

## Issue 7

October 2014



## Welcome to the Healthy Streets Update!

### What's new?

As we are heading into autumn and the dark nights are drawing in we are taking stock of some of the amazing things communities have achieved this summer.

We urge you all this autumn to be safe and be seen in the dark nights.

This past quarter our Healthy Streets team have been busier than ever and we are delighted to be working on a range of new projects. Keep an eye out as we will be sharing our new projects with you soon.

The next Locality Coordinator Meeting is on **Tuesday 11<sup>th</sup> November 2014**, 10 am – 12 noon, PH Room 16 at East Cliff in Preston.

### Good News Stories...

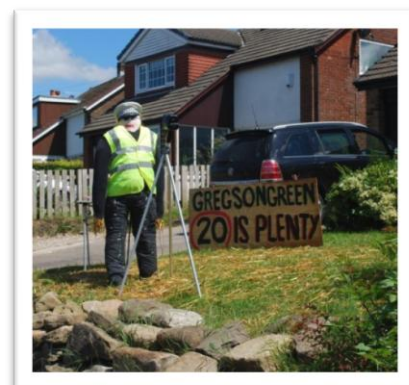
**Ingol and Tanterton's Summer Fair**, sponsored by Healthy Streets was a great success with over 400 people attending the event which included: a bicycle smoothie maker, over 50 people having their bikes checked and a prize draw to win a bike. Congratulations to Kelsey Edwards, who won a bike, helmet, lock and accessories courtesy of Healthy Streets.



**Two areas, Great Harwood and Padiham**, have both been inspired by the **Tour de France** and have completed their very own 'Tour de Greenways' during June and July. Both of the rides were for all the family and had great turn outs.



Villagers of Gregson Lane and Coupe Green took part in a **Scarecrow Competition** to promote their Open Garden Event. One entrant displayed a 20s plenty scarecrow which comprised of a high viz jacket, police hat and a pretend speed camera! It has proven to be a great talking point in the area!



### West Preston Community Walks

A very hot and sunny Sunday 7<sup>th</sup> September saw people from the West of Preston get their walking boots on and

enjoy a community walk around Larches and Savick. The led walk organised by Larches Healthy Streets group was led by Damian Bosnall and covered the sights of West Preston, including Ashton Park and the outskirts of Haslam Park, and many of the successful project work undertaken by the Healthy Streets steering group.



Walkers enjoyed visiting and hearing about projects such as Barley Pit, Larches Wood, the Guild Wheel and Ashton Park community food growing area.

## Barley Pit Makeover Continues...

Barley Pit has received even more of a makeover after the Healthy Streets original funding, and some fantastic volunteer help from Probation. Probation have tackled the paths all the way around the pit, by digging up and laying down some stones to make the path more accessible and less muddy, and made access easier and safer to the platforms. Work has also included cutting back shrubs and clearing the entrance path of the weeds and overgrown grass. The



probation team have been a great help to the area and now have moved across to Larches

Wood and started a big tidy up there!

## Enrichment Scheme makes positive impact

Students from Pendle Vale College have been working with their community as part of the Year 10 and 11 Pendle Vale Enrichment programme. They have been walking from school up to Southfield litter picking and cleaning up some of the gardens for landlords and residents. Pendle Council's Tim Horsley said "The students have made a real difference." This is a project that will be continuing and developing to allow the students to engage with different partners and continue to help improve their community.

## Ransnap Wood

A celebration of the improvements to Ransnap wood took place on the 8<sup>th</sup> July this year and some local school got involved creating displays for the improved area.



## Volunteer Services

Lancashire County Council has a volunteer service that is available to help people support others in their local area.

Do you want to be a volunteer?

Do you need some help?

**Get in touch:**



Telephone: 01257 516035  
 Email: [volunteer.services@lancashire.gov.uk](mailto:volunteer.services@lancashire.gov.uk)  
 Visit: [www.lancashire.gov.uk/volunteer](http://www.lancashire.gov.uk/volunteer)



Time Bank is coming to our next meeting to discuss all of their volunteering options in your area. Their projects are designed to tackle social

issues, focussing on mentoring and youth led volunteering. More information will be provided at our next meeting.

### New Healthy Streets Webpage...

Healthy Streets now has a presence on the Lancashire Partnership for Road Safety website. Our new pages now house all of our resources which can be downloaded and used at all of your events and engagement. These include: Community Engagement Toolkit, template posters, leaflets and engagement tools that can be edited for your events and all of our Healthy Streets newsletters. This is a work in progress so please be patient with us as we continue to develop this.



#### Visit

[www.safe2travel.co.uk/healthystreets](http://www.safe2travel.co.uk/healthystreets)

### Events 2014

**1<sup>st</sup> Oct**, National Older Peoples Day at Lowther Pavilion between 10:00 and 15:00

**6<sup>th</sup> - 10<sup>th</sup> Oct**, National Lift share Week

**28<sup>th</sup> Oct**, Went view community Centre Fleetwood, Bike celebration day

### Bike Maintenance

**7<sup>th</sup> Oct**, 6pm-7.45pm, Bike Maintenance Course

**14<sup>th</sup> Oct**, 6pm- 7.45pm, Bike Maintenance Course

**21<sup>st</sup> Oct**, 6pm- 7.45pm, Bike Maintenance Course

Please contact Suzanne Simpson for more information: [ssimpson@southribble.gov.uk](mailto:ssimpson@southribble.gov.uk)

### Breeze Challenge Event Comes to Lancashire!

**12<sup>th</sup> October 2014, UCLan Sports Arena**

On 12<sup>th</sup> August Preston City Council in partnership with British Cycling is hosting one of two new National Breeze Challenge Events at UCLan Sports Arena.

The event consists of a 50k and a longer 100k ride route for women seeking a fun and supported challenge of cycling longer distances. They aim to provide the next step of the journey to encourage women who have developed their confidence and cycling skills to train and prepare for a new cycling challenge. The rides are suitable whether you are you already an experienced endurance rider, or simply looking to push your cycling to the next level. You can even enter a challenge to raise sponsorship for your favourite charity.

Visit [www.breezebikerides.com](http://www.breezebikerides.com) for information and to book your place.

### Healthy Cities Conference

Lancashire County Council's Healthy Streets initiative was invited to submit an abstract for the WHO Healthy Cities Conference **October 19<sup>th</sup> – 23<sup>rd</sup>**. Gulab Singh,

Senior Health Practitioner, Lancashire County Council health will deliver a presentation.



## 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](mailto:safetravelteam@lancashire.gov.uk)

Don't forget to check out our website for more information and resources.



[www.safe2travel.co.uk/healthystreets](http://www.safe2travel.co.uk/healthystreets)