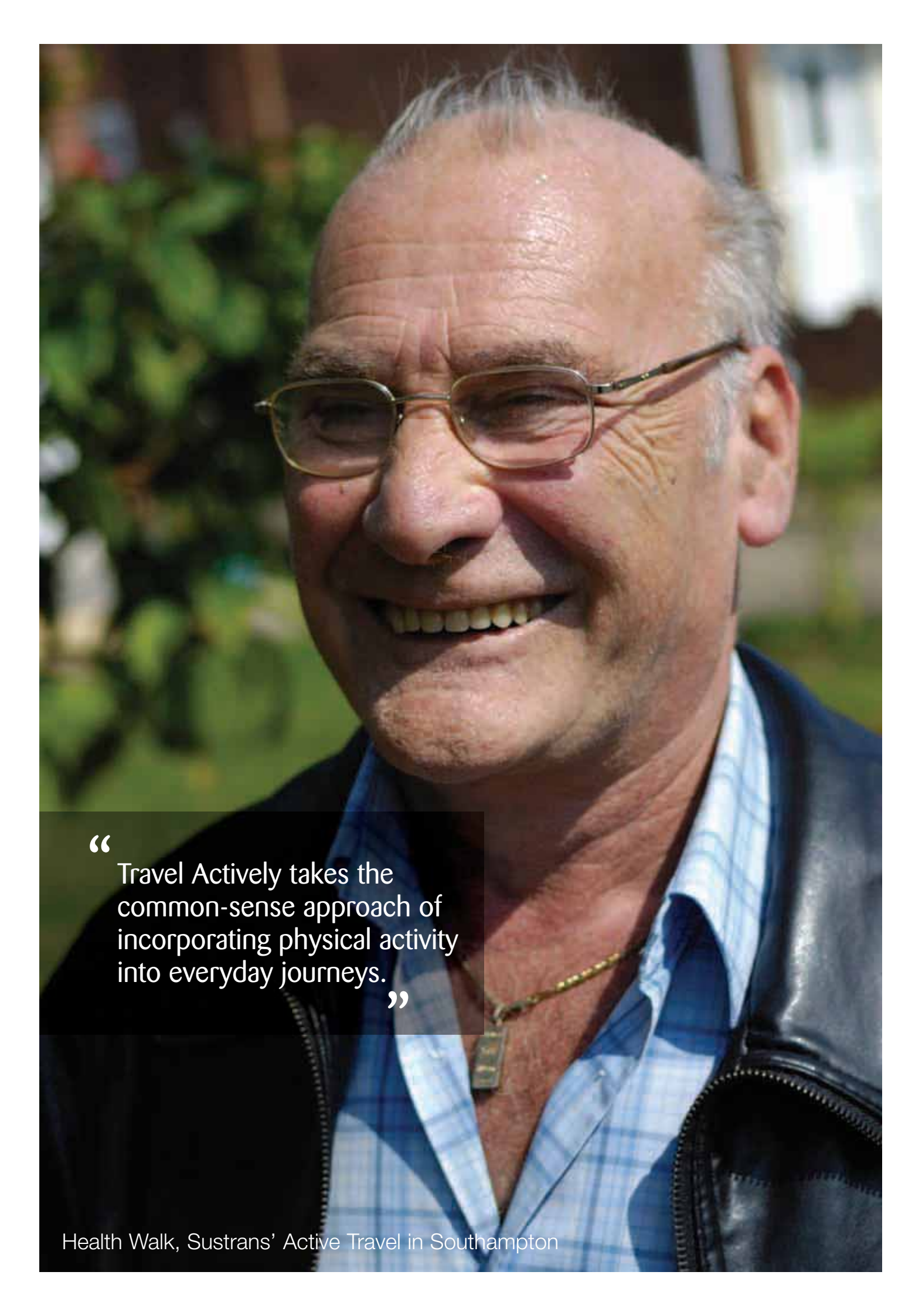


Annual Review 2009



travelactively
walking and cycling for health and well-being



“
Travel Actively takes the
common-sense approach of
incorporating physical activity
into everyday journeys.
”

Health Walk, Sustrans' Active Travel in Southampton

Foreword



Welcome to the 2009 review from Travel Actively, a consortium of leading walking, cycling and health organisations committed to encouraging and enabling 1.8 million more people to be physically active by 2012.

Much still has to be done to tackle obesity. Recent research anticipates that by 2020, 17% of girls and 13% of boys aged two to 11 will be obese. As the Foresight report on tackling obesity describes, being overweight is becoming normalised, with people struggling to prevent weight gain and finding it difficult to be physically active enough every day to benefit their health.

That's why it is so heartening to read the Travel Actively annual review. Within these pages lies much of the solution to enabling people to lead active lifestyles by taking the common sense approach of incorporating physical activity into everyday journeys like cycling to school, walking to the shops, or joining with others to enjoy a social stroll or pedal in pleasant surroundings.

This isn't just about obesity and health. Getting people to walk and cycle will also contribute to reducing traffic and tackling climate change – and policies must reflect this. Evidence shows that people who use public transport are

more physically active than those who travel by car, so cycling and walking policies must be linked with wider transport policies.

Travel Actively is well on the way to enabling hundreds of thousands of people to be physically active by 2012, but if we want this level of everyday physical activity to become a trend that grows exponentially, we need to give people the space to make it possible.

