

Annual Review 2008



What is Travel Actively?

Travel Actively is a portfolio of projects from the Active Travel Consortium that addresses health and wellbeing through regular walking and cycling across England.

The consortium is a partnership of the leading walking, cycling and health organisations, each dedicated to promoting active travel.

This £30 million programme, of which £20 million has come from the Big Lottery Fund's Wellbeing Fund, focuses upon sedentary and traditionally hard-to-reach audiences who have the greatest potential for change and the biggest health gains.

The Big Lottery Fund, the largest of the National Lottery good cause distributors, has been rolling out grants to health, education, environment and charitable causes across the UK since its inception in June 2004.



The consortium is led by Sustrans and includes:



Foreword



Welcome to the first Annual Review from Travel Actively. We are a consortium of leading walking, cycling and health organisations committed to enabling two million more people to be active in England by 2012.

Funded by the Big Lottery Fund, this is a unique grouping. As you read through the pages of the report you will see how together, these organisations are enabling people to become active in their everyday lives.

Following a year of such great sporting success it is easy to forget that for most people, access to physical activity is best achieved through their daily lives. Only a small percentage of people are physically active through sport. The vast majority of people prefer to incorporate activity into everyday trips, such as walking to the shops, or cycling to the library.

We know that if we don't enable many more people to get active, the obesity epidemic will cost our economy billions every year. Not just through our health budgets, but also because of lost economic activity due to absenteeism.

The message from Travel Actively is that we can do something about this. The National Institute for Health and Clinical Excellence agrees with us. If we create the right environment that enables people to incorporate physical activity into their

everyday lives, and then we give them the skills and confidence to achieve this, we could transform the health of our nation.

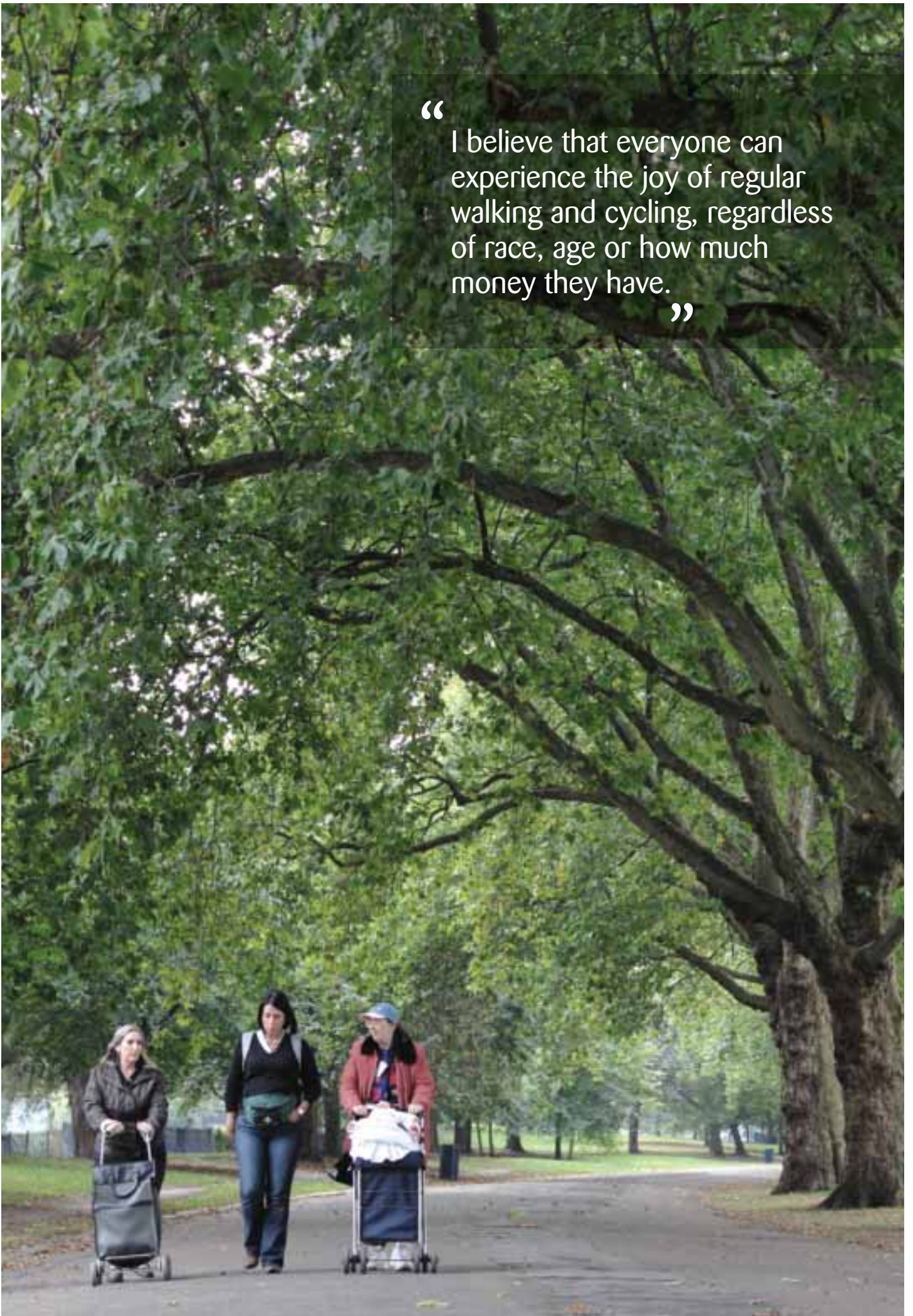
That is what Travel Actively is seeking to demonstrate. We are adding to the wealth of evidence that illustrates that if those responsible for transport, planning and the environment, focused on enabling active travel wherever possible, we might not be facing the kind of health timebomb that we currently are.

