Doctor’s orders
NHS, TfL and boroughs work together for healthy living
Your magazine wows award judges

We are proud to announce that Smartmoves has collected an Award of Excellence at the Communicators in Business (CiB) 2008 Awards, the UK’s biggest awards for business communications.

The magazine was praised by the judges for its “healthy diet of news and views, plus legislation and initiatives designed to promote the move to DIY transport”.

Peter McBride, Head of Cycling, Walking and Accessibility, said: “We are pleased our magazine is seen to be sharing knowledge with contributions from all our partners.”

The Cycling, Walking and Accessibility team at TfL would like to thank all of the boroughs and other stakeholders who have featured in the pages of the magazine so far, and we look forward to bringing you more news and views from around the Capital in the future.

The judges also noted the success of our reader survey and we are always keen to hear from our readers about their news, ideas and thoughts about the magazine.

Get in touch using the contact details below.

Smartmoves
Issue 6 May 2008
Promoting active travel in London

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A paper copy of Smartmoves will now be sent to you quarterly.

If you wish to amend your details, request an e-version or be removed from our database, please email smartmoves@tfl.gov.uk

On two wheels and online
Take full advantage of the Bike Week website by registering your event 7

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That’s a WAP
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Businesses in Sutton and Cheam are working together to help their staff travel more sustainably by joining the borough’s Business Travel Network.

Smarter Travel Sutton has appointed transport consultancy Colin Buchanan to launch the network, funded by TfL, to encourage co-operation between businesses.

Sutton host quarterly steering groups and have conducted staff travel surveys to find out about employees’ travel habits and issues they want to see addressed. This information will culminate in two area travel plans, with actions to improve sustainability.

Chris Hanley, Principal Consultant at Colin Buchanan, said: “The network brings together a diverse workforce, from large corporations to small businesses, and gives us a complete picture of the local area.”

Lee Parker, Smarter Travel Sutton Project Manager, said: “By listening to local businesses, we can respond to their feedback when making plans for the area.”

Conrad Haigh, Workplace Travel Planning Manager at TfL, said: “Travel Plan Networks help businesses to come up with practical solutions to issues affecting them. They can also be a catalyst and help to build a large enough group of users to create a valid business case for government investment in sustainable travel to work.”

To read the results of Sutton’s survey, visit www.smartertravelsutton.org/news

For more information about setting up a Business Travel Network and to download a practical guide, visit www.anewwaytowork.org.uk

Working together

- Shared suppliers who can make one delivery in the area to reduce congestion
- Shared cycle parking facilities
- Joint shower facilities shared by a collection of businesses.

A better insight into LIP

New Best Practice for Local Walking Schemes guidance for Local Implementation Plan (LIP) funding has been published to provide boroughs and partnerships with a better understanding of walking funding criteria.

The guidance focuses on delivering route-based schemes through key walking routes into local centres, shopping parades and schools.

The guidance promotes multi-year proposals and funding to allow for schemes that deliver wider walking benefits.

For more information or for a copy of the new guidance, contact Spencer Clark at spencer.clark@tfl.gov.uk

Boris moves into City Hall

Londoners from across the boroughs went to their local poll station on Thursday 1 May to place their votes for the next Mayor of London. The results are now in and Boris Johnson has taken the title.

Look out for news about the new Mayor’s plans for cycling and walking.

For more information about Boris Johnson, visit www.boris-johnson.com/
Workers building London’s Olympic Park venues are already living up to the 2012 Games’ green transport credentials, thanks to a raft of measures to help them walk or cycle to work.

Around 150 secure, covered cycle spaces will be installed in late May, at the southern site entrance. If demand grows so will the level of cycle parking spaces, and by this summer a workforce travel plan will also be in place to encourage walking and cycling to the site. Simon Jay, Sustainable Transport Manager in the Olympic Delivery Authority (ODA) Transport Team, said: “There are already 2,000 workers on site and this will grow to around 9,000 at the peak of construction activity in 2010. “We predict that around 20 per cent of workers will travel in from one of the surrounding four boroughs – Newham, Hackney, Tower Hamlets and Waltham Forest – so the ODA is keen to make walking and cycling viable modes of transport for them. We hope around five per cent of the total workforce will walk or cycle.”

