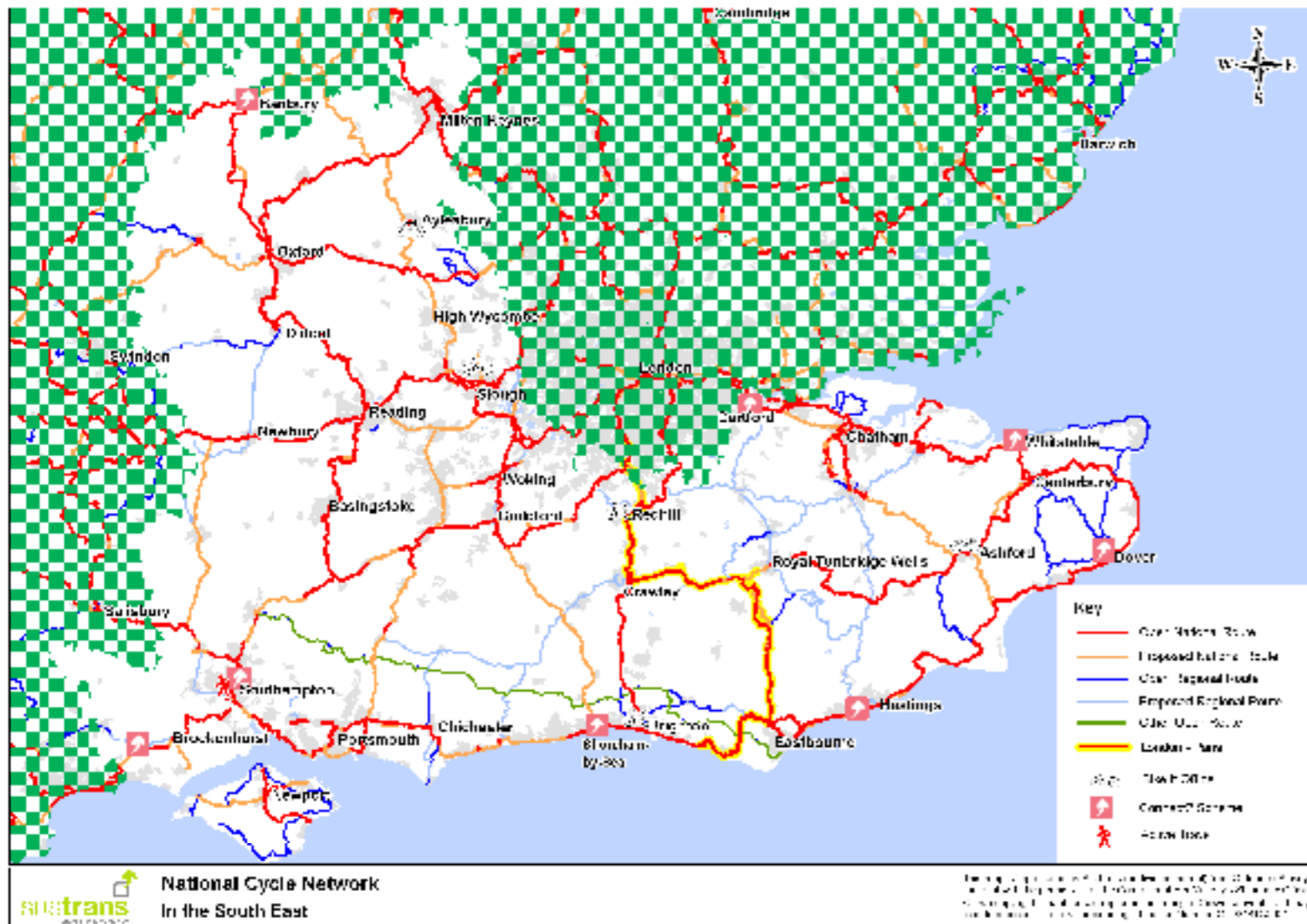


# Sustrans South East Regional Plan 2006/11

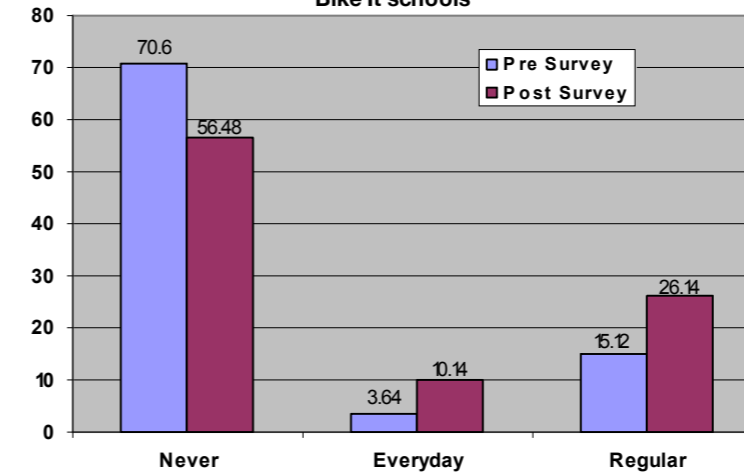
Annual Report  
2009/10



## Dramatic increase in cycling at Bike It schools

Once again results show that Sustrans Bike It is making a real difference and meeting transport, education and health objectives. During 2008/09 there was a near doubling in the number of pupils cycling on a regular basis, as well as those cycling everyday. And whilst less than 4% of pupils said they had cycled to school on the day the survey was taken, this had increased to over 10% by the end of the year!

**Bike It works: Data for the South East 2008/09**  
Increase in frequency of children cycling to school at Bike It schools



### Connect2

Dover has been accepted onto the Connect2 programme in the South East, joining the schemes at: Holmsley (New Forest), Southampton, Shoreham-by-Sea, Hastings & Bexhill, Whitstable & Reculver, Dartford and Banbury. The second phase of works in Dartford, including two new bridges over the River Darent, is underway and due to complete in June 2010. The Itchen Riverside Boardwalk in Southampton is on site and due to complete in July 2010. Keep up-to-date with the progress of Connect2 at [www.sustransconnect2.org.uk](http://www.sustransconnect2.org.uk)

### National Cycle Network

Our best-known project is a comprehensive network of safe and attractive routes, one third on traffic-free paths and the remainder on traffic-calmed or minor roads. In the South East, the Network has expanded from 1310 miles in March 2009 to 1363 miles in March 2010. With the kind support of several Local Authorities, we have published a new map/leaflet to promote the NCN in the region. This is available to download from [www.sustrans.org.uk/sustrans-near-you/south-east](http://www.sustrans.org.uk/sustrans-near-you/south-east)

### Links to Schools

With funding from Cycling England, Sustrans continues to work closely with local authorities across the region to identify and implement suitable links, which make a real difference to school journeys. In 2009/10, 11 grants with a total value of £1.5 million were awarded for links in Canterbury, Haddenham, Chalfont, Hamble, Stone, Stoke Mandeville, Maidenhead, Portsmouth, Eastleigh, Gillingham and Dorking.