That is why we are sending this report to people working in public health, transport, planning, social cohesion, and many other areas. Travel Actively is working in a number of ways across a range of expertise to change the way people move. All we seek is that professionals beyond those working in health come together to be part of the solution.

A handwritten signature in black ink, appearing to read 'Paul Lincoln'. The signature is stylized and cursive.

Paul Lincoln, CEO National Heart Forum

“
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”



Improving physical and mental health

By Tom Franklin, CEO The Ramblers' Association



Walking and cycling can be described as 'wonder drugs'. If they were prescribed free on the NHS, it would dramatically improve the physical and mental health of the population.

The 'drugs' would cut rates of obesity, diabetes, cardiovascular disease and reduce coronary heart disease deaths by a third. They are repeatedly proven to lift people's moods and nurture a long term love and appreciation of the environment. Walking and cycling makes individuals happier and lifts their confidence in themselves and their community.

The fact is, however, that the people who most need to walk and cycle are the least likely to do so. People from the lowest socio-economic groups have the highest inactivity levels. Yet despite the fact that walking and cycling are the cheapest and most accessible form of exercise known to humankind, physical and mental barriers, such as the misperception that it can be 'unsafe' or time consuming, prevents people living in the most deprived areas from travelling actively in their own neighbourhoods.

I believe that everyone can experience the joy of regular walking and cycling, regardless of race, age or how much money they have. The

Travel Actively projects are set up so that people living in some of the most deprived areas benefit from the expert-designed programmes. We deliver projects underpinned by a simple and pragmatic goal; to demonstrate that, from the bus stop stroll to the three mile circuit, walking and cycling is as flexible and unique as the person doing it and it can be incorporated into people's daily lives.

We aim to reach two million people by 2012 through the consortium projects. The benefits that those new walkers and cyclists experience will be immeasurable.

The biggest revelation so far is the breadth and richness of benefits that participants experience. From walking in rural Cornwall or the city streets of Tower Hamlets to cycling in the forest in East Hampshire, the case studies over the next few pages really show testament to how our consortium projects have affected people's physical and mental health for the better.

Partner: Ramblers' Association

Scheme: Get Walking Keep Walking

Location: Tower Hamlets, East London

Walking together is a social means to improving health



Kalvender is a member of BowHaven, a user-run mental health centre for people living in the Tower Hamlets area of London. BowHaven wanted to get help with starting their own walking group, and signed up for the Ramblers' Association's new urban walking programme 'Get Walking Keep Walking'.

'Get Walking Keep Walking' encourages people in deprived areas to improve their health and well-being by taking up walking and making it part of their everyday lives.

The project coordinator Maike Neuhaus started them off with an introductory 'Welcome to Walking' session, an informal workshop about the benefits of regular walking and how to overcome the barriers to it.

The group then went on walks together over a four week period, monitoring their progress by using the free step counters and logbooks they were given, noting down all walking activity and improvements. After going on the first few walks together Kalvender said he was feeling fitter and healthier, and had lost some weight. He also felt he had clearer lungs and improved breathing.