The ODA, TfL, host boroughs and transport operators have teamed up to form the Olympic Park Travel Planning Group, which looks at the best ways to encourage the workforce to walk or cycle to work.

These could include providing information and maps on local walking and cycling routes, bikes for the workforce, cycle training and workforce health checks.

For more information, please contact Simon Jay on 020 3201 2606 or log on to www.london2012.com
Learning from each other

I was proud to chair the 2008 London Walking and Cycling Conference on 9 April, especially as it was the biggest to date. More than 250 delegates from the London boroughs, NGOs and a wide range of professions attended to hear presentations and most importantly, catch up with each other on the fast moving world of cycling and walking.

Hosted by TfL’s Cycling, Walking and Accessibility team, the agenda for the day didn’t shy away from challenging issues.

Various presentations included a review of the 11 borough cycle benchmarking projects, as well as forward looking comment from TfL’s Director of Surface Strategy, Dick Halle, and Xavier Brice of TfL’s Commissioner’s Office. Balancing the transport side, government advisor Nick Cavill gave a thought-provoking view of active travel from the health perspective.

A fascinating panel debate on inclusive shared space included opinions from a wide range of perspectives highlighting the need for dialogue as much as technical solutions.

As the aim of the day was to celebrate the shared knowledge available, the exhibition gave delegates a glimpse of projects that prompted conversations that lasted well into the evening reception.

Show off your success at European conference

Do you have a walking and cycling scheme to be proud of? Now is your chance to show off your success at the European Conference on Mobility Management (ECOMM) from 4 to 6 June.

The organiser, London European Partnership for Transport (LEPT), is looking for volunteer boroughs to host site visits to show delegates successful and exciting examples of sustainable transport.

Contact Francesca Cignola, European Project Officer, at francesca.cignola@bromley.gov.uk by 23 May to volunteer your borough and visit www.ecomm2008.eu to book a place at the conference.

A healthy Capital

The NHS, boroughs and TfL get London healthy with walking and cycling – see pages 8-9.

Bucketloads of research

My reading tray reminds me of the mop and bucket in Fantasia – it seems to fill up faster every day and it is now on the floor for health and safety!

I take this as a good sign though, as there are increasing amounts of relevant research making the case for more investment in walking projects. In response, new policy guidance steers us to get better rates of return; and the evidence of what works is growing and worth sharing.

In June, www.walkengland.org.uk, supported by the DfT and The Big Lottery Fund, will be launched. It will bring all the research together in one place, to make it easier for Primary Care Trusts and local authorities to find what they need.

Let us know if you have something to share on the site or information you specifically need it to hold. I suspect it won’t be long before London has an online walking in-tray of its own – watch out!
Enfield hits the mark

Borough encourages exercise with led walks

‘Walk Enfield’ led walks organised by Enfield’s Sports Development team have proved popular with local people, with a new survey showing improvement in physical activity among participants.

Almost 1,000 people have taken part in the walks since November. More than half of older people surveyed are now walking/exercising at least three times a week and a huge 97 per cent reported an improvement in their health.

Usha Sisodiya, Senior Sports Development Officer, said: “We have worked hard to build links with community groups and advertise the walks in our Council brochures and libraries, as well as organising mailouts to GP surgeries and community groups.”

You’ve got a friend in me

‘Friends of’ parks groups are full of volunteers working to make the Capital’s parks more appealing for cyclists and walkers. Smartmoves chatted to two members about their groups and their relationship with the local council.

Vicky Fraser, Friends of Grosvenor Park, Feltham

“Grosvenor Park has lacked investment both in terms of money and love. In such an urban area, we wanted to improve the park and now it’s full of walkers and cyclists enjoying the open space.

“We recently held a Bike Doctor event, with a cycle training officer from Hounslow Council giving lessons to local children. I completed a training course with the council to become an accredited health trainer, so I can now host events including led walks.”