Ultimately, our health and well-being will benefit immeasurably if governments focus investment in making communities, villages, towns and cities more pleasant places in which to travel actively, whether by foot, by bike or to reach public transport.

Stephen Joseph
Executive Director
Campaign for Better Transport

The consortium is led by
Sustrans and includes:



LOTTERY FUNDED

“ Pulling together partners at a local, regional and national level adds value to everyone’s work. ”



Active Travel in Ashington’s Walk for Water event in partnership with St Benet Biscop catholic schools

Partnership working – adding value

Veronica Reynolds

Partnerships Director at Walk England



The ambitious targets of Travel Actively could not be met without close relationships between a multitude of partners, not just within, but also outside our consortium.

Pulling together the expertise within our consortium partners enables us to provide more and better opportunities for people to choose active travel and to inspire others to make this a priority in their work.

At Walk England, we have established partnerships with a range of organisations and departments including the Departments for Transport and Health, the Olympic Delivery Authority, Primary Care Trusts and many local authorities. As well as being able to deliver against their outcomes on sustainable travel and health, they, in return, enable us to reach the people who will make up our beneficiaries. In particular, relationships with local agencies – through our regional walking networks – mean that we have a better understanding of the local issues and barriers to walking.

We can also use these relationships to generate interest in the consortium's work by encouraging referrals to our projects from general practice, day centres and workplace health initiatives.

The unified voice for active travel that has come about from working together has enabled Walk England to push walking up the

political agenda and secure significant funding from the Department of Health and support for walking.

This funding will be used to roll out the 2,012 Active Challenge Routes project, announced in the Government's recent physical activity strategy: Be active be healthy. This exciting new project to be launched in 2010 will address the cross-sector barriers to walking, from motivational barriers, to issues around perceived distance and time and poor quality walking environments.

Just as Travel Actively is greater than the sum of its parts, pulling together partners at a local, regional and national level adds value to everyone's work. In countries where there have been widespread and lasting changes in the way we move and travel, these have only been achieved with multi-pronged initiatives, sustained over at least a decade.

Similarly, the challenges of reversing the trend in the decline in walking and cycling will only be achieved if we all work together and tackle the issues by joining up our expertise and sustaining our effort.

Partner: London Cycling Campaign

Scheme: The Blue Wheelers

Location: London

Pupils and police officers teach each other new skills

When the Metropolitan Police signed up to teach cycling at a school for deaf children, they found that the pupils had a few things to teach them.



Blue Wheelers' project leader Police Sergeant Polly Rowell and her team at the Metropolitan Police Safer Parks team in Regent's Park and Primrose Hill initially worked with the Frank Barnes School for deaf children to teach road safety awareness. They then developed the link further by learning to sign so that they could communicate with the children directly. PS Rowell and her team recognised that once they could communicate, teaching the children to cycle was possible, presenting opportunities for social inclusion, transport and physical activity.

Deaf children are often excluded from cycling because of communication problems and balance issues, but once the team could sign, they were halfway there. Rather than expect the children (or the school) to fit in with existing arrangements, the team worked with the school to develop a better community environment into which the Frank Barnes pupils could then fit.

“
They're teaching us
at the same time as
we're teaching them.
And that's what
partnership working
is all about!
”

The cycle training was held near Regent's Park, as it is an ideal environment for children to learn to cycle. “We could actually help the children access something which those without hearing problems take for granted – riding a bike” said PS Rowell. By incorporating the local environment into the training sessions and using it to practice communication skills, the children become more and more confident riders. “The kids think it's great, not least because they're teaching us at the same time as we're teaching them. And that's what partnership working is all about!”

Result: The project is an excellent example of what can be achieved through partnership working, creating a workable community cycling model. The initial target was to reach 10 children but the project has been so successful it will now cover the whole school.

Partner: Ramblers

Scheme: Get Walking, Keep Walking

Location: Birmingham

Linking walking with the arts reaches a younger audience

When Get Walking, Keep Walking in Birmingham joined forces with one of Birmingham City Council's biggest annual free arts festivals, they attracted many new walkers from a range of ages and backgrounds.



Ghost walk actors and participants on the streets of Birmingham

Get Walking, Keep Walking project coordinator Mohini Howard works in a neighbouring office to ArtsFest and saw an opportunity to collaborate during the festival. Mohini set up a meeting with the organisers and they decided that her team would help create an interactive theatrical murder mystery walk in exchange for a free stall to publicise the Get Walking, Keep Walking project.

Alongside creative artist Juliet Raynsford, Mohini and outreach officer Sameena Parvaz put together a diverse group of young people to come up with some ideas, while volunteers Tony Holmes and Christine Merryman came forward to perform. An initial workshop was held with a group of 12 to 19-year-olds from different parts of Birmingham, helping them get to know each

other. They were asked to come up with ideas for a horror story, and Juliet then wrote a short play based on what they had said.

On the first day of ArtsFest, Mohini was delighted to find that the stall they had been allocated was directly outside Birmingham Town Hall. Having a stall in this prime location during the festival would enable them to publicise the Get Walking, Keep Walking programme and provide an opportunity to give away DIY walking packs and step counters. At the end of the day, the cross-generational performers took their positions and they set off for the Murder Mystery Walk. The story unfolded as they walked and 'happened upon' the characters. There was lots of laughing and chatting from the walking audience, with up to 100 people in attendance.