Each walk was circular, starting and finishing at the same place. The first one took about thirty minutes, with subsequent walks slowly building up to around an hour. They walked in parks, on pavements, and along the canal. Although the participants lived locally, they mentioned that they discovered things they didn't know before like certain roads or parts of the park.

Kalvender says that his favourite part of the walking group is "enjoying the social aspect of walking with the group and having a chat with a cup coffee afterwards." Another member of the group said that the walks helped improve their mental well-being, and they enjoyed conversations with others on the walk. They also liked to "get out in the open air more after being mostly stuck indoors for long periods."

Group member Karen found it easier to walk with a group instead of on her own. Using the step counter to monitor her progress she has already lost over a stone in weight.

Karen describes the walking group as "It's an activity I look forward to. It's enjoyable and improves my health."

Kalvendar, Karen and the rest of the group are now feeling fitter and healthier. They continue to walk regularly now that they have the tools and confidence.

“
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”

Partner: CTC

Scheme: Cycling for All

Location: East Hampshire

Cycling in the forest brings independence for all

The Independent Living Group (ILG) manages a number of registered care homes supporting adults with learning disabilities. Every week, they are supported in a number of services cycling in the Alton area of Hampshire at Alice Holt Forest.

Cyclists of ILG first met 'East Hampshire Cycling for All' in May 2008. Most had never cycled before and many had assumed that this activity was not within their abilities.



Initial participation varied. While some people were keen to join in immediately, others were much more hesitant. The range of unusual cycles at Alice Holt were unfamiliar to many visitors and for some individuals it took several weeks before they had enough confidence to try riding.

One of ILG's new cyclists is a young woman with autism. She requires a high level of support and has no verbal communication. Her first encounter with East Hampshire Cycling for All's bikes gave her a chance to familiarise herself with the many unusual, brightly coloured cycles. On her next visit, she was riding alongside a support worker in a three-wheeled cycle. Her confidence and skills have grown to the extent that by the end of the summer, she was able to ride a single tricycle, in full

control, turning independently at each end of the riding area. As someone with limited levels of expression, the growing smile on her face has been evident to all those riding with her.

Other people who have attended are more able to ride and often join volunteer leaders on the off-road trails of Alice Holt Forest, using conventional two-wheeled mountain bikes. People with a learning disability can often lead a sedentary lifestyle and have a greater risk of the health issues associated with being learning disabled. 'East Hampshire Cycling for All' simply provides the equipment and the environment in which these able cyclists can be encouraged to take regular, enjoyable outdoor exercise. One cyclist has now bought his own bike, which he proudly brings along each week to ride on the woodland trails of the forest.

Neil Bamforth, support coordinator says "This is a brilliant session. The service users get a lot out of it."

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Partner: Sustrans

Scheme: Active Travel Cornwall

Location: St Austell

How a weekly walk can change your life

After retiring from a busy teaching career, Lorraine Strookman was feeling the ill effects of putting her feet up. Within two years she needed an inhaler to control her asthma and was diagnosed with diabetes.

Fortunately, she took a step in the right direction after picking up a guide to local health walks from her doctor's surgery. Now Lorraine controls her diabetes without medication, no longer needs an inhaler and feels far more positive after losing a stone and a half in weight. "Regaining this freedom is fabulous" she says.

Lorraine remembers how difficult her first walk was. It took all her strength to climb to the top of a hill, and on her return home that afternoon she went straight to bed, exhausted. But the next week she was out with the walking group again and within a few months began noticing the health benefits.

“
Regaining this
freedom is fabulous.
”



Lorraine's inspiration to walk came from the project leaflet, but she also liked the fact that the walk leader insisted she fill in a brief and confidential wellbeing questionnaire. This reassured her someone was "looking out for her." At least two trained walk leaders marshal the group and the pace is determined by the slower members; it's never a race.

In many ways, taking part in the weekly walks has enabled Lorraine to look after herself and have a

better quality of life. She feels she knows her local area far better and has made new friends. "There's always someone in the group who has an interesting fact about a local landmark, the story behind a tumbledown old house, or this plant or that bird. I never get bored."

Now Lorraine, her husband John and their two boxer dogs try not to miss their weekly outing with Sustrans' Active Travel Cornwall project in St Austell.