Rob Gray, Friends of the River Crane Environment (FORCE), Twickenham

“We cleared a neglected space and created an opening in a wall to make way for new pathways. We installed benches with carved foxes and woodpeckers that have proved very popular with weary walkers.

“We have developed a mutually-beneficial relationship with Richmond Council and we’re currently working on a service agreement that would see some of the management and maintenance of parts of the River Crane area pass to the friends group.”
Join the celebrations

**National Bike Week** kicks off on 14 June with locally-organised events and activities taking place up and down the country. Events from cycle lessons to led bike rides will be held and the emphasis this year is on getting families together to enjoy cycling.

Whatever type of event you are holding in your borough, you can register the event on the Bike Week website. Your event will be included in a searchable database on the site and you will have access to Bike Week logos to include in your promotional material.

Organisers can also request free £10m public liability insurance and will be sent a selection of marketing materials, including posters and certificate templates.

Events already registered include a Midsummer Madness bike ride in Southwark. The ride starts at 2am and cyclists can enjoy the sunrise on the longest day of the year.

In Islington, a cycling circus is coming to town complete with bike-riding clowns.

**Last year’s Bike Week was enjoyed by people across the Capital.**

For more details about Bike Week, or to register your event, visit [www.bikeweek.org.uk](http://www.bikeweek.org.uk).

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**Building on** the success of last year’s event, the Workplace Cycle Challenge is returning in June.

The challenge will kick off on 1 June and run for a month, with businesses across the Capital encouraged to log the number of commuter cycle rides completed.

TfL is calling on those who already cycle to work to set up a team and convert their non-cycling colleagues by encouraging them to take part.

Team leaders can register on the Workplace Cycle Challenge website and can then send official challenge emails to their team.

Caspar Jack from the London Travel Awareness team said: “Last year more than 200 companies signed up for the challenge and we think we can do even better this year. “I personally challenge all borough departments to register a team and get cycling to work.”

For more information, contact Caspar Jack at cjack@lambeth.gov.uk

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The benefits of registering your Bike Week event online

**Take on the cycling challenge**
The NHS is working together with TfL, London boroughs and physical activity groups to promote walking and cycling. There are schemes and groups all around the Capital helping everyone to get fit and healthy.

**John Harkin**, Jo Foster and Katherine Thompson make up the NHS London Physical Activity Team and are working with local Primary Care Trusts (PCTs) across the Capital to promote physical activity to patients.

John said: “We are eager to support local partnerships between boroughs, PCTs and local groups who can provide patients and local residents with opportunities to walk independently, join walking groups or do cycle training.

“Walking is the cornerstone of getting people more active in London. It is free, easy to get involved with and people can participate at their own level. It is also a very powerful tool in improving your health and controlling the effect of long-term conditions.

“Referral or recommendation to get active from a healthcare professional can also be a powerful motivator, so it is vital that health professionals promote the government’s 5x30 message. That is, we all need to do at least five sessions of 30 minutes’ moderate intensity activity per week for positive health benefits.”

**Pedal off the pounds**

**Pedal4Health** works with borough councils, Primary Care Trusts and dieticians to help children with weight problems get fit and healthy by learning to cycle.

The scheme is funded by TfL and administered by the London Cycling Campaign (LCC) and offers group and individual sessions for kids.

Fred Ellis and Anne Magee run the tuition. Both are qualified cycle instructors and Anne is a registered children’s nurse.

Fred said: “Cycling is a great form of exercise for overweight children because it is a non-weight bearing activity, so it’s less likely to cause joint injury or damage.

“The results we see are amazing. Not only do the children lose weight and lower their Body Mass Index (BMI), but their confidence grows and they also learn to enjoy exercise at the same time.”

For more information about Pedal4Health or to book a session, visit www.pedal4health.co.uk or contact Fred at fred@pedal4health.co.uk
Healthy

Living an active life

Both patients and staff at the West London Mental Health Trust (WLMHT) are discovering the benefits of cycling.