### Active Travel

Our Southampton Active Travel project, StreetTread, is now into its third year of working with Priority Neighbourhoods to encourage physical activity and wellbeing. The project is part-funded by the Big Lottery Fund through the Active Travel Consortium, along with Southampton City Council and the Primary Care Trust. For more information please visit [www.sustrans.org.uk/what-we-do/active-travel](http://www.sustrans.org.uk/what-we-do/active-travel)

### Bike It

There are five Bike It Officers across the region, based in Aylesbury, Brighton, Ashford/Canterbury, Reigate and Slough/South Bucks. Each officer works with 12 schools for one year, overcoming the barriers to cycling to school. More information at [www.sustrans.org.uk/what-we-do/bike-it](http://www.sustrans.org.uk/what-we-do/bike-it)

### Contact

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Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people 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)

As walking and cycling are promoted by the new government as essential components of a modern transport infrastructure which improves well-being and quality of life, and at a time when budgets are being squeezed, Bike It offers tremendous value for money costing as little as £26 per child for a full academic year of activity and engagement. Meanwhile, the results Bike It has been achieving in increasing physical activity amongst school children has not gone unnoticed amongst our health communities.

In Reigate and Banstead 15,500 cycle journeys were made to school in just 20 days during the March 2010 National Virtual Bike Race, whilst Brighton's more localised challenge saw over 9,000 cycle journeys made to Brighton Bike It schools in one week alone.

Bike It's educational programme is also gaining status as health workers across the region work to tackle childhood obesity. Bike It Officers have been hosting health themed days with the whole school receiving a full day dedicated to the teaching of the importance of healthy eating, fitness, and how pupils can get their recommended one hour of exercise a day. Even foundation classes receive a hearty discussion about healthy eating and exercise. Effective learning outcomes were put to the test during National Bike 2 School Week with schools such as Stoke Poges in South Bucks seeing a huge increase in participation following their health related Bike It day.