Partner: Walk 21

Scheme: Walk England Website

Location: Nationwide

Online networking inspires new ways to start walking

Walk England is a new organisation that brings together everyone working to promote walking. Its aim is to encourage and support more people to choose to walk in England as a way to be healthy, travel and relax.



The Walk England website provides information for the individual about walking, and a networking facility for professionals whose remit encompasses walking. It links all the sectors that have, or should have, walking at their heart: transport, health, education, recreation/sport, urban design and environment.

This is the first website to work as a central hub for walking that covers all the main six sectors. For professionals, the website provides clear and concise

“
A brilliant
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inspiring.”
”

summaries of what is working best, links to useful organisations, and evidence-based expert advice. Each sector has a brief description of its main links to walking as an aid to those who are forming new cross-sector partnerships, therefore improving understanding across disciplines.

The website has a ‘walking network’ that people can join, which is currently being developed to also have a regional aspect. This enables members to contact each other easily, post questions, share their expertise and experience and also complement existing and new physical networks in their local areas.

For the public, the website is an online gateway to information about walking; getting started, joining groups, walking festivals and information and links for those who want greater walking challenges.

Walk England has an aspiration to further develop the social networking facility utilising new technologies, develop a database for walking routes across England and support the online networks through the hosting of walking network events in each region of England.

Feedback from www.walkengland.org.uk

“I am impressed with the website - it’s easy to navigate and full of useful information and updates.”
Research Manager, Health Partnerships Team, joint funded post between Newham Borough Council/PCT, London.

“I just wanted to congratulate you all on a brilliant website, it’s inspiring.”
Health & Physical Activity Development Officer, Cultural & Communities Team, joint funded post between Blackpool Council/PCT, Lancashire.

“
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”



Overcoming barriers to active travel

By Tony Armstrong, CEO Living Streets



We believe that walking and cycling should be the natural transport choice for short journeys.

But increasingly, we seem to be a society that has got out of the habit of walking, even for local journeys such as trips to school, work or the shops.

Active everyday travel, which all of our projects are focused on, is essential for ensuring good health. But it is also part of the answer to the big challenges relating to climate change, pollution, and the economic vitality of neighbourhoods and local shops. Walking and cycling is a cost free way to get regular exercise, and is accessible to almost everyone, but in order to get people doing it as part of their daily lives we need to break down the barriers that are currently preventing them from leaving the car keys behind and choosing otherwise.

Recent research, supported by Living Streets, has shown what a devastating effect heavily trafficked streets can have on our neighbourhoods. A busy, badly designed road acts as a physical barrier between neighbours, raises fears about road safety, and discourages people from using their streets as social public spaces. When we speak of barriers to walking, what comes across most clearly is the need for well planned environments where people live –

environments that prioritise people over traffic. One of the things that needs to happen in order to achieve this is for local people to be given real ways of influencing decisions made about their own communities. They, even more so than a town hall professional (or even organisations like ourselves), know what needs changing to make walking an attractive option for them.

The funding we've received from the Big Lottery Fund will ensure that our projects will reach millions in deprived and hard to reach areas, but we need to start thinking now about how to sustain it in the long term. After the projects finish in three years time, we want politicians to show their commitment, and take real action on active travel. We also need to see clear evidence of joined up thinking between health, transport, community and environmental departments, both at a national and local government level. Only by looking at the bigger picture in this way will we be able to break down barriers to active travel, and reap the benefits right across our society.

Read on to see how our projects continue to overcome these barriers by enabling people to travel actively.

Partner: Living Streets

Scheme: Step Up

Location: North East England

Working together gets pupils walking

Step Up is a new campaign aimed at secondary schools to encourage students to walk for at least 15 minutes on their journey to school. Launched in October 2008, 150 pupils from ten schools in Northumberland, Middlesbrough, Darlington and Newcastle attended the Step Up launch event at Dance City in Newcastle upon Tyne. This event will lead directly into their campaigns for more walking at their school, leading to improved health (especially obesity levels) and links with their local communities and the democratic institutions that make decisions about the streets and public places around their schools.



The event was designed to 'kick off' the engagement strand, as well as launching the national campaign. It also had a practical purpose, to disseminate ideas, skills and information about 'walkability', campaigning, and the benefits of everyday walking to a teenage audience.

The pupils took part in issue-based, skills based and 'fun' sessions, including a 'walking treasure hunt', to identify the good (and not so good) things about the streets in which they walk, and the improvements they would recommend.

