

# smartmoves

Issue 4      November 2007  
Promoting active travel in London



## Park life

River revolution for walkers  
and cyclists in Ladywell

## First word

### Putting London on the map



**Jenny Jones, Green Transport Advisor to Mayor Ken Livingstone, shares her thoughts.**

**At the** risk of repeating myself, it's important to remember that walking is the only truly door-to-door transport mode.

In terms of flexibility it is unrivalled. In a complex city like London, pedestrians can take advantage of the kind of back streets and short cuts that other transport modes can only dream of.

However, as we all know, London is not a walking utopia. The very complexity that gives London's walkers an advantage can also be a real problem. In an unfamiliar part of town, getting lost can be all too easy.

Just imagine then, knowing the whole of London as well as your local streets. Sounds like a lot of learning? Don't worry; this is exactly the knowledge that an intelligent pedestrian mapping system currently being developed around a number of London boroughs can give you.

Using a map drawn exclusively for pedestrians, it deciphers the Capital's streets for those on foot. On-street maps, backed up by web and paper versions, could make getting lost a thing of the past.



Jenny.Jones@london.gov.uk

# Help shape smart moves

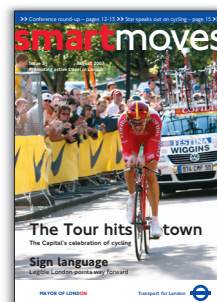
**Here's your** chance to let us know if *smart moves* is hitting the mark and how we can make it even better – and you could win £100 of Capital Bonds too!

There have been four issues of *smart moves* published so far – that's a year's worth. So what better time to review it?

We've launched a reader survey online at <http://tinyurl.com/2jlfmq> to gather feedback. What do you find useful and interesting? Has the magazine given you information you didn't know before and ideas you can adopt? What are we missing? Is there an article you'd like to contribute?

It'll only take a few moments to complete the survey, but your views will be really useful in shaping the publication and the content we cover. One respondent's survey will be picked out of the hat to win the Capital Bonds.

Thanks for your help!



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## smartmoves

**Issue 4 November 2007**

Promoting active travel in London

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# Boroughs see signs of progress

**Borough representatives** got an update on progress with the Legible London wayfinding project at a seminar in October.

Chaired by Nick Morris, TfL Director of Road Network Performance, the seminar brought delegates up to speed with progress on the pan-London project to make the Capital easier to navigate for pedestrians through clearer signage. It's part

of TfL's and the Mayor's goal of making London one of the world's most walking-friendly cities by 2015.

As well as the project update, topics covered included the borough working groups that are helping to plan the local schemes and integrating the plans with London Underground and buses.

It was the second in a series

of seminars – the next one is planned for the end of February 2008.

The pilot West End project and an exhibition inviting stakeholder and public feedback about it will begin soon.

**i** For news on the project, or to attend the next seminar, email [Jennifer.Calvert@tfl.gov.uk](mailto:Jennifer.Calvert@tfl.gov.uk) or call 020 7027 9367

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## London Walking and Cycling Conference – apply to take part

**For the** first time, TfL is inviting you to apply to take part in the London Walking and Cycling Conference, either as a speaker or by showcasing your best borough schemes.

The free annual conference, hosted by TfL, takes place on Wednesday 9 April 2008. It's the only regular event where the Capital's borough officers, campaigners, walking and cycling promoters and leading experts come together to focus on active travel issues.

The 2008 conference will focus on sharing solutions. As well as keynote speeches and panel debates, the one-day event will feature an exhibition showcasing improvements made in the boroughs.

### Take part – apply by 30 November

Our borough showcase will exhibit examples of best practice schemes and campaigns for walking and cycling from across the city. If you're a borough officer, you can submit a project from your area.

If you would like to be a speaker at the conference, you can also submit a paper.

**i** For more information, to apply to take part or book your place to attend, visit [tfl.gov.uk/walkcycle](http://tfl.gov.uk/walkcycle) today or for further information call 020 7027 9243 or 020 7027 9220



**Delegates were quick to share their ideas during the discussion session at the 2007 conference.**

## My view: walking

News and views from Jim Walker, Chair of Walk London Borough Partnership.



## Media listens at last

At the eighth international walking conference – in Toronto, Canada – our discussions on putting pedestrians first and encouraging everyday walking made national news five times in three days and prompted debate in the press and on radio ([www.walk21.com/news](http://www.walk21.com/news)).

We got much more media coverage than before. Why? Well, the focus was on how walking instead of using the car can help to tackle climate change.

It's amazing to see how climate change has won hearts and minds much more than the obesity debate.

Perhaps it is the speed and visibility of climate change that is getting noticed and politicians are feeling obliged to respond? Or is it that obesity is seen more as an effect of diet rather than lifestyle, environment and choice?

I was therefore pleased to hear Alan Johnson, the Secretary of State for Health, recently warning that Britain's obesity crisis is as serious as climate change. Linking these agendas gave me hope that government is actually going to do something to get people more active. However, the only announcements so far are restricted to a review of junk food advertising to children. Assuming that kids are sitting on the sofa watching TV in the first place is surely what all of us should be tackling?