A patient cycling group was started with funding from TfL administered by the London Cycling Campaign (LCC). It is now in its second year and the WLMHT travel plan steering group has recently allocated funds to the bike project to allow continuation of the service.

Mental health service users are referred by their consultant to join the group, which meets weekly for bike rides along the canal and in local parks.

Anna Smith, Physical Activity Advisor at WLMHT, said: “Cycling is a great way to get our users involved with physical exercise, but it also a relaxing and enjoyable social activity.”

As well as organising a patient group, the WLMHT runs a bike hire scheme for staff.

Anna said: “The bike hire scheme shows staff the benefits of physical activity themselves, so they are encouraged to refer their patients. This shows a partnership between our staff and service users and a commitment to greener and healthier lifestyles.”

Working together for walking

Newham Primary Care Trust (PCT) and the London Borough of Newham have joined forces to form the Newham Fit Club Rambles, a walking scheme offering residents monthly led walks.

The scheme is funded by the Council and co-ordinated by the PCT. Helen McGinley from Newham Council said: “By linking up with the PCT, we can draw on its skills and we can both work towards the common goal of increasing physical activity in the borough.”

The Rambles are open to anyone who can walk at least five miles. For less able people, the PCT funds the Newham Striders, a group offering urban park walks and receives regular referrals from GPs, special needs, cardiac and diabetes services.

Bob Bicheno is the co-ordinator of both the Striders and the Rambles. He said: “Our relationship with the council has enabled the PCT to offer walking schemes for people with differing abilities and needs.”

For more information about the Newham Striders, visit http://tinyurl.com/38nm7x
For details of the Newham Fit Club Rambles, visit www.newham.gov.uk

NHS hospitals strive for sustainable travel plans

NHS hospitals strive for sustainable travel plans

health service, so there is a huge benefit in developing sustainable travel within the NHS.”

Great Ormond Street Hospital has already implemented a successful travel plan as part of the Trust’s Carbon Management Implementation Plan.

Phil Smith, the hospital’s Assistant Director of Estates and Facilities, said: “We have improved cycle parking, as well as introducing a bike purchase scheme. The number of staff cycling to work has increased from 3.5 per cent in 2005 to nine per cent in 2007.”

For more information about NHS travel plans, visit www.anewwaytowork.org.uk and follow the link to publications
Health and safety in the spotlight

We bring you some new research findings and project results that you’ll find useful for your own initiatives.

Working towards a healthier future

The Department for Health has launched a £372m cross-government strategy, Healthy Weight, Healthy Lives, to encourage everyone to eat healthily and get involved with physical activity.

The strategy pledges to create urban and rural environments where walking, cycling and other physical activity are accessible, safe and the norm. This includes continued investment in a Walking into Health campaign.

To read the full report, visit http://tinyurl.co.uk/93be

Counting the benefits

Measuring the health benefits of cycling can be difficult, but a new tool produced by the World Health Organization lets you calculate the economic advantages.

Using the best available evidence, the Health Economic Assessment Tool (HEAT) for cycling has been developed to estimate the economic savings of reduced mortality due to cycling.

The tool can be used when planning a new cycle infrastructure or to calculate the benefits of current levels of cycling.

To access HEAT for cycling, visit http://tinyurl.com/4v2wvs and for more information, email Nick Cavill at nick@cavill.net

Alternative ways to travel

Ideas on how Lewisham can promote alternatives to individual car travel have been published by the borough’s Sustainable Development Select Committee.

The recommendations include the promotion of cycle to work schemes that loan bikes to employees, and the encouragement of workplace travel plans.

Lewisham Council is now looking at the report’s recommendations and considering ways to proceed.

To read the full report –‘Alternatives to Individual Car Use in Lewisham’– visit www.lewisham.gov.uk/overviewandscrutiny
Showing Bromley shoppers an alternative to cars

Tailor-made travel is a big hit

**Personalised travel** information packs and Travel Plan booklets are encouraging staff and shoppers at a Bromley shopping centre to leave the car at home.