They also met Tony Armstrong, chief executive of Living Streets, who spurred them on to run campaigns in their schools. He said "I find it

exciting that we're asking pupils themselves to identify the barriers that they face on their walk to school. It enables them to find their own voices – and to help campaign for change."

The day was very successful – one pupil remarked: "It helps you learn how to get people together." Another said "I learnt how to develop my ideas for the campaign."

The adults (school staff and local authority school travel advisors) took part in a mentors training session, designed to give them the knowledge needed to support the pupil-led campaigns. One teacher noted that "pupils are already firing ideas around; they are all excited about this."

The next step is for the pupils to start working in their own schools to create and deliver a campaign to encourage walking, giving the health and environmental benefits involved. It will also promote community engagement and active citizenship to young campaigners.

“Pupils are already firing ideas around; they are all excited about this.”

Partner: Sustrans

Scheme: Bike It

Location: Doncaster

Cycling takes the stress out of commuting



Jim Cole is the project officer for Bike It in Doncaster. He helps twelve schools in the area to promote cycling as a viable mode of transport to and from schools.

The aim is to create a pro-cycling culture in the school that continues long after he has left. Most of the beneficiaries in his programmes are pupils, but school staff also benefit.

Margaret Eyre, a teacher at Bentley New Village Primary School regularly travelled to work by car. For Margaret, the journey to work was very stressful, saying “Bentley High Street can be a nightmare.” She often spent long periods of time feeling anxious in traffic jams, and would often be late for work.

“
My bike sat in the garage for years gathering dust. Now it’s covered in mud as I use it all the time!
”

Margaret had considered cycling to work but lacked the confidence to start and had no-one to cycle in to school with. Once the Bike It project started at her school, Jim ran awareness raising events about cycling within assemblies and classroom sessions. This gave Margaret the initial idea and encouragement to cycle. Jim gave her bike a check over to make sure it was roadworthy and safe to use. Armed with a working bike and some advice and encouragement from Jim, Margaret started cycling to work.

Now Margaret is cycling into school at least three times per week irrespective of weather and has teamed up with another member of staff who also started cycling after Bike It came to the school.

Since Margaret started cycling the stress she had experienced by driving to work has gone. She feels fitter, happier, and now arrives at school in plenty of time without rushing. By feeling much calmer she is energised and ready for the day.

“My muscles have all come back!” says Margaret. “My bike sat in the garage for years gathering dust. Now it’s covered in mud as I use it all the time!”

The pupils at her school were very impressed with Margaret’s achievements. At the grand opening of Bentley New Village’s cycle shelter, Margaret got a mention and a huge round of applause.

Partner: Sustrans

Scheme: TravelSmart

Location: Watford

Access to information gets the whole family travelling actively



Neil McCarthy in West Watford would advise anyone to take part in the TravelSmart programme. Already an occasional cyclist and walker, he found that the information and support offered by the programme provided new travel opportunities for him and his family.

TravelSmart works with households offering tailor-made information and support, enabling people to walk, cycle and use public transport more often.

Neil became involved in the project after he heard about it through family and friends. "Shortly afterwards I bumped into Louise, one of the TravelSmart canvassers who'd been talking to a few of my neighbours door-to-door. She told me who she was and we got chatting from there."

Neil also requested a home visit from a TravelSmart advisor, an opportunity for households to receive further support and expert advice on changing their travel habits. "It gave me a wider picture of what's available. She was friendly, down to earth and relaxed."

Neil was surprised by the amount of information and advice that was on offer and chose information on all sustainable modes, including bus timetables, local cycling and walking maps and leaflets on leisure routes close to his home in order to cut down his car journeys. The McCarthy household had not had access to bus timetables before and although Neil has cycled in Watford all his life he had never seen a map outlining the network of cycle routes in the town.

“
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available.
”

Neil has since managed to get his son, who has previously not taken an interest in cycling, to go out on a few rides with him. "My son uses the bus a lot. I used to drive him to school and get him a cab when I was working early shifts but now he catches the bus to school, mainly because of the bus timetables you guys gave me." Neil has identified a few more leisurely routes to try out with his elderly father, who's still cycling in his seventies. He found the pedometer useful and used it to see if he was reaching the recommended amount of daily steps.

Thanks to TravelSmart, more households like the McCarthy household will be given the opportunity to increase their levels of physical activity and reap the health benefits of travelling more actively.