The performers and volunteers enjoyed the experience immensely and got a lot out of the walking performance. By linking walking with the arts, a wider range of participants from different ages and areas of Birmingham were reached that may not have ordinarily engaged with the project. Mohini said: "This is something we had not done before and it turned out to be a great success, helping us reach a younger age group."

“ This is something we had not done before and it helped us reach a younger age group. ”

Result: By working with a partner from a large community event, the project was able to engage with many more walking participants from a range of ages and backgrounds.

Partner: CTC

Scheme: Community Cycling Champions

Location: Colchester

Cycling builds confidence and activity levels at the same time

“Cycling fits in perfectly with our remit for health promotion by encouraging clients to be more physically active.”

Richard Monk, project officer for the CTC's Community Cycling Champions project in Colchester has established a regular programme of traffic-free bike rides for a group of clients from NHS North East Essex, which is helping to increase their confidence and activity levels at the same time.

Carolyn Rogers, occupational therapist and Clare Liddamore, technical instructor for NHS North East Essex, facilitate sessions at Oak House, a drop-in centre for adults with learning disabilities. Richard was invited to Oak House to do a presentation on cycling for the group. After seeing what he had to offer, the clients specifically asked to do cycling as a Tuesday activity. Carolyn and Clare now run this group with Richard on a fortnightly basis. Carolyn said: “cycling fits in perfectly with our remit for health promotion by encouraging clients to be more physically active, helping them to have healthier lifestyles whilst promoting green transport around the town.” It is now a popular activity that the clients look forward to and try not to miss.



The group cycling to High Woods Country Park

Regular participant 62-year-old Richard Fretwell said: “It’s good to be going out as a group because you get to make friends as well.” Mark, another participant agrees: “I prefer being with a group as I’m not as confident on my own – the group makes me feel safe.”

Sandra hadn’t cycled for 20 years. After some retraining with Richard, along with a few other members of the group, they are all now on the way to completing Bikeability, the new cycling proficiency standard. After a visit to Re-cycle, a local bike recycling charity, Sandra recently purchased her first bike. She said of the project: “It’s nice to get out with everyone and get some exercise.”

The group has been cycling regularly for a few months, growing in number as the word spreads. Many had very little cycling experience and the increased confidence has been marked. They are at different levels of ability, but they ride together and support each other as they learn and improve. And they are not the only ones – Richard is in the process of setting up training for both Carolyn and Clare to be ride leaders so they can make the cycling sessions sustainable for the long-term.

Result: By working together, Richard, Carolyn and Clare have provided a cycling activity that fulfils both health remits and what clients at Oak House wish to do. Once Carolyn and Clare are trained to lead rides, the project will be secured for the future.

Partner: Living Streets

Scheme: Fitter for Walking

Location: Sunderland, Newcastle and Gateshead

Group effort transforms local area

Byker link before



Byker link after



A group in Byker joined forces with Living Streets and Newcastle Council to improve a shared cycle and pedestrian traffic-free route in their area, resulting in council action and a clean-up that enabled and encouraged more residents to use it.

Peter Riddell, regional coordinator for Living Streets' Fitter for Walking, set up the project with Friends of St Lawrence Park (FSLP). They were concerned about access to the park, specifically from the Byker Link. The Link is an extremely important community resource, as it enables access to the park from the Byker Estate, providing a safer walking route for residents than the surrounding busy streets.