# Route planning in earnest

*smart moves caught up with Simon Jay from the Olympic Delivery Authority's transport team for an update on construction work.*

**The work** to develop walking and cycling routes linking into London 2012 competition venues is well under way.

TfL has been leading this work on our behalf. Several 'Greenway' routes connecting into the Olympic Park and river zone venues will soon go through audits or feasibility studies from both a walking and a cycling perspective.

We've identified the route sponsors who'll lead on the management of this process. It'll spark a programme of specific route improvement measures and schemes and the delivery of these will start from spring 2008.

Also look out for the first full edition of the Olympic Transport Plan, which includes details of the London 2012 walking and cycling programme, published in October.

Work is continuing on the Olympic Park construction project, mainly demolition and soil remediation. We'll maintain access across the Olympic Park for walkers and cyclists by keeping the elevated Greenway route open.



Contact Simon at [simon.jay@london2012.com](mailto:simon.jay@london2012.com)

Check out the Olympic Transport Plan at [www.london2012.com](http://www.london2012.com)

## Celebrate the Green Chain

**The nine-day** Green Chain Walking Festival got off to a great start with a launch party at Charlton House in Greenwich on 15 September.

Local school children created displays of the things they saw on their way from school to the Green Chain.

The festival included a 21-mile walk from Crystal Palace to Erith and guided tours around Chislehurst and Plumstead Commons.

The 40-mile Green Chain is visited by 500,000 people annually and the festival was designed to raise its profile. Green Chain Project



Co-ordinator Mark Budd said: "This has been a fantastic way of promoting the health benefits of the Green Chain to a wider audience."



For more details, visit [www.greenchain.com](http://www.greenchain.com)



Delegates from the conference join Richard Smith on his walkshop.

# Ways to walk to work

**Representatives from** the London boroughs, business and academia gathered to discuss ways of promoting walking to company employees at Living Streets' first Walking Works conference.


At the conference in September, Andy Pidduck, Travel Awareness Manager at TfL, discussed ways to market walking and how to target the right audience.

The conference also included case studies from towns already promoting walking to work. Ideas discussed included working with planners and developers to create pleasant areas to walk.

Lorraine Hendricks from the Road Safety team at the London Borough of Tower Hamlets said: "The talks were very useful. I really liked the idea of giving branded shoe bags to commuters so they can walk to work in their trainers and carry their work shoes."

In the afternoon, the delegates split into groups to attend smaller interactive workshops. Richard Smith, Consultancy Services Manager at Living Streets, hosted a 'walkshop' around the local area in Hackney.

He said: "The walkshop was designed to show delegates how to look at walking routes from a user's perspective."

 For more information about the Walk to Work campaign, visit [www.walkingworks.org.uk](http://www.walkingworks.org.uk) or email [walkingworks@livingstreets.org.uk](mailto:walkingworks@livingstreets.org.uk)

## My view: cycling

**Philip Darnton,**  
Chairman  
of Cycling  
England, shares  
his thoughts



## 4,500 good reasons to switch

September saw one of the biggest cycle rides in the world take place in the heart of our Capital.

For the first time, Freewheel allowed many cyclists to enjoy riding around London's roads without the company of cars and buses. It was a marvellous spectacle, but it made me think about the impact of having more cyclists and fewer motorists on our streets every day.

Recent research we've carried out at Cycling England has calculated that the carbon and cash savings if people were to switch from four wheels to two are huge. More than 750,000 Londoners make work-based journeys of less than five miles by car or bus, but if these commuters switched to a bike for just a week, they would save a collective 4,532 tonnes of CO<sub>2</sub>. They would also pocket around £6.5 million in the process through economising on fuel and fare costs.

The Hovis Freewheel was designed to inspire more of us to think about using our two wheels more often. And it's now clear that the savings, both in terms of the environment and your bank balance, are well worth the switch.



## Setting the standard for cyclists

**Kingston Council** has become the first London borough to become a National Standards Instructor Training Provider after receiving accreditation from CTC.

Since being awarded the accreditation, Kingston Council has run a series of courses for instructors from other London boroughs. It has also provided follow-up mentoring sessions to help instructors to become National Standards-accredited.

James Parker, Road Safety and Travel Awareness Manager at Kingston, said: "We are keen to play an active role in the provision of cycle training in London and we would be happy to offer advice to other boroughs."

So far, Kingston has held four training courses for instructors with 15 people achieving full training accreditation.

Senior Cycle Training Officer at CTC Greg Woodford awarded the accreditation to Kingston. He said: "The National Standards ensure cycle training is delivered to a consistently good standard that prepares cyclists for modern traffic conditions."

To find out about training courses at Kingston, contact Eric Chasseray on 020 8547 5865

# Pledge your support for Lottery bid

**A portfolio** of walking and cycling schemes is in the running for National Lottery funding – and you can help support the bid.

The Connect2 bid, co-ordinated by Sustrans with input from TfL, boroughs and a host of other partners, includes six proposals for London in Paddington, Islington, Croydon, Mile End, Bermondsey and Havering. The schemes need support from people like you to be in with a chance of winning. Connect2 is the only project involving London on the funding shortlist announced on 23 October.

