

Issue 6

June 2014



Welcome to the Healthy Streets Update!

What's new?

There are lots of activities being arranged across the County this summer from themed cycle rides to community fetes.

We have 8 new areas that have joined Healthy Streets over the past few months, taking our total up to around 30 areas over all!

The next **Healthy Streets locality coordinator meeting** is on Tuesday 8th July 2014, 10am-12 noon at East Cliff in Preston. Craig Brown from the Safer Travel Team is coming along to talk about anti social behaviour on buses and answer any questions that you might have. We hope to see as many of you as possible there and look forward to welcoming new members!

Good News Stories...

Zebra Crossing

A new zebra crossing has been installed near a children's play area in Pendle, after a long running community campaign based on concerns for safety when people were crossing the road. The crossing has been joint funded by Pendle Council and Lancashire County Council. What seems like a small change has made a massive difference to the lives of people in the area as they now feel safer to cross the road and access local facilities including the park.



Bursting Buds Walk

A 'Bursting Buds' themed led walk was a great success in Great Harwood. The walk, led by Peter Eddleston from the Harwood Camera Club, was part of the Prospects Panel 'Boots and Bikes' Project. The two to three hour walk gave walkers an opportunity to bring along their cameras and photograph trees, wildflowers, landscapes, wildlife and any other local attractions that caught their eye.



School's Guild Wheel Signs

Through the Healthy Streets initiative in Larches, the young people of Ashton Primary School have designed a new sign to go next to the Guild Wheel. Local



residents were expressing their concern about problems between cyclists and pedestrians. The pupil's sign hopes to encourage Guild Wheel users, both cyclists and walkers, to look out for each other and be considerate.

Burnley's Get In2 Sports Project

Burnley Leisure wants local people to get into sports. Whether you've played before or just want to try a sport for the first time, there's something for everyone through the **Get In2 project!**

Throughout summer there are lots of different sports available to anybody 14+ across Burnley including: Football sessions, Kayaking, Sports Camp, Rounders and Cycling.

There are even some female only activities available, just a few being: Bootcamp, Hockey, Back to Netball and even a 'Buggy Bootcamp' where you can bring your little one along with you!

If you'd like to know more about any of these activities and how to get involved please email getin2@burnley.gov.uk

Community SpIDs

Community Speed Indicators or "Smiley Faced Speed Signs" as they are commonly known are helping local people take effective action to reduce speeds in their local 20mph areas.

One Healthy Streets area that has taken this opportunity is Savick & Larches in Preston. The locations for SpIDs were determined alongside the community where they had noticed speeding issues. Local volunteers came forward, were trained up to manage their SpID and now move and set it up in the different locations on their own.

If your 20mph area has speeding concerns and would like the opportunity to own and manage their own community SpID please contact

speedmanagement@lancashire.co.uk

for advice.



Lancashire Cycle Challenge

16th June- 6th July 2014

There's still time to sign up and record your miles for this year's Lancashire Cycle Challenge. Log your miles between now and the 6th July, encourage your work colleagues to do the same and you could be in with a chance of winning some great prizes!

Sign up today at

www.lovetoride.net/lancashire

Thank You Damian!

Damian Bonsall has achieved some great things with our Healthy Streets groups over the last two years. We are sad to say he is now moving on to a new role, but we would like to thank him very much for all the work he has done during his time with us!



Good news for Ingol & Tanterton Healthy Streets though, Damian will be working on healthy lifestyles projects at INTACT, the local community centre.

Don't worry; we still want to help you with any cycling projects you'd like to get started. So let us know your ideas and we'll see what we can do!

Change 4 Life Smart Tools

Thinking about getting fit and healthy this summer but don't know where to start?



Why not take a look at Change 4 Life's online Smart Tools, there's one for all the family. Whether you want to: Eat well, Move more, Drink less, Be healthier or Quit smoking, there is a smart tool for you.

Log on to www.nhs.uk/change4life and click 'Smart Tools'. Here you can download FREE easy to use apps, including one that can get you from 'Couch to 5k' in just 9 weeks! As well as a 'Smart Recipes' app, this can help you swap your current family meals for healthy and tasty alternatives.

[Click Here](#) for more information.

Tour de France

The Tour de France begins on 5th July in Yorkshire and it's already inspiring some of the Healthy Streets areas to get on their bikes!

Both Padiham and Great Harwood are both putting on their own Tour de Greenways for all the family.

Why not do your own mini tour around your area with family and friends this summer?

Events 2014

16th June- 6th July, Lancashire Cycle Challenge

Saturday 21st June, Ingol & Tanterton Summer Fair

28th June, 11am, Tour de Hyndburn Greenway (Starts at Tesco Car park, Great Harwood)

28th June, Lancaster 'This Side of the River' project launch. (Ryelands Park)

Join in with the fun at Ryelands Park at this free event where you can join in with a 'fake moustache and welly wearing conga world record attempt!!'

3rd July, 1pm-5pm, Community Assets Network Meeting (Woodlands Centre, Chorley)

5th July, Tour de France begins in Leeds/Harrogate

8th July, 10am- 12noon. Healthy Streets Networking Meeting (East Cliff, Preston)

For further information on any of the above events please Call 01772 537960 or Email charlotte.hoskin@lancashire.gov.uk

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? Or would you just like to discuss any ideas you have? We would like to see if we can help.

Contact the Healthy Streets Team on:

Phone: 01772 537960

Email: safetravelteam@lancashire.gov.uk

We welcome new subscribers so feel free to forward this newsletter or contact us to subscribe.