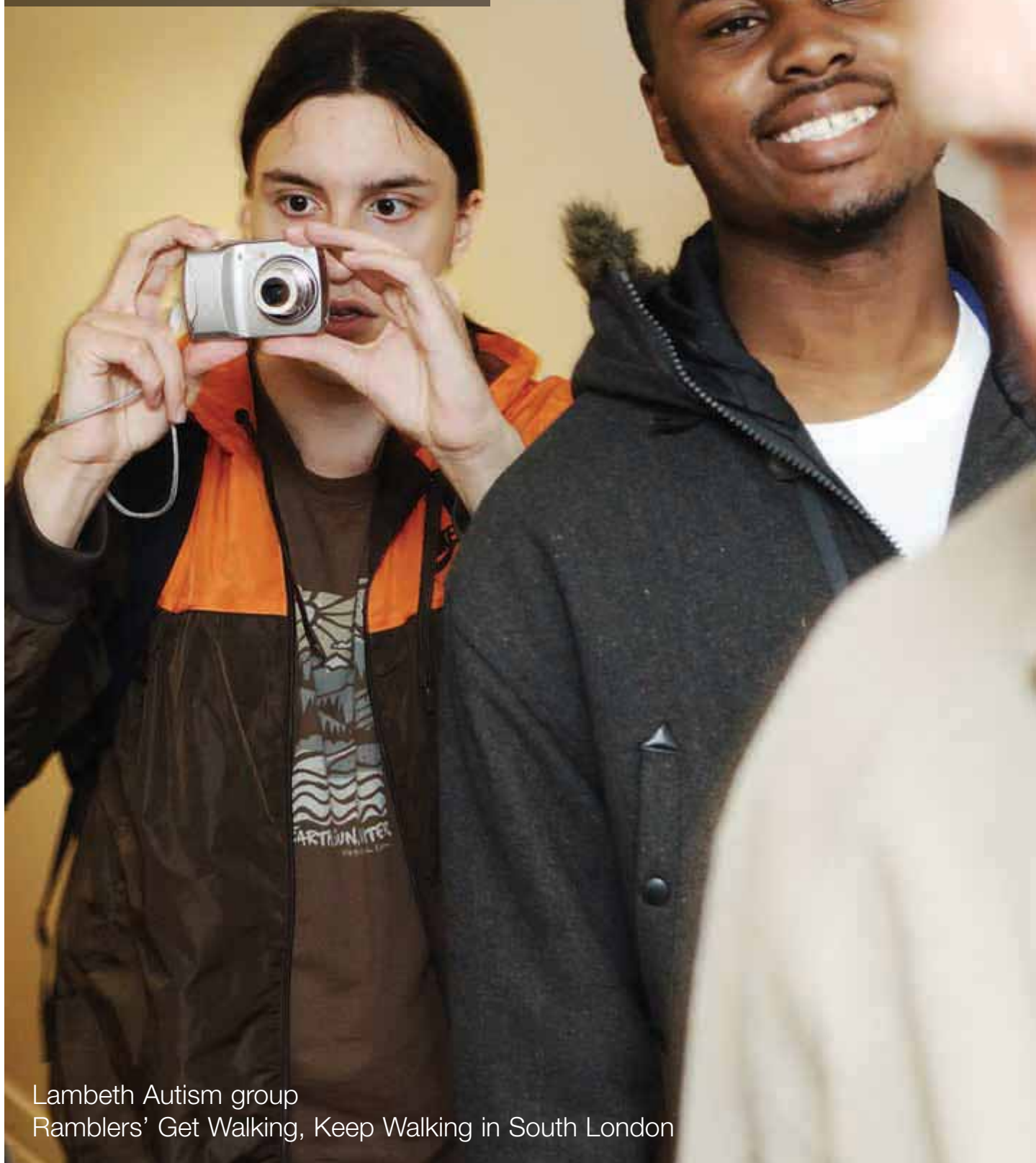
Peter and the group, along with local residents, held a street audit to look at the Byker Link and the condition of the local walking environment. The audit noted that along with the vegetation that needed to be cut back, a section of pathway where the route reaches the local shops on Shields Road was blocked by a large smoking shelter attached to a Bingo Hall.

With the audit complete and recommendations made to the council, the legitimacy of the shelter was investigated. It was found to be unauthorised and was removed, restoring the pedestrian right of way.

A community clean-up day was held on the Byker Link in partnership with the Council. Participating were local residents, naval volunteers and council staff. It saw the removal of vegetation encroaching upon the footpath and cutting back of thick vegetation adjacent to the path, uncovering a number of stone seating features which are now used by walkers. Residents have commented that it has never looked so clean. The FSLP and Living Streets have promoted the route to a local walking group, who previously had to leave the area to enjoy their walks, and to children and families at the primary school to encourage access to the park facilities along the route. Their ownership of the space has also resulted in a number of smaller follow-up clean-ups.

Result: By enabling the community to work with the council and implement what they need to improve the local area, a previously little-used traffic-free route is now being used regularly by residents.

“
Enabling regular physical activity plays a major role in maintaining both mental and physical well-being.
”



Lambeth Autism group
Ramblers' Get Walking, Keep Walking in South London

Improving physical and mental health

By Malcolm Shepherd, Chief Executive, Sustrans



The World Health Organisation's definition of health is 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

This wide interpretation makes complete sense because mental health and well-being are vital to quality of life, and have a profound effect on how well people function at home, at school, socially and at work.

Whilst the benefits of physical activity for physical health are well understood and documented, the benefits for mental health have been less accepted and reported. This is changing, which is good news because at least one in six people in Britain lives with mental health problems, with significant associated costs for our health services and the wider economy.

Evidence is beginning to demonstrate that physical activity can be effective in improving mental well-being and is effective as a treatment for clinical depression and anxiety. Enabling regular physical activity plays a major role in maintaining both mental and physical well-being.

Add this to the body of evidence that physical activity reduces death and disease from coronary heart disease, stroke, diabetes, obesity, osteoporosis and some cancers, and you have a compelling case for enabling people to lead active lifestyles.

One of the easiest ways of achieving this is by providing the opportunity for people to incorporate physical activity into their daily lives. As the name suggests, much of Travel Actively's work focuses on encouraging people to be active as they get around, whether for recreation, to get to school, work or the shops or to visit each other.

This is the key to Travel Actively's success. Making it easier, safer and more attractive for people to choose to walk and cycle for their local journeys enables them to be physically active everyday. They do not need to commit extra time or invest in special clothing – physical activity, like brushing your teeth, simply becomes part of the daily routine.

Partner: Living Streets

Scheme: Fitter For Walking

Location: South Yorkshire

Bentley Day Service gets walking

When project coordinator Jim Shaw started working with Bentley Day Service in Doncaster, he encouraged clients, who took very little exercise, to get outdoors and get to know their community better.

Bentley Day Service team leader Nicola Naylor works with adults with a range of mental and physical disabilities from across Doncaster. Exercise for the group tended to be confined to short indoor sports sessions. Nicola saw the project as a chance to get them outdoors, walking in a safe and organised way.