Gill Harrison from Sustrans said: "The final decision on who gets the Lottery money will be made by public TV vote in December. We need people to pledge their support for our bid so we can make a difference."

All the schemes in the £50 million bid are designed to connect people to the places they want to travel to but can't.

In Bermondsey, the proposal opens up a disused rail bridge to give more than 1,000 households direct, traffic-free and attractive access to South Bermondsey rail station and the proposed Surrey Canal tube station. Currently people have to cross a busy road.

Councillor Paul Noblet said: "There are big regeneration programmes happening at Elephant and Castle, Canada Water and Bermondsey Spa, and this is a chance for South Bermondsey to share in that renewal."

"The bridge would become a centrepiece for the community, featuring a public space that residents will have a say in designing. It would transform the community."



Pledge your support and find out about the other schemes at [www.sustransconnect2.org.uk](http://www.sustransconnect2.org.uk)

**The Bermondsey rail bridge today . . .**



**. . . and how it could be transformed under Connect2.**



Ladywell Fields before the scheme . . .

. . . and after the improvements were completed.



# River scheme creates a new attraction

**A major** scheme to divert a river and add new walking and cycling access is making Ladywell Fields a more attractive area for Lewisham residents.

The park, between University Hospital Lewisham and Ladywell rail station, provides a through route for walkers and cyclists travelling between Ladywell and Lewisham town centre.

Carole Crankshaw, Lewisham's Cycling Officer, said: "The project was EU-funded and took two years to plan and complete.

It's been designed to help reduce crime in the park, improve the ecology and give residents and hospital visitors direct access between Lewisham's main street in front of the hospital and Ladywell station."

The scheme includes a new cycling bridge from the station, funded by TfL, which is crucial to improve accessibility in the area.

The river previously ran within a concrete channel, which was not wildlife-friendly or attractive

to walk or cycle next to. A second channel has been created running through the centre of the park with a meandering course to replicate the river's natural flow. Reed beds have been planted and the park's previously inaccessible nature reserve now forms part of the main through route.

**i** For more information about the project, please contact Carole Crankshaw at Lewisham on 020 8314 2270

## Direct to the door

As part of the 'Smarter Travel Sutton' project, personal travel advisors have been calling on local residents to offer advice about sustainable travel options.

The scheme is the largest of its kind in the world and could pave the way for other Personal Travel Plans around London.

The advisors have visited more than 68,000 households and have offered residents alternatives to using the car and provided

tailor-made information, including cycle routes and walking maps. More than half the households visited have chosen to participate in the project.

Lee Parker, Project Manager for 'Smarter Travel Sutton', said: "The Personal Travel Plans are the most appropriate method of targeting all of our residents."

'Smarter Travel Sutton' plans to host an open day for boroughs to discuss their work and will publish their results once the project has finished.

**i** For more information, contact Lee Parker on 020 8770 4520



# Cyclists stop traffic

**London officially** became a cycling city on Sunday 23 September, when more than 38,000 bikes descended on the streets as part of the Hovis London Freewheel event.

After meeting up at six specially created hubs across the Capital, tens of thousands of riders passed some of London's most iconic sights such as Westminster and Buckingham Palace on a 14km route, free of other traffic.

Many cyclists travelling from boroughs such as Lewisham and Sutton were able to make their way to the hubs by following designated marshals.

Alan and Heather Davidson from Orpington saw it as an ideal opportunity to cycle London's streets with their two daughters.

"We've never cycled in London before and thought it would be a good day out," they said.

"Although we were encouraged to cycle from Bromley, as first timers we thought this would be too far so we took the train to London Bridge. It was a great day



**Cycling to London from Clapham.**

and we all thoroughly enjoyed it."

The day continued with a festival in St James's Park and included a Hovis picnic, cycling acrobatics, a cycling circus and BMX, mountain and trail bike stunts.

Hazel Parker and Pauline Day cycled all the way from Canning Town.

"We don't cycle regularly and definitely not around London. But it was such a fantastic day that we're already planning for next year," they said.

Some of the boroughs had also organised their own entertainment in preparation for the event.

Islington prepared the way with a car-free bonanza on Friday 21 and Saturday 22 September.

Nine other boroughs also joined in the celebrations by organising activities such as street parties or pedestrianising areas for the day, as well as promoting sustainable transport schemes.

"This is the biggest celebration by London cyclists we have ever seen," said Jenny Jones, the Mayor's Green Transport Advisor.

"It's been such a success that we'll have to think seriously about making it much bigger next year, just to keep up with demand."

Why not start planning your events for next year and encourage even more people to get involved?



**LEFT It was a family day out for the Davidsons.**



**RIGHT Tired but happy: Hazel Parker and Pauline Day cycled from Canning Town.**





Tour guide Caroline Dale sets off with her group around Hornchurch.



The Havering group discovers the history of the surroundings.

# Welcome walk on your city's streets

**Residents and** tourists alike were out in force on 15 and 16 September to take part in 'London Walking Weekend' and took the opportunity to find out about the hidden treasures in the boroughs.

