

Healthy Streets

Newsletter – April 2015



SPRING EDITION

HEALTHY STREETS NEWS

Spring is here. As the weather improves you will have more opportunities to get out and active on your streets.

Why not plan some walking or cycling activities in your area. It's the perfect opportunity to meet new people and get yourself fit and healthy.

If you're looking for some inspiration of what to do this spring, read through are good news stories of 2015 so far.

Our next Healthy Streets Locality coordinator meeting is scheduled for **Tuesday 19th May, 10am – 12pm. Room LG11 at East Cliff Preston.**

LATEST GOOD NEWS STORIES

THE WEIGH FORWARD



The Weigh forward is an event that "Intact" in Ingol and Tanterton hold. It is an opportunity every Tuesday to book an appointment for a height, weight and blood pressure check and some health and nutrition advice.

For more information on the Weigh Forward or to book an appointment contact Tina Humphreys: tina.humphreys@intact-preston.org.uk Tel: 01772 760 760

BEYOND THE CASTLE



Heritage events are being held around Lancaster. The organisers from Lancaster say "we are bringing together leading specialists in Roman archaeology and medieval

castles to help us envision the future of Lancaster as one of the UK's key heritage cities. The events are free and open to anyone with a perspective on what the future of our city should be."

For more information on the events visit: www.beyondthecastle.org/heritagelancaster

USHA POPAT – INSPIRATIONAL CYCLIST

After losing her job Usha Popat was coming up to 60 years old and actively looking for work. She had always wanted to ride a bike and now with the time she had available she decided there was no better time to learn.

Usha rang Lancashire County Council about adult cycle training and was put in touch with the Sustainable travel team. From here Usha and her



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husband were able to attend Lessons with Philip Riley, an instructor from Go Velo at Garstang County Primary School.

Usha Said *"For a lifetime I am very grateful to Lancashire County Council for encouraging me, someone who is close to my retirement to learn and enjoy my new hobby. I would like to request anyone under fifty or over fifty not to give up, you must try hard and believe that everything is possible if you try hard*



and you have people who would strengthen your courage and help you on your new steps."

Usha's story is inspiring to us and to other communities.

CONNECT 4 LIFE



Connect 4 life is a project in Central Lancashire.

They are designed to help people with long term health conditions.

Social Isolation is a big focus of connect 4 life

with them working with individuals and communities to help get them connected and more socially active.

For more information about what Connect 4 Life does and what they have to offer please see:

Blog: connect4life.blogspot.co.uk

Twitter: twitter.com/C4LifeLancs

Facebook: facebook.com/Connect4LifeLancs

AVENHAM COMMUNITY GARDEN

Avenham Community Gardens are getting a new banner for their entrance. The children at St Augustine's school are helping out with the art work too.

They have shared an exclusive preview of what the banner will look like. Keep your eyes peeled for this fantastic new look banner.



TOWNSWAY COMMUNITY ORCHARD

Lockstock Hall's community orchard is now up and running with all the trees planted in

November.

The orchard is thriving as well as the project itself. With Bulbs and trees being planted in January



and plaques being put into place to commemorate the orchard.

RYELANDS BMX TRACK

Healthy Streets has funded the initial designs and consultation for a new pump track in Lancaster.

They are now underway with the development of the pump track. They have become

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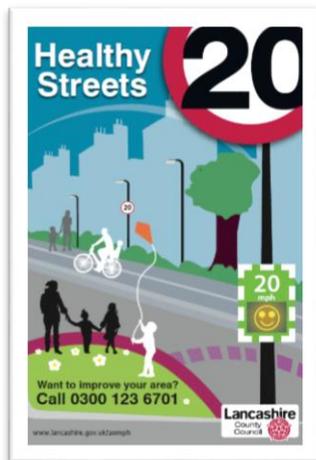


increasingly popular since their appearance at the Olympics and will serve as a way for young people to get active in a healthy, safe manner.



New 20MPH CAMPAIGN

You should be seeing our new poster in your area now.



We are promoting the positive impact of 20mph and its influence within Healthy Streets.

If you would be interested in some copies of our Healthy Streets 20mph

posters for your area, please get in touch and let us know at:

safetravelteam@lancashire.gov.uk

EVENTS

Event	Time/Date	Location
Spring-o Bingo	Every Monday 1-3 pm	49 Whitby Avenue, Ingol Preston
The Weigh Forward – health Advice	Every Tuesday 4-5pm	49 Whitby Avenue, Ingol Preston
World health Day	Tuesday 7 th April	Everywhere
National Walking Month	May 2015	Everywhere

USEFUL LINKS

Living Streets – a national charity that stands up for pedestrians. www.livingstreets.org.uk

Cycle Lancashire – Information you need for cycling around Lancashire. cyclelancashire.co.uk

Greener Journeys – information on catch the bus week. www.greenerjourneys.com

CONTACT US

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W: www.safe2travel.co.uk/healthystreets

Or you could
Check out our website
via the QR code.