The group arrives at Bentley Park

Jim and Nicola organised a series of fortnightly led walks to the park, starting from the church hall, following slightly different routes each time to the pavilion in the local park. The group gained confidence from walking on familiar streets and had the assurance of walking very similar distances each time. Jim says: “The clients took very little exercise throughout the week and for some, this was the only time they spent outdoors and they really appreciated being out in the fresh air.”

Many of the clients would be ready well before the set-off time and were keen to show Jim their walking boots and coats. Jim says that although most of the clients were not able to articulate their feelings personally to him, “there was always an air of excitement in the hall as I arrived for each of the walks.”

“
There was always
an air of excitement
in the hall as I
arrived for each of
the walks.”

In addition to getting the group walking, they also got to meet members of their community. Many passers-by and pedestrians would wave, say hello or good morning as they passed, and the staff in the Pavilion tea room would always make time to sit and talk to some of the clients when they stopped for tea.

The staff and carers also really appreciated the time Jim invested in their group. It was an equally refreshing opportunity for them to be outdoors and to interact with their clients in a much more relaxed environment. As a consequence, the group were awarded the Fitter for Walking ‘Standard’, recognising progress towards a healthier lifestyle.

Result: The staff have pledged to carry out similar walking plans with their future client groups at other day services in which they will be working, enabling more people to walk.

Partner: Sustrans

Scheme: Active Travel

Location: Luton

Dad of nine sheds two stone in eight weeks

Commuting by bike has helped Colin Smith pedal his way to a healthier and happier lifestyle. He lost two stone in just eight weeks after taking up an offer of a free loan bike from Sustrans' Active Travel project in Luton as part of an NHS healthy weight programme.



Colin said: "With five sons and four daughters it's difficult to find either the time or the money to get to the gym, and I felt a bit embarrassed to get into my swimming trunks with my belly hanging out. So I decided to try cycling despite not having ridden since I was a teenager." He visited the Sustrans project who gave him a loan bike and advice to get him started. "The team really helped give me the motivation to take up cycling by explaining the various health benefits."

He started to cycle the journey to work a few times a week. The five-mile commute from Hatters Way to Luton town centre included three miles of the National Cycle Network, enabling him to ride most of the journey on traffic-free or traffic-calmed routes. He said: "To begin with, I was shattered and would cycle in and get a lift home from my wife Sandra, which really helped. Then she'd take me in the next morning and my bike would still be at work for me to ride home on. I built up my fitness from there."

"Getting to work is a journey I have to make everyday, so it's quite easy to allocate a bit more time to go by bike. I can push myself to ride fast or relax a little bit depending on how I feel, which will make it much easier to stick with than other weight loss programmes."

“
I've got so much more energy to take my kids down to the park or on a weekend bike ride.
”

Colin now weighs four stone less than his 21 stone peak. "I've really toned up and this has given me the confidence to get back into my swimming trunks and take my mum for an early swim some mornings. I've got so much more energy to take my kids down to the park or on a weekend bike ride."

Sustrans project coordinator Sarah Leeming said: "Colin's achievement is fantastic and shows how much healthier we can all become by choosing to walk or cycle for more of our everyday journeys."

Result: By getting information, motivation and access to a bike to cycle to work, Colin and others like him can incorporate physical activity into their daily routine, getting fitter, healthier and happier.

Partner: Ramblers

Scheme: Get Walking, Keep Walking

Location: East London

Walking referrals help doctors and patients



The group celebrates its fourteenth week of walking

After working with Ramblers to set up a walking group that she could refer patients to, Dr McAdam-Freud improved not only the health of her patients, but also gained two trained walk leaders from her clinic to lead walking sessions.

Lansdowne Medical Mission in East Bermondsey worked with Ramblers to deliver the Get Walking, Keep Walking 12-week walking programme. It was set up for patients and other people in the locality to be referred to, giving them access to a regular walking group. The walks were led by Assistant Practice Manager Sonia McVinnie and Health Care Assistant Perri Willoughby. They were trained and accredited as walk leaders and led the walks, using the plan they were given. The

“ I have noticed how my health has improved, and I’ve lost weight too. ”

participants were provided with free step counters to monitor their progress on a daily basis, to see if they could reach their designated target of steps.

The group comprised 20 to 40 patients each week, walking for around an hour within their locality in south London. They covered four different routes, incorporating various local attractions.

Dave Nicholls and his wife have walked with the group since it started in July. Dave is a patient at Lansdowne and says that the walks have improved aspects of his health. He suffers from asthma and since he started the walks, sticking to his daily goals, says that: “I have noticed how my health has improved, and I’ve lost weight too.” Dave also enjoys the social aspect of the walks, saying: “The group is full of warm and friendly people. Everybody gets on and encourages each other, and there is a lot of laughter, too.”

The group decided to celebrate their success and achievements by organising coffee and cake at the local coffee shop at the end of fourteen weeks’ walking together. Even though they have now completed the programme the group still wants to continue walking.

Result: By using the Ramblers’ 12-week walking programme, the clinic has improved its range of health services by being able to refer patients to walking to improve health.

Cycling together improves a whole family's health

The Gosney family from Exeter participated in a local Sustrans TravelSmart project and soon discovered that using their bikes for more of their routine journeys was easy and enjoyable, and brought considerable health benefits.

A few years ago Suzanne Gosney was given some poor advice from a bike shop and ended up buying a bike that was too large for her. This resulted in a loss of confidence and she ended up leaving her bike redundant in the shed. When Suzanne heard about TravelSmart she decided to take up the team's offer of a home advice session with their cycling advisor.