In the centre of London, the Thames Festival on the South Bank was host to TfL's 'Why Not Walk It?' marquee, which was filled with ideas about how to get walking around the Capital. The 'i-move London' bus was collecting pledges from people to replace car journeys with walking or cycling.

But the events weren't limited to the city centre and every borough hosted a free led walk to guide people around the area.

In Kensington and Chelsea, the tour started in Sloane Square and was called the 'Old Chelsea Village Pub Walk', while the Enfield group took a stroll

along the oldest navigable river in England.

In Ealing, the walk made use of the Indian influences in Southall. Tour guide Monisha Bharadwaj said: "I designed the walk to include the rich Indian culture, discovering the music, cinema, fashion and food."

In Havering, guide Caroline Dale led a tour around Hornchurch to give an insight

into its historical past and plans for the future.

Maureen Thorpe is a local resident who took part in the walk. She said: "I came along to find out more about the places I pass every day but never knew anything about."

**i** For more information about walking, visit [tfl.gov.uk/walking](http://tfl.gov.uk/walking)

**Caroline gives the group an insight into the area.**



PHOTOS: THE ESSEX ENQUIRER

# Shopping paradise for pedestrians

**Shoppers will** soon benefit from improvements to Dagenham Heathway that will transform the high street and radically improve the environment for pedestrians.

In conjunction with TfL and Living Streets, Barking and Dagenham Council has started work on the project to revitalise the Heathway, which will be completed in April 2008.

Barking and Dagenham Councillor Sid Kallar, Executive Member for Regeneration, said: "Dagenham Heathway is the second largest town centre in our area. These works are the first step towards realising the full potential of the centre."

Borough Walking Programme Manager at TfL Spencer Clark said: "The Heathway scheme is a great example of improving town centres to encourage more walking."

Living Streets has been involved in the project, providing a link between the community and Barking and Dagenham Council. The organisation



**Full potential: Dagenham Heathway will be radically improved for pedestrians.**

spoke to local residents and businesses as part of a Community Streets Audit to identify issues that were important to the community.

The main issue raised was the difficulty in crossing the road because of extensive guard railing. Phase one of the project saw the removal of these barriers, as well as improved crossing points and the decluttering of the footways.

Simon Barnett, Walkability Officer for Living Streets, said: "I am confident the improvements will create a high quality shopping area."

**i** Contact Spencer Clark at [Spencer.Clark@tfl.gov.uk](mailto:Spencer.Clark@tfl.gov.uk) for more information

## Parking doesn't equal profit

**A recent report from the British Council of Shopping Centres discusses whether policies to restrict car access to shopping areas will have a detrimental impact on retailers.**

The Shopping Places for People report suggests that such policies are threatening to undermine urban regeneration projects.

Spencer Clark said: "Studies show town centre schemes that encourage walking and cycling can deliver economic benefits

to local businesses as people on foot spend more per head than those who drive."

One such scheme saw the restriction of public vehicle access on a direct route between Kingston station and town centre with loading still permitted. The space was given over to pedestrians and cyclists with a large investment in the streetscene including new paving and new lighting.

Surveys showed more people browsed in shop windows and the average

weekday flow of pedestrians increased by 12 per cent.

Spencer said: "TfL's town centre projects are committed to enhancing pedestrian facilities while maintaining a balanced approach to all transport modes."

**i** To read the full report, visit <http://tinyurl.com/2zz3gg>

For more information about TfL's town centre projects, contact Spencer Clark at [Spencer.Clark@tfl.gov.uk](mailto:Spencer.Clark@tfl.gov.uk)

# Course gives a balanced approach

**More than** 60 people from the boroughs and TfL have already attended the new 'Designing for Pedestrians' course.

It's aimed at traffic engineers, transport planners and urban designers involved in the design and delivery of schemes for pedestrians and disabled users. The course is run over four days and is split into three modules beginning with a half-day training programme on improving walkability.

Module two is an intensive two-day programme to help delegates develop their skills

when designing for pedestrians and balance these needs against safety requirements and the demands of other road users.

Module three introduces delegates to the PERS (Pedestrian Environment Review System) tool, which is used to assess the performance of pedestrian facilities.

Walter Viti from Colin Buchanan attended Module three. "It was very informative and provided a preset format for investigation, the opportunity

to share information with attendees and facilitators, and a wealth of further information and case studies; three things I look for when attending courses," he said.

The courses are free to attend and will continue to run in January and February (see page 16 for full details).

**i** To attend the courses, either email [Jennifer.Calvert@tfl.gov.uk](mailto:Jennifer.Calvert@tfl.gov.uk) or [Nina.Kahlon@tfl.gov.uk](mailto:Nina.Kahlon@tfl.gov.uk) or [www.transportationopportunities.org.uk](http://www.transportationopportunities.org.uk)

# What's up your street?

**Pedestrian audits** are becoming a more important consideration in understanding and determining walking enhancements and will increasingly play a role in securing potential funding from TfL. But what is their purpose, and how can boroughs use them to improve the local environment for pedestrians?