Demand for Bike It continues to grow across the region with even more schools keen to get on board at the start of the 2010/11 academic year. Funding and commissioning bodies in the South East are now being encouraged to get in touch with Regional Supervisor Holly Bruford if they are keen to see Bike It continue to help meet transport and health agendas across the region.

# Sustrans Objectives for the South East

Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8
Increase the number of walking and cycling trips on the National Cycle Network	Create town-wide networks of walking and cycling routes	Promote routes and monitor effectiveness	Maintain routes	Expand the 'Routes to Schools' programme	Mitigate climate change	Address public physical activity levels by increasing provision for active travel	Promote sustainable tourism
<b>TARGETS</b>	<b>TARGETS</b>	<b>TARGETS</b>	<b>TARGETS</b>	<b>TARGETS</b>	<b>TARGETS</b>	<b>TARGETS</b>	<b>TARGETS</b>
1.1 Regional figures not available, but we are continuing to open new sections of the NCN and if we are following national trends should meet the target	2.1 Good progress in Southampton, Shoreham, Hastings & Bexhill, Dover, Whitstable and Dartford. Work continues in Aylesbury, Ashford and Kent Thameside	3.1 Leaflets - All traffic-free routes over 5 miles have a leaflet to promote them	4.1 Many LAs are already maintaining NCN routes. The only significant maintenance commitments by Sustrans are in Oxfordshire and Kent/East Sussex	5.1 With the continuing success of Bike It and new money for Links to Schools, we are well on our way to meeting this target	6.1 Limited impact at local level although climate change is further up the agenda. We continue to work at a regional level	7.1 Engage every LTA - slow progress and difficult to quantify. The eight County Physical Activity Alliances are key to this work but we have not engaged with all of them	8.1 East Sussex is leading for the English authorities and a launch is planned for 2012. Most of the route in England follows open NCN, with the exception of Carshalton to Redhill
1.2 The National Cycle Network in the region has expanded from 1310 miles in March 2009 to 1363 miles in March 2010	2.2 Cycling Development Plans are being taken forward in some towns, notably Aylesbury, Crawley and Dartford, plus the new eco-town at Bicester	3.2 Tourism South East are the lead partner, but have not yet secured funding for this work	4.2 Kent has provided funding which has helped to secure Julie Tublin's post	5.2 Most efforts are now focused through the Bike It programme	6.2 Sustrans takes a leading role with the South East Forum for Sustainability and is their representative on Regional Transport Board	7.2 Demonstration projects - currently working in Southampton	8.2 Demonstration projects - this work has taken a back seat due to other priorities
1.3 Links to eleven schools achieved in 2009/10 with grants worth around £1,500,000	2.3 DIY Streets - Projects at Beech Croft Road, Oxford and St Denys, Southampton, adjacent to Connect2 Itchen Boardwalk	3.3 Four out of the eight AONBs and one NP promote walking, cycling and public transport	4.3 83% of national routes have ranger coverage with 50% on regional routes	5.3 There are Bike It officers in five towns: Brighton & Hove, Aylesbury, Ashford, Reigate and Slough	6.3 Work with businesses - limited work in this area to date, but it remains a big opportunity	7.3 We have been unable to secure regional funds	8.3 Tourism Development Officer - see 3.2. Without funding for the regional strategy it is difficult to see how this post might be funded
1.4 Ashford won a national Rail Business Award. Sustrans played an active role in the steering group and produced a new map for the town	2.4 CDTs - we are continuing to support Aylesbury and Brighton. Sustrans is managing the Basingstoke Canal improvement works in Woking	3.4 Route user monitoring surveys at Dartford, Hastings, Shoreham and Southampton for Connect2	4.4 Of 52 gaps identified, 4 have been solved and we are making progress with 23 others			7.4 We are working with around half of the Physical Activity Alliances	
1.5 We have concentrated on a handful of LDFs where we have a direct interest		3.5 All the County pages are regularly updated	4.5 Connect2 portrait benches are planned at Dartford, Southampton and Shoreham	For full details of the Regional Plan targets and the text of the 2006-2011 Regional Plan please refer to <a href="http://www.sustrans.org.uk/southeast">www.sustrans.org.uk/southeast</a>			
				On track	Making progress	Work needed	



Slough Bike It Breakfast



Dartford Connect2



Beacon Secondary Healthy Week



Subway Art



Beauty and the Bike



Sustrans Volunteers



Basingstoke Canal in Woking



Cycle Magic Roadshow