The family received a home visit from TravelSmart's Toni Vernelli, who was able to offer Suzanne practical tips on choosing the right kind of bike and encouragement to get cycling again. After her visit, the Gosneys started to use their bikes for leisure rides at the weekends, and regular weekday journeys.

Suzanne's husband, Richard, was spurred on by the visit to use the car less, and now travels to his evening classes by bike: "It was just really good timing. We'd been going on leisure rides as a family but Sustrans brought all the other travel possibilities to the forefront of my mind. If this hadn't happened I don't think I would be going to my evening computer course by bike. It just makes you think there's an alternative. I cycle into town because it only takes me about five minutes more on the bike than by car and it's a lot more enjoyable than sitting in traffic."

“Sustrans brought all the other travel possibilities to the forefront of my mind.”

Richard has also noticed a significant improvement in his health: "I suffer from asthma and when I took part in sports – and even when I started out cycling – I found there was too much strain on my lungs, but the weight's come off as I've done more cycling and breathing has become very easy. It's been great! It's like being a kid again, going back to when you were young and could zoom up and down on your bike, never getting out of breath."

Now the whole Gosney family is cycling more often. Along with Richard's trips to evening classes, Suzanne's renewed confidence has meant that she is determined to give commuting to work a go, and son Dan is currently taking a Bikeability Stage Two course that will give him the road skills to cycle himself to secondary school.



The Gosney family plan their next bike trip

Result: A visit from a Sustrans TravelSmart advisor helped the Gosney family discover how easy it is to switch to healthier, sustainable ways of getting around, when and where it suits them best.

“ Our work isn't just about the act of cycling or walking. Giving people mobility changes lives. ”



Wheels for All, Active Travel in Hyndburn

Active travel for everyone

By Kevin Mayne, CEO of CTC -
the UK's national cyclists' organisation



We can show that the term 'hard to reach' is a complete misnomer. We are demonstrating daily that there is demand for active travel and recreation in every part of society.

When CTC was considering which projects to bring to the Travel Actively portfolio, we decided to focus on those who apparently find it hardest to get the benefits of active travel and recreation.

It's very easy to fall into the habit of using checklists to describe the communities we work with: people with disabilities and mental health issues; black and minority ethnic communities; older people; women and girls; people on low incomes and refugees. But it's not about the lists – behind all of these descriptions are real people with names and lives. Placing ourselves inside their communities, listening to their concerns, providing resources, education and relevant role models, we are constantly demonstrating that these interventions really work.

Government, primary care trusts and local authorities all have targets and policies for these communities. What Travel Actively has is the expertise and lasting results that could be replicated throughout the country with the right investment.

Our work isn't just about the act of cycling or walking. Giving people mobility changes lives.

The confidence to walk and cycle reduces dependency on cars and public transport, and enables people to reach out beyond their immediate neighbourhoods for jobs, for leisure and for things other people take for granted like shopping.

And it feels very special too. Every time I visit one of our projects, I am overwhelmed by the smiles: the father who has never been able to play with his son can now share an adapted bike; the group of blind cyclists having the adventure of a lifetime on the back of a tandem; the cycling club for women from an Asian background who just wanted to cycle with their children – and ended up creating their own charity bike ride. Each and every one smiling as they change their lives.

The moment a person with a disability grasps the handles of an adapted tricycle and sets off for their first ride almost brings tears to my eyes whenever I see it. There is nothing we can do that is more rewarding, more life-affirming.

Walking and cycling: good for you, good for society – and fun!

Partner: CTC

Scheme: Community Cycling Champions

Location: Sheffield

Cycling enables mum to travel with her children



Caroline loves her new trike

Caroline Waugh used to rely on her electric scooter for transport. After completing a 12-week 'Cycle for Health' course on a tricycle, she has now cancelled her mobility scooter rental and cycles her kids to school most days.

Caroline has a disability caused by brain damage which she sustained in a road traffic accident when she was 21 and has since used her scooter to get around, or relied on lifts from friends and relatives in a car. She wanted to lose weight by incorporating an activity into her everyday life that didn't depend on others' help.

Caroline explains: "I try to go swimming twice a week, but my lift there is often cancelled. I'd like to walk the kids the mile to school for exercise, but there are too many kerbs to go up and down – I'd end up in casualty! So I go on my mobility scooter, even though I am under the age of 60 and my hair isn't blue."

“
I'm happier than
I've been in ages.”

After reading up on the subject and making enquiries about getting hold of a trike, Caroline received an email from Independent Living Sheffield, a group that works with Steve Marsden. Steve is a project officer for CTC's Community Cycle Champions in Sheffield that runs Cycle for Health, a 12-week programme that introduces cycling to people who have had health issues or want to get healthier and more confident on a bike.

Steve invited Caroline to Endcliffe Park the next day, and said he would take a trike there for her to try. "I didn't sleep a wink all night, I was so excited," said Caroline. She arrived, tried the trike and cycled round the park with the group. "I could do it!" she beamed.

Now having completed the course, there is no stopping her. She cycles the school run with her children at least once a day, does the shopping and cycles to the bus stop. She feels self-sufficient and isn't reliant on her scooter anymore.

Caroline says: "I'm cycling now and I'll keep doing it. I'm happier than I've been in ages."