There are two different pedestrian audits endorsed by TfL – Pedestrian Environment Review System (PERS), provided by the Transport Research Laboratory (TRL), and Community Streets Audits (CSAs), provided by Living Streets.

PERS offers a quantitative audit, which looks at everything from pavement widths and lighting to the perception of safety. Each factor is graded and the figures fed into the PERS software to produce a final report.

CSAs involve discussion with members of the local community to find out their opinions and



**David Wildman and Karen Fung from the Cycling, Walking and Accessibility team at TfL assess a crossing in Victoria.**

recommendations. Living Streets produces CSAs by walking round a specific site with residents who are able to highlight key concerns.

David Wildman, Projects Manager at TfL, said: "Pedestrian audits, whether PERS or CSAs, are a great tool to assess an environment and get an overview of the problems that need addressing in future projects.

"When considering a borough's bid for funding from TfL, we would certainly look more favourably on a bid that included a pedestrian audit. The audit gives the bid substance and backs up a borough's request for improvements."

Boroughs can request funding for audits from TfL or approach TRL or Living Streets direct.

**i** For more information or advice about pedestrian audits, email [Spencer.Clark@tfl.gov.uk](mailto:Spencer.Clark@tfl.gov.uk)

## Stay on two wheels in winter

As the nights draw in and the weather gets colder, CTC, the UK's national cyclists' organisation, brings you some top tips to encourage people in your area to stay on their cycles.

As the days get shorter, a morning bike ride is a great way to make the most of the daylight.

But remember, if a commuter is cycling to work in the morning, remind them their return journey will be in the dark.

- They should invest in a good set of lights for their bike, and some rechargeable batteries as well

- A wind and waterproof jacket is advisable to protect against the cold and rain

- Gloves are also useful. While cycling gets the heart pumping and warms up the body, extremities can still get cold

- By encouraging cycle training, cyclists can develop their skills so they are confident about being seen on the roads

- Clear signalling and body language will make cyclists intentions clear to drivers

- The government recommends 30 minutes of daily exercise.

Staying fit and healthy reduces the chance of getting ill – and no one likes getting a cold. By cycling to and from work, people can keep fit and be at home in the warm quicker.

 For more handy hints, contact the CTC helpline on 0870 873 0060



# Data at your fingertips

**There's a** whole host of research studies, statistics and evidence available to help you plan your campaigns and back up your claims about walking and cycling.

Here is just a handful of the resources available . . .

- There's research into the benefits of cycle training for both adults and children and information on the funding and support available to help you organise training, together with a list of borough contacts, at [tfl.gov.uk/roadusers/4690.aspx](http://tfl.gov.uk/roadusers/4690.aspx)

- The London Travel Demand Survey provides a comprehensive picture of travel in the Capital, including walking and cycling. It surveys 8,000 households a year on aspects such as the trips they make on a particular day and access to transport. The report includes information on mode share and guidance on how to use the data. The most recent survey from March 2007 is at [tfl.gov.uk/assets/downloads/LTDS-research-supplement.pdf](http://tfl.gov.uk/assets/downloads/LTDS-research-supplement.pdf)

- At [tfl.gov.uk/assets/downloads/corporate/London-Travel-Report-2006-final.pdf](http://tfl.gov.uk/assets/downloads/corporate/London-Travel-Report-2006-final.pdf) you can find the latest London Travel Report. It boasts a wealth of useful data, from breakdowns of travel by area, times of the day, expenditure and demographics, to modal shares of different stages of people's daily journeys

- LB Islington carried out some research into its green travel map and found that more than half of people could ride but don't own a bicycle and another 11 per cent never learnt to cycle. Only one in 10 respondents cycle every day and a disappointing 25 per cent ever cycle. Surprisingly, car owners are more likely to be cyclists than those who don't have a car (or access to one). More people claim to walk regularly, though fewer than a third (32 per cent) walk at least a mile most days or every day. Find out more at [www.islington.gov.uk/greentravel](http://www.islington.gov.uk/greentravel)

■ Do you have some research findings that might be useful for other *smart moves* readers? Is there a particular area of research or a statistic you need information on but haven't been able to find? Let us know at [smartmoves@abcomm.co.uk](mailto:smartmoves@abcomm.co.uk)

# WoW, what a success

**Pupils from** across London have been taking part in 'The Big WoW', which ran between 26 September and 3 October, as part of the 'Walk Once a Week' campaign.

'The Big WoW' marked the start of International Walk to School Month, with teachers and children from 180 schools signing a walking charter as a way of encouraging more parents and pupils to leave the car at home for the school run.

Dennis Mensah is from the London Travel Awareness team. It co-ordinates and supports boroughs in Travel Awareness campaigns. He said: "It has been a really positive event and I hope it has inspired the pupils to continue to walk to school."

In Lambeth, 20 schools took part. Two pupils and the headteacher from each school signed the charter before walking to the neighbouring school to pass it on.

Misha Huwapannage, School Travel Advisor for Lambeth, said: "The event was a great way to introduce neighbouring schools to each other."

Zoe Bryant, Deputy Head Teacher at Woodmansterne Primary School, said: "We chose to involve the younger children who can persuade their parents that walking is the best option."

