources to print and use, as well as newsletter snippets that can be used in local or school newsletters.

If you are interested in accessing this online portal or know of a youth centre, school or other establishment that could benefit from its resources, contact Rebecca Blyth at Rebecca.blyth@lancashire.gov.uk for more information.

How is CTC Getting Communities Cycling? - Damian Bonsall



"The CTC Gateway project has been very busy supporting Healthy Streets groups over the last few months.

The main focus has been on training local people to deliver cycling activities within their areas. We recently ran a course for instructors in Leyland and were featured on

North West Tonight as part of an article on road safety.

More training has been organised to include new Club Ride Leader and Ride Manager courses,



together with flagship Trail Leader courses and a Wheels for All course. All of this training is aimed at up skilling people who will lead groups, either as volunteers or paid staff- hopefully ensuring the long term sustainability of the projects.

Bike maintenance remains very popular. With a series of sessions recently ran in Leyland training a group from South Ribble being a great success. As well as an estimated 70 bikes being checked at a Great Harwood bike maintenance event.

Pump tracks have also been designed in three areas and work is happening locally to have these built as a great resource for the communities in which they will be located."

For more information contact Damian on damian.bonsall@ctc.org.uk or 07825 883572.

Plan Your Journey!

Cyclists can now plan their rail journeys much more easily with the innovative addition to the National Rail Enquiries information app.

The new addition to the **free** app available for iPhone and Android is aimed at cyclists who cycle some of the journey and use other modes of transport the rest of the way. They are able to access all of the information they need in a couple of clicks:

from checking cycling facilities at stations, the rules for taking bikes on their journey, number of cycle spaces on the train and whether you need to reserve a space for your bike. The app has been developed and tested in partnership with key cycle groups including CTC and Sustrans.



Transport Direct also has an online journey planner available to use for free by [clicking here](#). Here you can create a tailored door to door journey plan where you'll be given up to 5 different journeys that you could take to get from A to B by walking, cycling, public transport and car or a combination of more than one.

Being a Locality Coordinator... Louise Davies, Preston

"In 2010 Larches was identified as the Healthy Streets pilot area for Preston as it was one of the first areas to have the 20mph speed limits put in. Obesity in children in Preston overall is higher than England's average and residents life expectancy is below, so promotion of healthy lifestyles is key.

The Larches PACT, a constituted group, have taken the lead on Healthy Streets in this area alongside a steering group. The group consists of local people, local schools and the Elected Members, and are supported by local organisations.

The steering group gathered local information through various methods and put together an action plan of main issues and what they would like to do. These actions were around environmental issues, road safety, young people and physical activities.

Some funds have been passed to local groups to undertake projects, such as the Marine Cadets and Luv Preston to undertake work with young people.

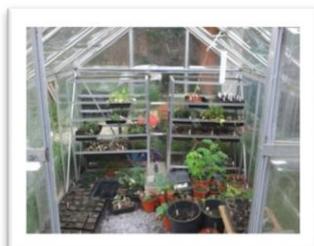
Examples of some work achieved:



New litter bins have been put in at Barley Pit alongside a welcoming sign and new parking signs. Cleaning inside the pit has also taken place and platforms/ pegs have been replaced.

Lots of cycling activities have taken place such as organised bike workshops, bike post coding and led family rides along the Guild Wheel.

Food growing is now taking place at Oak Tree Gardening Club and Ashton Park, further beds have been developed and equipment purchased."



Events 2014

6th January, 8 week bike recycling project starts, Moor Nook (Preston)*

12th January, (12.30am meet) 'January Legstretcher' Leisurely paced walks for new walkers, Tesco Queen Street Entrance, Great Harwood

13th/ 20th / 27th January, (Between 6pm & 8pm) Bike maintenance project in Western Parishes of South Ribble- Open to adults and children *

30th January, (Between 7pm & 9pm) Young people's bike maintenance in South Ribble *

6th / 13th / 20th February, (Between 7pm-9pm) Young people's bike maintenance in South Ribble *

22nd February, (9.30 – 12.30am) Bike Workshop at Clayton Brook Village Hall

* Email damian.bonsall@ctc.org.uk for more information.

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](#)

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 530201

Email: sustainabletravel@lancashire.gov.uk