Two-hundred personalised packs and hundreds of booklets have been given out already.

London Borough of Bromley and the Glades Shopping Centre got together to create the plans as part of the EU-funded ASTUTE project.

The project has seen a number of initiatives set up including extra covered cycle stands, promotion of cycle parking in the store guide book and walking and cycling maps available at the customer service desk.

The success of the scheme attracted representatives from other ASTUTE cities across Europe, who came to take a look at it in action.

Paul Curtis, Senior European Projects Officer at Bromley, said: “We are also involved in the Bromley Area Action Plan, which will see greater retail, residential and leisure facilities developed in the next 15 years. To co-ordinate the travel demand management within the plan, we’ve joined a consortium that also includes TfL, The Glades, Capital Shopping Centres, LEPT, Vipre and Creative Environmental Networks.

“Our partnership working has attracted a lot of interest from the ASTUTE members.”

For more information about the ASTUTE project, please contact Paul Curtis, London European Partnership for Transport, on 020 8461 7641 or email paul.curtis@bromley.gov.uk

Download the Glades Travel Plan booklet at www.theglades.uk.com/pdf/travel_booklet.pdf

Shoppers at the Glades shopping centre get to grips with the travel information packs.

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**Smart snippets**

**Pledges piling in**

**More than 10,000** people have now pledged to walk more regularly through the i-move London roadshow.

Pledges include cycling to work twice a week and enjoying family bike rides in the park at the weekend.

You can book the i-move roadshow for an event in your borough and attract people to walking and cycling. People can pick up maps of routes across the Capital from the roadshow.

To book or to find out more, email imovelondon@rpmlimited.com or call 020 7926 9178. Contact your Travel Awareness (TA) officer to find out how many pledges have been made in your borough. For details of your TA officer, contact Jo Pike at jpike@lambeth.gov.uk

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**Test your stamina**

**File the** Miles in Sutton – a four-week challenge for everyone who lives or works in the borough to swap car miles for walking and/or cycling from 19 April to 30 May is well under way.

To round off the event, a Sutton Active Challenge finale will be held on 31 May.

Throughout the day people can try out five main mental and physical challenges at Grove Park and Westcroft leisure centres. They can also find out the File the Miles challenge winners. There will be entertainment and prizes to be won at the event.

For more information, contact karinstark@tfl.gov.uk or visit www.smartertravelsutton.org.uk

Look out in a future edition for the outcome of the challenge
School travel plans spring into action

Teachers and parents have been getting free training to help create and promote school travel plans thanks to Sustrans’ School Travel Action Days.

School travel advisors, teachers and parents were among the 20 delegates from boroughs including Islington, Lambeth and Hackney, who attended workshops about encouraging cycling at their schools.

They looked at how to identify and overcome barriers to cycling and how to plan and run events.

London Bike It Officer Marina Littek said: “Everyone left with heads full of new ideas, along with outline action plans on how they will promote cycling at their school. Best of all, they now know they’re not alone in their efforts in encouraging cycling to school.”

If you are a school travel advisor and would like to hold a training day in your area, contact the School Travel team at Sustrans on 0117 915 0100.

London pupil takes top place

Olivia Farah in Year 3 of Beatrix Potter Primary School in Wandsworth, has won the top prize in a poster competition held in schools across the country taking part in Sustrans’ Bike It project.

Olivia’s design was chosen from hundreds in the ‘I Like It Bike It!’ competition and shows a multicoloured bike made out of words describing how much she likes to ride her bike.

A sound idea for kids

Find out what schools across London are doing to celebrate Walk to School Week (19–23 May).

The theme this year is sound. See how children in your area can get involved and really make the most of their walking journey to school – see page 16.

Look out for news about the Sustrans Christmas card competition. School children will be given a chance to design their official charity Christmas card.
Unpleasant alleyway is revamped to provide a safer path

Down with dirty alleys

An LCN+ funded project to demolish the garages in a Tower Hamlets street has put a stop to anti-social behaviour and removed conflict between walkers and cyclists.