Thanks to TfL funding and partnership working



**Pupils from South Harringay Infants School get involved with the big WoW.**

between Living Streets and the London boroughs, 50 per cent of London's schools now take part in 'WoW' every month. This figure is steadily growing as pupils, teachers and parents become more aware of the benefits of walking to school.

**i** For more information, contact Dennis Mensah at [dmensah@lambeth.gov.uk](mailto:dmensah@lambeth.gov.uk)



## Report shows pupils benefit from walking

**A new** report from the 'Walk to School' campaign shows that both children and the community benefit from walking to school.

The report found that walkers made more descriptive comments about their journeys to school ("running over the bumps", "Mrs Woods cycling") than the children in cars, who simply described things they saw ("petrol station", "traffic lights").

So more children can enjoy the benefits of walking that are highlighted by the report, it also contains a section of ideas. Boroughs and schools can use the ideas when encouraging parents to let their children walk to school.

For example, if the school is

too far away to walk, why not encourage parents to park 15 minutes away and walk the rest? It'll be easier to find a parking space too.

Another idea is for parents with children at different schools or with different home times to share the load with other parents.

A further tip, when deciding whether a child is old enough to walk to school, is to ask the child whether they feel confident enough. Always reinforce road safety messages and ask other parents whether children can walk together.

**i** For the full report and more ideas, visit [www.walktoschool.org.uk](http://www.walktoschool.org.uk)

# New LCC chief in place

**London Cycling Campaign** has a new Chief Executive at the helm.

Koy Thomson joins LCC with 20 years' experience working on social and environmental issues. Whether he's been campaigning with tribal groups, pioneering green product labelling, or playing a leading role in the 1992 UN Earth Summit Conference, Koy has spent much of his career working to join up human rights and green issues.

Koy said: "In LCC, I see the seeds of a social movement with the potential to transform London.

"The aspiration is clearly for a step-change in levels of cycling, but the ideas, policies and social mobilisation have yet to catch up. The issue is not simply bums on saddles, but how a cycling perspective helps us to imagine and reclaim London streets as living public spaces."

**i** Find out about LCC's latest initiatives at [www.lcc.org.uk](http://www.lcc.org.uk)



**Koy Thomson gets hands-on at the Freewheel event.**



## Crystal Palace catches the crowd's attention

**As well as watching a world-class field of 96 riders battling for victory in the first ever prologue of The Tour of Britain, Londoners got the chance to take part in an array of support events at Crystal Palace Park on 9 September.**

**"The atmosphere was fantastic and my friends and I especially enjoyed watching the stunt riders," said spectator Jerry Kyesimira from New Cross.**

**i** If you would like to hire cycling entertainers for your own events, contact the Travel Awareness Team or email [Casper.Jack@tfl.gov.uk](mailto:Casper.Jack@tfl.gov.uk)

## Public safety in the saddle

**Members of** the emergency services from all around the world came together at the beginning of September for a weekend seminar for cyclists working in public safety.

Tom Lynch from Public Safety Cycling said: "The aim was to run workshops where the cyclists could develop their skills and discuss new ideas."

Issues discussed included involving the ambulance cycle team in the initial stages of event planning and ways for the police cyclists to work with dog sections.

"Whenever possible we try to attend cycling events, both operationally and to engage with the public about what we do."

Rose Ades, Head of the Cycling Centre of Excellence at TfL, said: "The officers patrolling London by bike are great ambassadors for cycling."

**i** Tom Lynch at [tom@publicsafetycycling.com](mailto:tom@publicsafetycycling.com)



Ladies from Southwark Adult Education Group enjoy a walk in the park.

# Walk this way

**As the Capital experiences a renaissance for walkers, The Ramblers' Association is helping more people discover walking in London.**

For the last 70 years, The Ramblers' Association, the biggest walking charity in the UK, has been promoting walking.

The Ramblers' Association encourages everyone to build walking into their lifestyle.

Fred Agbah, Promoting Walking Project Officer, said: "Walking is so good for your health. We have one man who is 89 years old and he has got renewed vigour and energy."

The Ramblers' Association's 137,000 members are mainly already keen walkers, but it also works to share the joys of walking with everyone.

The 'Get walking . . . keep walking!' scheme is under way in Southwark, Lewisham and Lambeth and will be extended to Tower Hamlets and Hackney in the new year. The Ramblers' Association is visiting community groups to encourage less active people to walk more.

Des de Moor, Senior Promoting Walking Officer, has devised

a series of maps showing the back routes that are ideal for walking. He hopes to make these maps widely available to boroughs through libraries and council websites.

He said: "It is amazing what you can discover when you are walking around London. Recently we took a group of ladies from Elephant and Castle on a walk and they were surprised that the Thames was so near to where they lived."

The streets of London have become more walker-friendly in the last decade.

Des said: "You only have to look at the regeneration of the South Bank or pedestrianisation of Trafalgar Square to see that architects and councils are really considering walkers in their plans."

