

January 2013 Issue 1

Healthy Streets

Welcome to the Healthy Streets New Year Update

What is Healthy Streets?

'Healthy Streets' is a community led project intended to build on what a community already does best. Its aim is to add to the benefits that the introduction of 20mph speed limits in residential areas and outside schools has brought, promoting more walking and cycling in local Lancashire communities and making it more enjoyable to get out and about in them.

Anyone can get involved: local organisations, schools, faith groups, scouts and girl guides, individuals and clubs! Local people really are the leaders of Healthy Streets and they have the deciding vote on what aims and activities will be included to help reclaim their own streets.

Healthy Streets is in its second year and is now embarking on its new areas for 2012/13. These 14 areas are;

- Burnleywood, Burnley
- Wesham, Fylde
- Ryelands and Torresholme, Lancaster
- Nelson East 1 – Southfields Ward, Pendle
- Bacup C/E, Rossendale
- Deepdale/ Ingol & Tanterton/ St Matthews & Fishwick, Preston
- Clayton Brook, Chorley
- Church, Hyndburn
- Lostock Hall South/East, South Ribble
- Longridge, Ribble Valley
- Digmaor, West Lancs
- Fleetwood N/W, Wyre

If you'd like to get involved or find out more about any of these areas then please contact Charlotte Hoskin on sustainabletravel@lancashire.gov.uk or Tel 01772 532237.

To find details of the 2011/12 Healthy Streets areas, follow the link below at: [http://www3.lancashire.gov.uk/corporate/at/oz/a to z/service.asp?u_id=3609&tab=20](http://www3.lancashire.gov.uk/corporate/at/oz/a%20to%20z/service.asp?u_id=3609&tab=20)

Good News Stories...

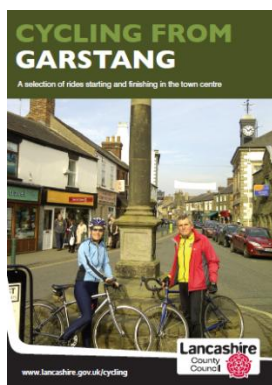
Last year's Healthy Streets Areas had some great successes that came out of their Healthy Streets action plans, examples of just a few of these are below...

Ribble Valley Healthy Streets brightened up their community with a family torchlight bike ride followed by a procession. School children and members of the community all got involved.



Euxton Healthy Streets is now to hold an annual schools Healthy Streets poster competition after the success of the first one this year. The winner from one school

has now had her poster printed onto banners and posters put up around the area to promote walking and cycling!



A 'Cycling from Garstang' map was produced through Garstang Healthy Streets, encouraging those living in the area to get around by bike on these local, easily accessible cycle routes.

Other walking and cycling leaflets are now in the pipeline for other areas too.

Find out more... ideas to take forward can be found by browsing more Case Studies from the Healthy Streets website at <http://www3.lancashire.gov.uk/corporate/web/view.asp?siteid=6018&pageid=40826#anchor204152>

Locality Coordinators

Partner organisations alongside Lancashire County Council officers are playing a vital part in coordinating Healthy Streets areas throughout Lancashire. Organisations involved include the NHS, Help Direct, district and neighbourhood councils. Below we feature just one of our coordinators to introduce you to the assistance they are giving local communities.

Being a Locality Coordinator... Joanne Hudson, Chorley Locality Coordinator



"I took on the Healthy Streets coordinator role for Euxton in November 2011 when the first round of Healthy Streets was established and am now the coordinator for the new group in Clayton

Brook. I was keen to take part in this initiative and coordinate a group, particularly in Chorley because of the links to my work as an Environmental Projects Officer in the County Council's Environment and Community Projects Team. Being a coordinator has enabled me to help bring together a diverse range of people all with a common interest and keenness to do something worthwhile in their local communities and at the same time to pick up on local issues relevant to the work of my team. Whilst Healthy Streets is focussed primarily on identifying activities to raise awareness of the 20 mph programme, walking and cycling it's also about bringing people together and exploring wider opportunities that matter to them too.

The Euxton Healthy Streets group consisted of the parish council, County and District Councillors, school teachers, residents, cycling enthusiasts and council officers. Some great ideas were identified by the group and with a very small amount of funding we organised a bike workshop, a community bike ride, purchased wheelie bins stickers and posters and provided the local community support officers with bike marking kits. Funding has been secured to organise another community bike ride in June 2013, with all events featured in the local village newsletter.

The Clayton Brook group has only just been established, but the members of the group are keen to work together to make a difference in the area and pursue actions to get people out walking and cycling in the area. A Healthy Streets coordinator has a vital role in bringing people together to share their ideas and help to make them happen, not by leading on every action but by signposting and linking people together to make ideas real."

Healthy Streets Website plans

By the Spring, we hope a newly designed Healthy Streets web presence will be online. This will feature the range of activities being introduced in Healthy Streets areas and will show the range of Good News stories happening locally.

We will keep you posted of the progress of the website. Please contact Charlotte to share any of your stories for the website.

Is your Healthy Streets area looking at introducing a cycling initiative?



If yes, the CTC could help your community and local schools to get started. CTC, a national cycling charity, has been looking after the interests of all cyclists for over 130 years and are working in partnership with Lancashire County Council on the Healthy Streets scheme, designed to make your neighborhoods better places to live and encouraging people to live healthier lives.

There is a small grants programme available as part of the Healthy Streets Programme so if there is a cost attached to cycling plans they may well be able to help offset this.

Contact Damian Bonsall for more information;

Phone: (07825) 883572

Email: damian.bonsall@ctc.org.uk

What's available through the Healthy Streets programme?

The Healthy Streets Community Toolkit

is now available for download on the Healthy Streets Webpage. Find it at [http://www3.lancashire.gov.uk/corporate/at/oz/a to z/service.asp?u id=3609&tab=20](http://www3.lancashire.gov.uk/corporate/at/oz/a%20to%20z/service.asp?u%20id=3609&tab=20)

See in here details of how to access walking and cycling displays, high vis. jackets and other items to borrow free of charge.

Run a Healthy Streets Poster

Competition: See the details attached on how to hold a poster competition and have the winning entry made into a poster for FREE.

Events Coming Up...

Locality Coordinators Catch Up Meeting 28th January 2013, 10.30 am- 12 noon, East Cliff, Preston. This is followed by the **Lancashire Healthy Streets Network Workshop** for professionals involved in community engagement activities, 1pm- 4pm.

On Jan 30th Barbara Sharples, with support from the Stepping Out team at Hyndburn Walking for Health team are planning new measured mile routes around Gt.Harwood. format needs checking

Clayton Brook, Chorley Cycle Event Saturday 23rd February, 10-1pm

Gt Harwood, Hyndburn – Walk for life.

Contact us...

The Healthy Streets team.

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Email: sustainabletravel@lancashire.gov.uk