

# Wales resource list for school travel initiatives

Information for parents and schools



## Introduction:

Included in this information sheet are organisations that provide useful support, advice and resources for setting up, developing and continuing school travel initiatives in Wales. This is by no means a complete list, a good place to find additional helpful information is to look on the links pages on the websites mentioned in this sheet.

Local authorities often produce their own resources. To find out what is available contact your local authority or look on their website. Alternatively the Sustrans school travel department will be happy to point you in the right direction [schools@sustrans.org.uk](mailto:schools@sustrans.org.uk) or call 0117 915 0100.

## Key Policies

### National and Regional Transport Plans

The Welsh Assembly Government's first plan for an integrated transport system in Wales. It builds on previous plans, integrating public and community transport, walking and cycling. The National Plan is supported by four Regional Transport Plans.

w: <http://wales.gov.uk/topics/transport/ntp/?lang=en>

### National Transport Survey Wales

Provides facts and figures on travel behaviour in Wales.

w: <http://wales.gov.uk/topics/statistics/publications/transport2009/?lang=en>

### Walking and Cycling Action Plan for Wales 2009-13

This Action Plan brings together all the key initiatives which the Welsh

Assembly Government and its partners are undertaking or planning to undertake in support of increasing walking and cycling in Wales. A key aim of the plan is to help secure a change in behaviour - so that more people, young and old, walk and cycle more often. Regarding Travel to School, the Strategy has two targets:

Walking: Increase the percentage of children who walk to school to match the UK National Average from its current level of 39% to 46% in 2013.

Cycling: To triple the percentage of children cycling to school in Wales, from one per cent (ages 11 – 16) and

two per cent (ages 7-11) to three per cent and six per cent respectively in 2013.

w: <http://wales.gov.uk/docs/desh/publications/090223walkingactionplanen.pdf>

## Creating an Active Wales

Outlines how Wales will encourage increased levels of physical activity by 2020 to deliver health and well-being improvements.

The plan has two measurable high level targets which aim to get everybody to do 'one day more'. For children, the target is to shift the average point of physical activity for 11 to 16 year olds from 60 minutes per day on 3.9 days to 60 minutes per day on 4.9 days by 2020.

w: <http://wales.gov.uk/docs/phhs/publications/activewales/100121actiwewalesen.pdf>

## Key Transport Resources

### Sustrans School Travel Service

Information sheets, templates, contacts and general support for your efforts to encourage more pupils to cycle and walk to school.

w: <http://www.sustrans.org.uk/schooltravel>

### Traveline Cymru

Information about public transport services, including a journey planner.

w: <http://www.traveline-cymru.info/>

### Cycle Training

Cycle training in Wales is usually provided to schools through local authority road safety departments. The CTC, in partnership with the Welsh Assembly Government and Sport Wales, are rolling out National Standards for Cycle Training in Wales and its brand which is called Bikeability. The CTC website lists independent cycle training instructors in Wales.

w: <http://www.ctc.org.uk>

w: <http://www.bikeability.org.uk/>

### CTC Cymru

Welsh arm of the Cyclists' Touring Club, promoting and supporting cycling in Wales.

w: [www.ctc.org.uk](http://www.ctc.org.uk)

### Welsh Cycling Union

Governing Body of cycle sport in Wales. Welsh Cycling provides information about performance cycling, coaching, equipment, insurance and membership. Their Go-Ride scheme introduces young riders to the world of cycle sport and provides a platform to improve bike handling skills.

w: <http://britishcycling.org.uk/wales>

### Living Streets

A national campaign to win back the streets from traffic and make the places people want to walk and spend time in safe and clean. Living streets are also co-organisers of Walk to School Week ([www.walktoschool.org.uk](http://www.walktoschool.org.uk)).

w: <http://www.livingstreets.org.uk>



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[Creating an Active Wales] acknowledges the need to enable people to become more physically active through creating an appropriate environment supported by targeted programmes that create behavioural change.

Welsh Assembly Government, 2009,  
Creating an Active Wales

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## Supporting Safer Travel in Wales

### Safe Routes in Communities

In 2008, the Safe Routes in Communities programme replaced the Welsh Assembly Government's Safe Routes to School initiative. Schools remain part of this initiative.

Please check your local authority website and make contact with your School Travel Officer for further guidance.

### Road Safety Wales

Road Safety Wales develops and co-ordinates Wales' road safety initiatives and campaigns. It works closely with all 22 Local Authorities in Wales, the Welsh Assembly Government, the four Welsh Police Forces, the three Fire and Rescue services, Welsh Ambulance Services NHS Trust and the Royal Society for the Prevention of Accidents to ensure a co-ordinated approach to road safety in Wales.

w: <http://www.roadsafetywales.co.uk/>

## Health

### NHS Wales – Health of Wales Information Service

Information and advice about all kinds of health related matters in Wales.

w: <http://www.wales.nhs.uk/>

### Change4Life

A nationwide campaign raising awareness about the importance of healthy lifestyles. The website has many free to use colourful resources aimed at families and young people.

w: <http://www.wales.gov.uk/change4life>

### Health Challenge Wales

Guidance and information about physical activity and how small changes can lead to big benefits.

w: <http://wales.gov.uk/hcws/healthchallenge/?lang=en>

### Physical Activity and Nutrition Networks Wales

The Networks support individuals, organisations and sectors that have a role improving nutrition and levels of physical activity in Wales. The websites provide access to information and a forum for sharing knowledge and good practice.

w: <http://www.physicalactivityandnutritionwales.org.uk/>

## Youth

### Canllaw Online

A not for profit organisation which develops and supports information services for young people in Wales.

w: <http://www.canllaw-online.com/>

### Welsh Youth Forum on Sustainable Development (WYFSD)

A youth led organisation for young people who are interested in creating a secure and sustainable future for all.

w: <http://www.wyfsd.org>

### Schools Initiatives

#### Eco Schools - Wales

An environmental award scheme for schools which requires a whole school approach to tackling issues, including school travel. Schools that register for the award scheme and complete all the relevant elements receive the Green Flag Award.

w: <http://www.eco-schoolswales.org/>

#### Welsh Network of Healthy School Schemes

Supports the development of local healthy school schemes within a national framework, encouraging the development of health promoting schools in their area.

Advice and guidance within the national framework, including national aims and guidance on local and national roles, is offered to local schemes through publications and national networking events. Contact your local authority to find your local Healthy Schools Coordinator.

#### 5x60

Based in secondary schools, 5x60 officers consult with pupils, listening to their needs and the reasons that prevent them from participating in physical activity, before developing a suitable programme of activities. The activities will be mainly targeting individuals that are less active and prefer not to participate in PE.

w: <http://www.5x60.org.uk>



## Further information

Visit the School Travel website [www.sustrans.org.uk/schooltravel](http://www.sustrans.org.uk/schooltravel) for:

- latest news and information on Safe Routes to Schools
- specific information and events for each of the UK regions
- downloadable resources including other information sheets
- case studies, curriculum materials and newsletters

**For School Travel enquiries call 0117 915 0100 or email [schools@sustrans.org.uk](mailto:schools@sustrans.org.uk)**

## About Sustrans

Sustrans makes smarter travel choices possible, desirable and inevitable. We're a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day. We work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today. [www.sustrans.org.uk](http://www.sustrans.org.uk)

Head office: Sustrans, 2 Cathedral Square, College Green, Bristol, BS1 5DD  
[www.sustrans.org.uk](http://www.sustrans.org.uk) School Travel info line: 0117 915 0100

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Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