**i** [www.ramblers.org.uk](http://www.ramblers.org.uk) or call 020 7339 8500.

To enquire about walking maps, email Des at [desd@ramblers.org.uk](mailto:desd@ramblers.org.uk)

## smartsnippets

### School travel report

**The Tfl** Travel Demand Management team published the first annual report of the School Travel Programme in October.

**i** You can obtain a copy by emailing [sta@tfl.gov.uk](mailto:sta@tfl.gov.uk)

### A 'public transport Games'

**The Olympic** Delivery Authority has published the first edition of the Transport Plan for the London 2012 Olympic and Paralympic Games. The plan outlines how the 500,000 spectators, 50,000 athletes, officials and media will all get to and from the Olympic Park and other venues each day during the Games.

**i** To read the full report or an executive summary, visit [www.london2012.com](http://www.london2012.com)

### Duo finish challenge

**Two dedicated** walkers have completed their challenge to walk the London Loop, after more than two years. Geoff Bunce and Lawrence Green from Kingston finished the 140-mile circuit at the beginning of October. Lawrence said: "We really appreciate the commitment to create and maintain this great walk."

### Weekend walker

**A 78-mile** walk around the Capital Ring has raised £250 for Tom's Trust. It took David Lewis from Oakwood four months of weekend walking to complete the route. He said: "I thoroughly enjoyed discovering parts of London I had never seen before."

# IN YOUR VIEW

Town centre regeneration projects are under way around London with higher priority given to pedestrians and cyclists over cars. But how do consumers travel to the shops and why? We went to Centre Court shopping centre in Wimbledon to find out.



◀ **Gina Purcell**  
I walked into town today to pick up a few essentials. If I am doing a full weekly shop then I will either use the car or order home delivery so I don't have to carry the heavy bags.



◀ **Hansonloo Jhun**  
I use my folding bike to get everywhere. I just put any bags I have in my rucksack.



◀ **Pauline Gayton**  
I have just been doing some shopping at Ikea at an out-of-town retail park. I don't own a car, so I got the tram into Wimbledon to finish my shopping.



◀ **Nancy Fergus and Trevor Bassett**  
We drove into Wimbledon today to buy a specific item. We checked on the shop's website beforehand to see if it was in stock. They didn't do home delivery for what we wanted so we had to come into town.



◀ **Tom Webb**  
I live locally and walked to the supermarket – it doesn't bother me having to carry the heavy bags. I only use my car for long-distance journeys and never consider driving in London.



◀ **Michael Peach**  
I either walk or cycle to the shops. I can never understand why people bring their car into the busy town centre.

## >> DATES FOR YOUR DIARY >>

**5 – 11 November – Road Safety Week** – theme is the safety of children on foot and bicycles. [www.brake.org.uk](http://www.brake.org.uk)

**20 November – Does one street fit all?** – tailoring streets for people. A conference with practical experience from working with local authorities and communities. [www.livingstreets.org.uk/what\\_living\\_streets\\_do/cs\\_living\\_streets\\_training.php](http://www.livingstreets.org.uk/what_living_streets_do/cs_living_streets_training.php)

**29 November – LEPT annual conference, Magic Circle, London** – talks about projects and events across Europe and updates on future projects and opportunities for London boroughs. [www.lept-eu.org](http://www.lept-eu.org) or [info@lept-eu.org](mailto:info@lept-eu.org)

**1 December – VIP (Very Important Pedestrian) Day** – Oxford Street closed to traffic and lots of stalls and events present

**26 December – 2 January – Festival of Winter Walks** – Ramblers' longest-running festival of walks. All walks are free and open to everyone. [www.ramblers.org.uk/winterwalks](http://www.ramblers.org.uk/winterwalks)

**January and February 2008 – Designing for Pedestrians and Disabled Users** – January: Module one – 16 Jan, Module two – 22 and 23 Jan, Module three – 30 Jan. February: Module one – 13 Feb, Module two – 19 and 29 Feb, Module three – 27 Feb. Email [Jennifer.Calvert@tfl.gov.uk](mailto:Jennifer.Calvert@tfl.gov.uk) or [Nina.Kahlon@tfl.gov.uk](mailto:Nina.Kahlon@tfl.gov.uk) or visit [www.transportationopportunities.org.uk](http://www.transportationopportunities.org.uk)

**9 April 2008 – London Walking and Cycling Conference 2008** – learning from others – see page 3 for details of how to submit your ideas



# Useful contacts

Here is a selection of useful contacts for cycling and walking projects and issues. If there's an organisation or individual you think should be listed here, please email [smartmoves@abcomm.co.uk](mailto:smartmoves@abcomm.co.uk) or call 020 7922 5661.

## **Bike Week**

Information on how to get involved or organise an event during Bike Week or Bike to Work Week.

**Tel: 0845 612 0661**

**[www.bikeweek.org.uk](http://www.bikeweek.org.uk)**

## **British Cycling**

The internationally recognised governing body of cycling in Great Britain, it also runs the Go Ride programme aimed at young people.

**[www.britishcycling.org.uk](http://www.britishcycling.org.uk)**

**Tel: 0870 871 2000**

## **CTC**

CTC is the UK's national cycling organisation and the country's largest group of people on bikes. Its mission is 'to make cycling enjoyable, safe and welcoming for all'.

