

## Issue 2

June 2013

# Healthy Streets



## Welcome to the Healthy Streets Summer Update!

### What's new?

So much has been happening in the Healthy Streets areas since the last update. All of the newest areas are now up, running and planning events and activities to promote walking and cycling locally. Just a few of the events arranged so far are: family bike rides, Nordic walks, cycle & walk leaders training and 'Tots to Tyres' programmes where young children are being taught to ride a bike. So keep an eye out for any events coming up in your area in the upcoming months.

Bike maintenance classes have been very popular during the winter and members of local communities have benefited from learning simple ways to keep their bikes in tip top condition at home. In many areas bike rides are now planned to encourage those who've taken part in the classes to start cycling more often on their newly maintained bikes.

### **Marketing students from Lancaster**

**University** based one of their second year projects on Healthy Streets in the Ryelands/ Skerton area of Lancaster. They researched ways of engaging with the community and produced excellent presentations on their findings to the Healthy Streets team. Some of these students are now going to join the team for a summer project creating an online community engagement toolkit. If you have any ideas of engagement activities you think would be a great addition to this work, let us know.

### Summer is here...

As the summer is now here, it is the perfect time to get out and about in your local area and make the best of the (hopefully) good weather.

Why don't you, your family and friends take part in some of the pre existing walking and cycling activities coming up over the summer months? Just a few are listed below:

**Bike to School Week** 10<sup>th</sup>- 14<sup>th</sup> June

**Giant Walking Bus** 12<sup>th</sup> June

**Bike Week** 15<sup>th</sup>- 23<sup>rd</sup> June

If you fancy going on a bike ride on your own or in a group but are unsure of the best local routes, follow the link below to access the full range of Lancashire's cycle maps and find the right route for you. Some of these maps have been produced through last year's Healthy Streets groups!

<http://www3.lancashire.gov.uk/corporate/web/index.asp?siteid=3732&pageid=28105&e=e>

**Don't forget...** We still have a gazebo available to borrow along with banner, pop ups, table and leaflets for any of your Healthy Streets events this summer. Just contact Charlotte Hoskin with the details of your event to ensure reservation.



## Good News Stories...

Young mums in **Morecambe West End** have been brought together through a new 'Prables' group formed by this area's Healthy Streets. The mum's meet up on a regular basis with their young children for a walk and a chat. This has given them an opportunity to get out and about as well as being a great way of socialising with like-minded people!



**Clayton Brook's** Dr Bike session held in April was a great success. Fully booked before the day, families from the area took up the opportunity to learn

simple ways to maintain their own bikes at this event held at the local community centre.

**Cherryfold Community Primary School in Burnley** helped design a walk to school leaflet for their area. They were taken on walks round the school to look at the different routes that people walk to school and the different buildings they walk past.



The children then drew their routes to school on large maps, like the map that's now included inside the leaflet.

## Being a locality coordinator... Abigail Fawcett, Morecambe West End

"I work at Morecambe Town Council so Healthy Streets links in with my work in a great way. In this community we've done a lot of work with schools as there are two primary schools, several nurseries and a

children's centre all within the Healthy Streets area. Working with the children's centre we managed to work up a plan to facilitate Road Safety shows to as many children within the West End of Morecambe as possible. These shows had been delivered in the past but had been cut due to lack of funding. Through Healthy Streets we've been able to get these running again to promote the safety of our young people.

We hired a local entertainer (Harvey Rush), who also specialises in the delivery of educational shows to teach the kids about road safety. 12 shows were delivered in January to four schools & nurseries: Sandylands Primary & Nursery, West End Primary, Balmoral Children's Centre and Total Tots Nursery. 510 primary school children and 98 nursery children accessed the shows across the area. The shows were a great success and feedback was very positive from all the children, teachers and parents involved."

## CTC Update



CTC, the national cycling charity, has been looking after the interests of cyclists for over 130 years and are working in partnership with Lancashire County Council on cycling projects in the Healthy Streets areas.

They have many projects now up and running in conjunction with the Healthy Streets areas. Here are just a few examples of the work they are doing:

There has been a programme of bike maintenance lessons and two bike fixing sessions in Clayton Brook which have been a great success, one of which was fully booked.

Ride leader training is going to take place this month in Lostock Hall. This will mean there will be volunteers trained and

available to lead local bike rides in the area for the community.

A Lancaster youth club joined up with Healthy Streets & CTC to develop their cycling skills. They took part in bikeability classes, followed by a bike maintenance workshop, giving them the confidence to both ride and keep their bikes in a good condition. This has now led to members of the youth club arranging a sponsored bike ride for all that have taken part in these courses for the summer.

***Do you have people in your community that want to cycle or want to know what's happening in your area already?***

Email Damian Bonsall at [damian.bonsall@ctc.org.uk](mailto:damian.bonsall@ctc.org.uk) or Phone 07825 883572.

## **The New Website**

The new Healthy Streets webpage has now gone live. It is going to be developed throughout the summer so that every area will have its own page to share what's happened so far and events coming up too. So if there are any events or information that would be great to share, let us know and we will add it to the pages.

Find the new webpage at:

<http://www.lancashire.gov.uk/corporate/web/?siteid=6818&pageid=41780&e=e>

## **Lancashire Cycle Challenge**

**17<sup>th</sup> June - 7<sup>th</sup> July 2013**

***Sign up to the Lancashire Cycle Challenge and have some fun with your workmates.***

It's a fun, free competition where workplaces compete to see who can get the most people riding a bike. Recruit workmates to ride a bike to climb up the leader board and win the Challenge. People only need to cycle for 10 minutes or more! It's easy and fun!

***Register for free at:***

<http://www.lovetoride.net/lancashire/>

The more workmates that you encourage to take part, the more chance you'll have of winning an amazing prize. It's easy!

## **Events...**

***Wed 12th June***, Giant Walking Bus

<http://www.brake.org.uk/walkingbus>

***15th June***, Euxton Family Bike Ride.

***15th- 23rd June***, Bike Week

<http://www.bikeweek.org.uk/>

***Saturday 22nd June***, 11am- 4pm, Ingol & Tanterton Festival (Pool House School)- **Bring your bikes along to get them fixed free of charge!**

***Sunday 23<sup>rd</sup> June***, Family Stride & Ride and Picnic, Fleetwood Seafront.

***28th June***, 3pm, Bike Fixing Workshop, Lostock Hall School.

***31st June***, 3pm, Bike Fixing Workshop, St Gerard's School.

***20th July***, 2pm, Lostock Hall Family Bike Ride, Bamber Bridge Tennis Centre.

***For more information on any of these events email:***

[charlotte.hoskin@lancashire.gov.uk](mailto:charlotte.hoskin@lancashire.gov.uk)

## **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](mailto:sustainabletravel@lancashire.gov.uk)