

Welcome to
our newsletter!



CHRIS



SARAH

The Active Travel team in Luton hope you enjoy this third edition of the Active Lives, Health People Newsletter.

Its aim is to keep you updated with events and activities, as well as to share some of our success stories.

Please do contact us (details below) to find out more about getting active in Luton.

Walking update

Weekly Health Walks

The Active Lives, Healthy People 2009 Walks Programme is now well underway with 7 weekly health walks throughout Luton and nearly 200 people joining in with the various walking activities—including Walk to Work Week—since April. See our weekly walks programme on page 2, which we plan to develop further in 2010.

GP Referral

We are now encouraging medical professionals to refer people to walking. Our latest scheme has linked up with Whipperley Medical Centre where we hope we will start to receive a number of referrals to Whipperley Walkers. This walk also links with the recently opened Children's Centre at Whipperley Infant School, where we will be encouraging parents 'n' tots to join the walk at the start of the new school term.

Park and Stride—so near, yet so Far-ley!



Following the launch of the Farley and South Luton Active Travel map, two Park and Stride schemes were implemented with Hillborough School and St Margaret School. Park and Striders can now park their car in Stockwood car park and enjoy a short, healthy walk to school—avoiding the stress of traffic congestion outside the school gates!

Cycling update

Luton Faith Walk and Ride



The Luton Council of Faiths, in partnership with Sustrans and Luton Borough Council, held a Faith Walk and Ride on 12th July. Many of the young people on the ride had taken a cycle training course two weeks prior to the event and were able to take Sustrans loan bikes home with them after the walk and ride.

Pool bikes for businesses and schools

We are currently developing "pool bike" arrangements with local businesses and organisations. The idea is that bikes can be readily available in the workplace for use by employees, replacing short business car journeys. Pool bikes have been placed with Groundwork and Luton Borough Council Street Services Division. Schools including Icknield High School, Leagrave Primary School and Warden Hill Infant School also use pool bikes for used in PE lessons and for extra-curricular playground-based activities.

Loan bikes repaired by local bike shops

Our bike repair service agreement with local bike shops have proved beneficial to new and existing loan bike recipients. This has helped keep loan bikes on the road as well as encourage people to get used to using bike shops. However, we do suggest people repair their own punctures and keep the chain oiled!

Working with Employers and Organisations



Employer: Admiral Business Solutions

Aim: To encourage staff to participate in regular physical activity through active travel and regular walks and rides.

We are looking forward to working with Admiral business Solutions to encourage their staff to travel more actively. Admiral, which has its headquarters in Luton employing around 100 people, offers business technology solutions to businesses throughout the UK. Admiral staff are now regular attendees on 'Walk the Talk' and a small number are currently progressing with their bike loan applications, enabling them to replace a car journey to work with one by bike!

Contacting us:

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What's on....?

Weekly Health Walks see schedule below for details

Monday Lunchtime Cycle Rides

Regular led ride every first Monday of the month (excluding Bank Holidays). **Meeting point:** Town Hall steps. **12:30-13:30:**

Upper Lea Valley Greenway Opening Ceremony

Wednesday 19th August, 17.15-18.45.

Grand opening of the Luton to Harpenden section of NCN Route 6

Meeting Point: Town Hall steps.

Luton's Green Travel Week, Participants of the European Mobility Week

Weds 16th – Tues 22nd September

Luton Borough Council (LBC), in partnership with Sustrans and local public transport operators, will be raising awareness of sustainable travel options to Luton commuters and visitors with a Town Centre awareness event on Tuesday 22nd September. Sustrans and LBC will also be encouraging Luton employees to walk, cycle and use sustainable travel to work throughout the week.

National Cycle Network News

Grand Opening of Upper Lea Valley Greenway - the new stretch of National Cycle Network (NCN) Route 6 between Luton and Harpenden.

Sustrans in partnership with Luton Borough Council, Hertfordshire Council and Central Bedfordshire Council are planning a grand opening event on Wednesday 19 August.

Sustrans Rangers will be leading cycle rides, leaving Luton (outside the Town Hall) and Harpenden (West Field Road) at 5:15pm, to an opening ceremony at the new bridge at 6pm. Please come along and join us.



Weekly health walks schedule – walks are free and open to all

Day, Time	Walk programme	Start from	General Information
Mon 11:00 to 12:00 Weekly	Bramingham Senior Striders	St Margaret's Parish Centre, Lucas Gardens, LU3 4BG	<ul style="list-style-type: none"> • Open to all - targeted towards senior citizens • Moderate to fast pace • Bramingham, Marsh Farm, Barton (Warden Hill) and Limbury area
Weds 9:15 to 9:55 Weekly	L&D Hospital: Physiotherapy Out-patient referral	L&D Hospital, Physiotherapy Department, St Mary's Wing, LU4 0DZ	<ul style="list-style-type: none"> • Open to all - targeted towards physiotherapy outpatients • Slow to moderate pace • Lewsey and Leagrave area
12:30 to 13:00 Weekly	L&D Hospital: Wednesday Walkers	L&D Hospital, Occupational Health building, Calnwood Road, LU4 0DZ	<ul style="list-style-type: none"> • Open to all - targeted at L&D employees • Moderate to fast pace • Lewsey and Leagrave area
14:00 to 15:00 Weekly	Stopsley Walkers	Jansel House, Hitchin Road, LU2 7XH	<ul style="list-style-type: none"> • Open to all; slow to moderate pace • After-walk tea & coffee at Nibblers sandwich bar • Stopsley, Putteridge area
Thurs 12:30 to 13:10 Weekly	Walk the Talk	Town Hall steps, George St or University of Beds entrance, Park St, LU1 2BQ	<ul style="list-style-type: none"> • Open to all - targeted to town centre-based employees • Moderate to fast pace • Town centre and surrounding environs
14:00 to 15:00 Weekly	Whipperley Walkers	Whipperley Medical Centre, Whipperley Ring, LU1 5QY	<ul style="list-style-type: none"> • Open to all - targeted to GP referrals and parents 'n' tots • Moderate pace • Farley area
Fri 12:30 to 13:10 Weekly	Putteridge Plodders	University of Bedfordshire, Putteridge Campus, LU2 8LE	<ul style="list-style-type: none"> • Open to all - targeted to University of Beds employees • Moderate to fast pace • Putteridge and Stopsley area