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

**Tel: 0870 873 0060**

## **Cycling England**

Cycling England has been charged by the government to deliver programmes that encourage more people to cycle more safely and more often. It is made up of experts in transport policy, engineering, public health, the cycle industry, local government, cycle sport, cycle training and education.

**Email: [info@cyclingleland.co.uk](mailto:info@cyclingleland.co.uk)**

**[www.cyclingleland.co.uk](http://www.cyclingleland.co.uk)**

## **Everyday Cycling**

Everyday Cycling is a friendly online cycling community hosted by British Cycling, the internationally recognised governing body of cycling in Great Britain.

**[www.everydaycycling.com](http://www.everydaycycling.com)**

## **LEPT**

The London European Partnership for Transport (LEPT) co-ordinates, disseminates and promotes the sustainable transport agenda for London and London boroughs, in Europe. It aims to improve the level of communication, co-operation and investment that exists between London, London boroughs and the European Union.

**Tel: 020 8313 4918**

**[www.lept-eu.org](http://www.lept-eu.org)**

## **Living Streets**

Living Streets is the champion of streets and public spaces for people on foot. It works on practical projects to create safe, vibrant and healthy streets for all.

**Tel: 020 7820 1010**

**[www.livingstreets.org.uk](http://www.livingstreets.org.uk)**

## **London Travel Awareness Team**

Previously known as Good Going, the team runs the travel awareness programme to encourage people to use healthy and environmentally friendly forms of transport in London.

**[www.tfl.gov.uk/sustainabletravel](http://www.tfl.gov.uk/sustainabletravel)**

## **London Cycling Campaign (LCC)**

London Cycling Campaign is a registered charity that works with businesses and the community to improve the quality of life in London by increasing cycling. It aims to involve people from all London's communities in cycling, bring out the best possible services for people who want to cycle in London and be at the forefront of research and policy linking cycling to wider issues.

**Tel: 020 7234 9310**

**[www.lcc.org.uk](http://www.lcc.org.uk)**

Useful contacts continued on next page ►

**◀ useful contacts continued****London Walking Weekend**

Information about the led borough walks and the walking zone events on 15-16 September.

[tfl.gov.uk/walking](http://tfl.gov.uk/walking)

**Olympic Delivery Authority**

The Olympic Delivery Authority is the public body responsible for ensuring delivery of the new venues and infrastructure for the Games and the legacy that will follow.

**Tel: 020 3 2012 000**

[www.london2012.com](http://www.london2012.com)

**Sustrans**

Sustrans is a UK sustainable transport charity that works on practical, innovative ways of dealing with the transport challenges that affect us all.

**Tel: 0845 113 0065**

[www.sustrans.org.uk](http://www.sustrans.org.uk)

**The Ramblers Association**

The Ramblers Association is Britain's biggest charity working to promote walking and to improve conditions for all walkers. With 143,000 members in England, Scotland and Wales, it's been working for walkers for 70 years.

**Tel: 020 7339 8500**

[www.ramblers.org.uk](http://www.ramblers.org.uk)

**The Royal Parks**

The Royal Parks' remit is to conserve 5,000 acres of historic parkland – the eight Royal Parks – for future generations. It also tends a number of other spaces in London, including Brompton Cemetery, the gardens of 10, 11 and 12 Downing Street and Grosvenor Square Gardens.

[www.royalparks.org.uk](http://www.royalparks.org.uk)

**Tour of Britain 2007**

Website charting the routes, dates and host locations of the 2007 Tour of Britain cycle race on 9-15 September.

[www.tourofbrtain.co.uk](http://www.tourofbrtain.co.uk)

**Transport for London**

TfL was created in 2000 as the integrated body responsible for the capital's transport system. Its primary role is to implement the Mayor of London's Transport Strategy and manage transport services across the capital. It also promotes a range of walking and cycling activities across the capital.

[tfl.gov.uk](http://tfl.gov.uk)

**Walk21**

The organisation that champions healthy, sustainable and efficient communities where people choose to walk.

**Tel: 01684 773946**

[www.walk21.com](http://www.walk21.com)

**Walk London**

Funded by TfL, Walk London works with the local authorities to develop an impressive network of quality walking routes around London.

**Tel: 0870 240 6094**

[www.walklondon.org.uk](http://www.walklondon.org.uk)

**Walk to School**

The Walk to School campaign is jointly promoted by The National Travelwise Association and Living Streets. It asks parents, pupils and teachers to think about their journey to and from school, and the many benefits of making it on foot. Each year it organises two nationally recognised events: National Walk to School Week (21 to 25 May 2007), and International Walk to School Month (October 2007).

**Tel: 020 7820 1010**

[www.walktoschool.org.uk](http://www.walktoschool.org.uk)

**Walking Works**

Working Works is a new campaign designed by Living Streets to inspire people to walk more as part of their daily commute. The website is full of ideas and advice for everyone including transport professionals and businesses.

**Tel: 020 7820 1010**

[www.walkingworks.org.uk](http://www.walkingworks.org.uk)