Result: Access to a trike has given Caroline and others who need adapted bikes a new lease of life, access to regular activity and a new found independence.

Partner: Sustrans

Scheme: Bike It

Location: Stockport and Rochdale

Parents and pupils learn how to cycle together

“ I feel in order to engage the children in activities like Bike It, the parents must be involved as well. ”

When Sustrans' Bike It came to Little Heaton primary school to promote cycling as a viable mode of transport to and from school for pupils, parents also got the opportunity to learn how to cycle and maintain their bikes with help from Sustrans' Bike It officer Nes Brierley.

Nes works with schools in Rochdale and Stockport, and has started running parents groups in many of them. This was set up so parents could get involved in cycling with their children. Little Heaton's headteacher Lindsay Addington found this a good idea, saying "I feel in order to engage the children in activities like Bike It, the parents must be involved as well."

At Little Heaton, many of the parents were lone mothers who told Nes they had little experience or knowledge of bike maintenance, helmet fitting or bike riding. Nes decided to hold a meeting for parents who were interested in attending parent-specific workshops to identify their needs.

After the meeting, Nes ran a bike helmet fitting session and purchased cost price helmets for parents who were otherwise unable to afford them. Further sessions included bike maintenance and cycle confidence. Nes felt that it was important the children were not present during the workshops as they distracted their parents, and so arranged for them to attend the school's 'after school club' during the parents' workshops.

Nes says: "By sharing knowledge and skills that they can pass on to their children, they can go on to organise community bike rides, cycle skills and bike maintenance workshops."

Nes then ran a cycle to school day in November with a 'bright bikers' theme. Every pupil (cyclists and non cyclists) wore the brightest and most clashing coloured clothes they could find. The day was a great success, as usually no pupils cycle to school at all, but on that day the school saw many pupils and parents cycling in. Lindsay Addington said "I really enjoyed the Bike It sessions, and so have all the pupils and parents."



The cycling school run

Result: After setting up parent-specific sessions to learn cycling and maintenance, parents can now cycle with their children and help maintain their bikes. Nes is now setting up similar parent's groups in the other schools that she works in to achieve the same result.

Partner: London Cycling Campaign

Scheme: Bede Cycle Project

Location: London

Bikes so everyone can cycle

A grant from London Cycling Campaign (LCC) has ensured that all service users at Bede House can learn to ride a bike and cycle together as a mixed-ability group.



The Bede House organisation provides resources and support for adults with learning difficulties and special needs. The LCC awarded a grant to help them develop a cycling element to the activities that they offer and to purchase an array of bikes, including three-wheeled trikes.

Bede House already had a few bikes, but because they were all two wheelers, quite a few clients couldn't join in. Project worker Sarah said: "Now we've got new trikes, everyone who wants to ride can, which means that they now get that feeling of freedom that cycling gives you – the wind in your hair, the ability to get places quicker and just being out and about."

Trying the new bikes and trikes in the park

“ Watching them cycle, all signs of any behavioural difficulties or confidence issues disappear. They're just young people out enjoying a ride on their bikes in the summer sunshine. ”

Now Bede House has two weekly cycle groups. When LCC project officer Belinda Sinclair visited the project, she spoke to Emmanuel*, one of its regular riders. When choosing a bike, Emmanuel said: "I'm going to ride this one, I like it because I can go fast and I like braking. But I will be careful because I'm good at riding."

Craig*, another young service user, made a beeline for one of the new trikes and said "I like it because I like riding it and I like being with my friends."

Seeing the group in action, Belinda said "Watching them cycle, all signs of any behavioural difficulties or confidence issues disappear. They're just young people out enjoying a ride on their bikes in the summer sunshine."

She then noticed that Craig had got off his trike and was pushing it along. Explaining why, project worker Sarah said: "One of the things Craig does when he's happy, is push things. It might look like he's got off because he's had enough, but I know that's not the case. He's pushing it because he's having a great time."

Result: By gaining access to the right equipment, and with a programme tailored for cyclists of all abilities, service users can discover independence through cycling together.

*Names have been changed to preserve confidentiality.



At the close of 2009
Travel Actively projects
will have reached
250,000 people,
bringing us closer to
our target of 1.8 million
more people having
opportunities to be
more physically active
by 2012.

By focusing on regular journeys and addressing people's motivation for walking and cycling we are helping to develop healthier lifestyles and improving well-being.

In 2010 the projects will be building on their success and setting up more initiatives, reaching more people to enable them to travel actively.

More details about the consortium and its projects can be found at www.travelactively.org.uk