LCN+ is a project to provide safe, pleasant and clearly-marked cycle routes through London.

“Rather than use the narrow alleyway by the garages on a housing estate in Hanbury Street, pedestrians and cyclists would cut across the roads to get to their destinations, purely because the area was unpleasant and people were fearful of what lay around hidden corners,” said Ashraf Ali at Tower Hamlets Council.

“The dimly-lit alleyway was daunting for pedestrians, particularly in the evenings, and cyclists found that barriers halfway down the narrow alley meant they needed to dismount.”

Following negotiations with the council housing estate and consultation with local residents, the garages were demolished and the 1.5-metre alley was widened to five metres – allowing for a three-metre-wide cycle lane and two-metre-wide pedestrian path to be installed.

“The project has vastly improved the whole area, providing more open space and improved visibility, lighting and public security. Not only are more people using the path, which links with other crossings, there is less anti-social behaviour. We’re now looking forward to planting some trees to make the project complete,” said Ashraf.

Reclaiming the streets

Two Hackney communities will get the chance to redesign their own streets, as a project to create safer and attractive neighbourhoods comes to London.

Organised by Sustrans, DIY Streets aims to improve urban areas by making them more people-friendly, and it’s currently signing up 11 streets throughout England and Wales.

Although still in the planning stages, traffic calming will be the first priority at the junction of Brooke Road and Evering Road.

Resident David Farnham said: “Lots of motorists use Brooke Road as a rat-run to avoid congestion on bigger roads. This gets pretty miserable, while poor visibility at the junction makes it dangerous, and the local school is concerned about safety for children crossing because of traffic speed.”

For more information, contact Sustrans at info@sustrans.org.uk or Spencer Clark at spencer.clark@tfl.gov.uk

Over the next three years, the TfL walking programme will provide £60,000 for this pilot project, which is part-funded by the Esmée Fairbairn Foundation.
We talk to Wandsworth’s Senior Transport Planner, Andy Flood, about his role on the Walking Advisory Panel (WAP) and how boroughs can get their voice heard.

What is the Walking Advisory Panel (WAP) all about?
WAP brings together representatives from TfL, the boroughs and the Greater London Authority (GLA), as well as groups including The Ramblers, Living Streets and Walk London, to discuss everyone’s different needs and come up with priorities for action to improve walking.

How did you get involved with the Walking Advisory Panel?
I initially joined the panel for the Mayor’s Walking Plan for London because Wandsworth Council was the lead borough for walking. One of the recommendations in the Walking Plan was to set up WAP and I was invited to represent the boroughs.

Why is it important for the boroughs to have a voice on the Panel?
Boroughs have first-hand experience and knowledge of London’s streets and public spaces at a local level. It is essential this knowledge is tapped into, so that decisions are not made too centrally.

WAP is currently working to build a stronger working relationship between boroughs, TfL and the GLA, so that we can all work together to promote walking and improve conditions for pedestrians.

For more information about the Walking Advisory Panel, or to put forward suggestions or queries for their next session, contact Andy at aflood@wandsworth.gov.uk

Nominate an officer
If you would like to nominate yourself or an officer from your borough to feature in Smartmoves, contact us on 020 7922 5673 or email smartmoves@abcomm.co.uk
Boroughs work together to host East London Walking Festival

Barking and Dagenham Council joined forces with Havering Council to host the annual East London Walking Festival.

More than 100 local people stepped out for a led walk that took in the parks and pathways of both boroughs. After the walk, visitors could look around the information stalls in the Healthy Living Marquee and get a health check.

Gemma Jay, Sports Development Officer at Barking and Dagenham, said: “This is the first year our marshals led the walk and we got great feedback. People could chat to the marshals and they highlighted points of interest. Next year, we would like to increase the number of marshals joining the walkers.

“The Healthy Living Marquee took quite a lot of effort and expense to organise and I think next year we would stick to smaller information points.

“It’s been great working with Havering Council, and it certainly made the logistics of organising a big event much easier.”