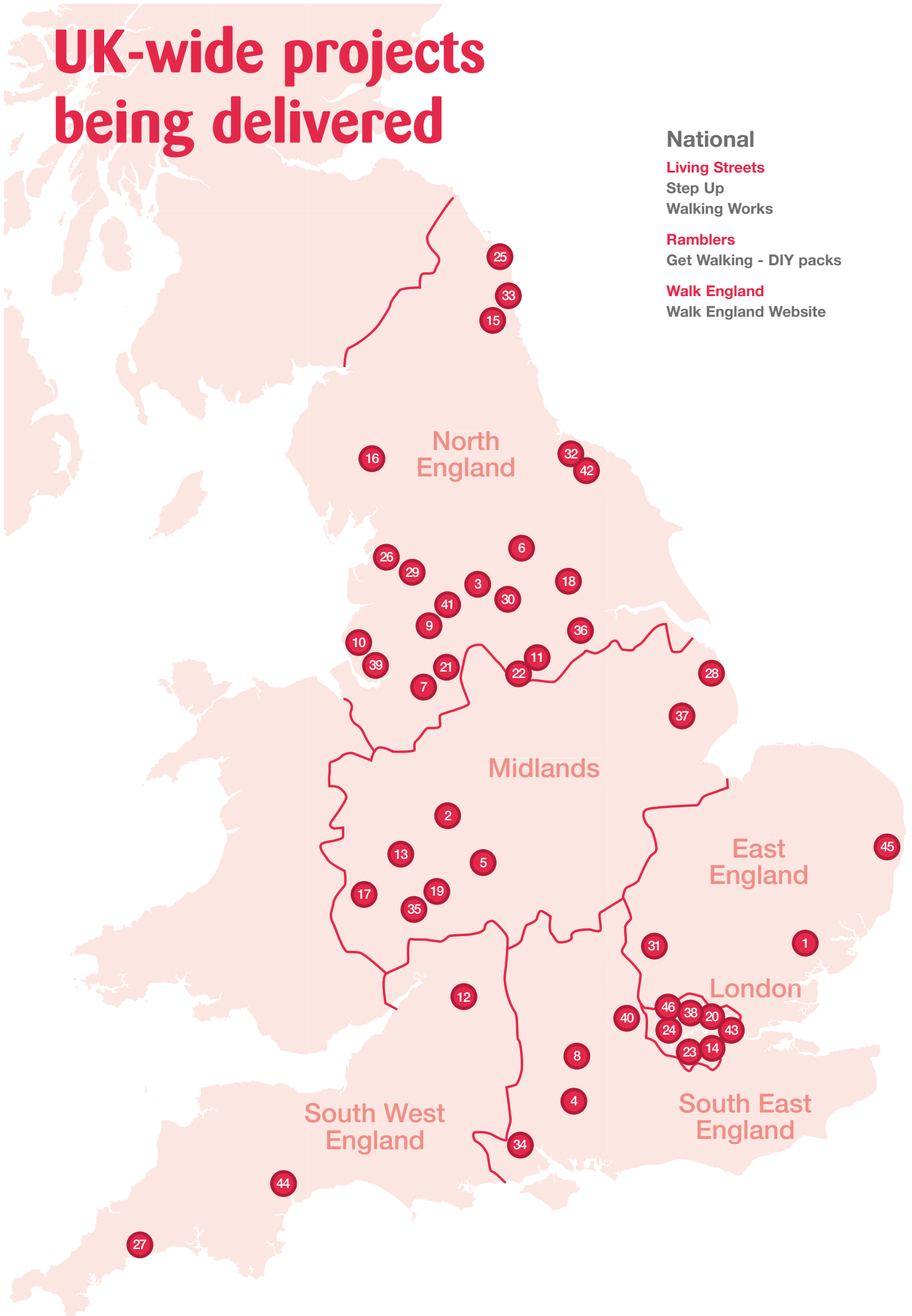
UK-wide projects being delivered

National

Living Streets
Step Up
Walking Works

Ramblers
Get Walking - DIY packs

Walk England
Walk England Website



Regional

CTC – the UK’s national cyclists’ organisation – Community Cycling Champions

- 1 Colchester
- 2 Derby
- 3 Bradford
- 4 East Hampshire
- 5 Leicester
- 6 North Yorkshire
- 7 Manchester
- 8 Reading
- 9 Rochdale
- 10 Sefton
- 11 Sheffield
- 12 Swindon
- 13 Wolverhampton

Living Streets – Fitter for Walking

- 14 London
- 15 North East
- 16 North West
- 17 West Midlands
- 18 South Yorkshire

Ramblers’ – Get Walking, Keep Walking

- 19 Birmingham
- 20 East London
- 21 Manchester
- 22 Sheffield
- 23 South London

London Cycling Campaign

- 24 Community Cycling Champions London

Sustrans – Active Travel

- 25 Ashington
- 26 Chorley and South Ribble
- 27 Cornwall
- 28 East Lindsey
- 29 Hyndburn
- 30 Leeds
- 31 Luton
- 32 Stockton
- 33 North Tyneside
- 34 Southampton

Sustrans – Bike It

- 35 Birmingham
- 36 Doncaster
- 37 Lincolnshire
- 38 London
- 39 Merseyside
- 40 Slough
- 41 Rochdale and Stockport
- 42 Stockton and Middlesbrough
- 43 Basildon and Thurrock

Sustrans – TravelSmart

- 44 Exeter
- 45 Lowestoft
- 46 Watford





Contact us

Travel Actively, 2 Cathedral Square, Bristol BS1 5DD
 info@travelactively.org.uk
 Visit our website at www.travelactively.org.uk

Photo credits

All photos: J Bewley/ Sustrans staff
 Except:
 p. 6 and p.20 Belinda Sinclair
 p.7 and p.14 Ramblers
 p.8 CTC
 p.9 and p.12 Living Streets
 p.16 Mark Taylor
 p.18 David Bocking
 p.19 Little Heaton Primary School

Design
 trm:vs
www.trmvs.co.uk

©2009 Active Travel Consortium

travelactively
 walking and cycling for health and well-being