For more information, call 020 8227 3981 or email sportsdevelopment@lbbd.gov.uk

Boroughs join the commuter challenge

More than 15,000 people joined in with Walk to Work Day on 24 April, which was also used to launch the Step into Spring Pedometer Challenge.

Organised by Walking Works, this four-week event challenges businesses and employees from across all the boroughs to walk more on their daily commute and see who can tot up the most foot miles by 30 May.

To view pictures from the day, visit www.walkingworks.org.uk, or contact stacy.woodward@livingstreets.org.uk for more information on the Step into Spring Pedometer Challenge

School halls in Havering became theatre stages for the day as primary school pupils were treated to a performance from Quantum Theatre. ‘What If It Rains’ looks at the health and environmental benefits of walking to school. The actors interact with the pupils and sing songs.

Martin Day, School Travel Advisor at Havering, said: “We have had a great response from all the schools involved and it is a really effective way of getting the issues across.”

The actors sing songs with the children.

To arrange for the theatre to visit a school in your area, visit www.quantumtheatre.co.uk/raininfo.html
Make some noise about walking

Mini sound detectives will soon be exploring the streets of London as school children celebrate national Walk to School Week from 19 to 23 May.

The campaign encourages children and their parents to ditch the car for the short school run and enjoy the benefits of walking.

Sound is the theme of this year’s Walk to School Week and pupils will be asked to explore the local environment through sound and noise.

They could see how many sounds they can identify on the way to school or write a song about walking.

The week will be launched at Middle Row Primary School in North Kensington. The children will play musical instruments made out of car parts as they parade along the streets dressed in samba costumes.

In Sutton, 32 schools are celebrating and St Mary’s Junior School in Carshalton will be joining up with Hamsterley Primary School, a small rural school in County Durham, to compare the different sounds on their routes to school.

To find out more about Walk to School week, visit www.walktoschool.org.uk or contact Louise Waters, Campaign Co-ordinator for Walk to School Week, at louise.waters@livingstreets.org.uk

DATES FOR YOUR DIARY

19-23 May – Walk to School Week (see above for details). www.walktoschool.org.uk/
31 May – 1 June – Get Walking Weekend – free guided walks in London. www.walklondon.org.uk
1 – 30 June – Workplace Cycle Challenge – Get a team from your office cycling to work. Email: cjack@lambeth.gov.uk
7 – 8 June – Transport for London Open Garden Squares weekend – www.opensquares.org
11 June – Living Streets Community Engagement Masterclass – how to involve the community in projects to improve streets and neighbourhoods. www.livingstreets.org.uk
14-22 June – Bike Week – local events throughout London. Includes Bike to School and Bike to Work Week www.bikeweek.org.uk
13 July – Road Safety/999 Day – Free road safety day with cycle circuit and bike maintenance checks. Valentine’s Park, Ilford 11am to 5pm.
7 September – Tour of Britain – the cycle race starts in London. www.tourofBritain.co.uk
21 September – London Freewheel – Central London roads closed to make way for cyclists. www.londonfreewheel.com
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 or call 020 7922 5673.

**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

**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
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
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@cyclingengland.co.uk
www.cyclingengland.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

**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

**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

**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

**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

Useful contacts continued on next page
useful contacts continued

**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

**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

**The Ramblers Association**
The Ramblers Association is Britain’s biggest charity working to promote walking and to improve conditions for all walkers.
Tel: 020 7339 8500
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 tend 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

**Tour of Britain 2008**
Website charting the routes, dates and host locations of the 2008 Tour of Britain cycle race on 7-14 September.
www.tourofbritain.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. It also promotes a range of walking and cycling activities across the capital.
tfl.gov.uk

**Walk21**
The organisation that champions healthy, sustainable and efficient communities where people choose to walk.
Tel: 01684 773946
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

**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 a nationally recognised event: National Walk to School Week (19 to 23 May 2008).
Tel: 020 7820 1010
www.walktoschool.org.uk

**Walking Weekend**
Information about the led borough walks and the walking zone events on 30 May and 1 June.
tfl.gov.uk/walking

**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