"It's there now whenever I need it. It will be something that I can dip into and keep using in the future."

Partner: London Cycling Campaign
Scheme: Agewell on Wheels
Location: Hammersmith and Fulham

It's never too late to learn how to ride a bike

“
I've been acting
my shoe size,
not my age.
”

Elaine Arkell had always wanted to cycle as a child, but wasn't allowed a bike. When she turned 28 she was finally given her first bike, but after missing out on cycling as a child, she lacked the skills and confidence to use it.

“I went out once on it and when I got to work everyone laughed at me” she said. After this, her partner at the time took her around Hyde Park corner in London, which made things worse. She describes the experience as “terrifying” and after that was far too nervous to try cycling again.



Now 50 years old, Elaine suffers from repetitive strain injury and chemical intolerance. She wanted to exercise outside to ease her symptoms, and found out about the 'Agewell on Wheels' project. It seemed the perfect opportunity to overcome her fears and rid herself of the traumatic memories of her earlier expeditions.

London Cycling Campaign's 'Agewell on Wheels' provides cycle training and rides for the over 50s. Participants build up their confidence and control skills in a safe off-road environment before putting these into practice on the road. Elaine recalls the first time she went on-road with the group: “I was quite scared but I muttered to myself ‘little children

do this.” Even when Elaine did come off her bike she got straight back on.

Some of the ladies who took part are in their 70s but it didn't stop them all having a good time. As Elaine says: “I've been acting my shoe size, not my age.”

Cycling has helped Elaine build up her stamina and she can now turn her bike around with ease. Her family have since bought her a bike which she considers to be “my favourite object, above all else.”

After attending the course, Elaine has offered to volunteer with the project. As she needs to work in an outdoor environment, she is thinking about becoming a cycling instructor.

Elaine finds cycling a form of self-rehabilitation but also describes the experience as “life changing - it was the thing I always wanted to do.”



“
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”

The wider benefits of active travel

By Koy Thomson, CEO London Cycling Campaign



We are building a powerful body of evidence linking active travel and positive changes in mental and physical health.

Cycling and walking are good for public health: period. The case has been made and our challenge is putting the idea into practice on a very large scale. Dig a little deeper into the projects of the Active Travel Consortium and you see the extraordinary, additional effects on social problems endemic to urban environments.

Cycling and walking can improve individual and community isolation; gender-based inequality; postcode gang mentality; traffic pollution and hazard; transport deprivation; unemployment; obesity and cardio-vascular risk; unhappiness, lack of self-esteem and mental health decline, and deteriorating public spaces.

The Active Travel Consortium targets these hard-to-reach groups, including those with disability, mental health, unaccompanied refugee children, socially excluded ethnic identities, women suffering multiple rights deprivations or abuse, recovering addicts, vulnerable youth and older people.

Cycling and walking is so natural and practical. The idea of getting on a bike or going for a walk with someone doesn't need much explanation - it just feels good. That's a very open, inviting, positive, non-threatening way for communities to engage. Going out walking and cycling is simply a great opportunity to chat

with neighbours and other people in your community.

We should make it clear that our projects are not designed to tell people in the community that they should get on their bike. It is not a form of paternalism, it is liberation. Our experience is that people *want* to be healthy, sociable, to cycle, to walk, and we simply give them the opportunity.

It's amazing to see the enthusiasm with which these projects are greeted, and the benefits. We've seen remarkable improvements in mental and physical health, and examples of inclusion and social cohesion. It's a case of people in good health just having a good time, and the following case studies highlight exactly this.

In essence the Active Travel Consortium is growing to become a powerful public health innovator. I hope ideas from our Travel Actively projects become mainstream, and the big prize will be to see the health sector and others commissioning cycling services from our community groups.

Imagine having a health service that does just that, working hand-in-hand with other sectors to promote health through active travel.

Partner: Living Streets

Scheme: Fitter for Walking

Location: Blackburn

Working together improves community walking routes



Tanya Gallagher, the neighbourhood manager for South West Blackburn had been receiving complaints about a street in the area. Wanting to support the neighbourhood, she decided to approach 'Fitter For Walking' coordinator Bernard Kennedy. 'Fitter for Walking' is designed to help residents create streets they can be proud of - that feel safe, look attractive, and are well used by local walkers.

Bernard visited the area and spoke to the people at the nearby children's centre to see what the problems were. They told him that they had avoided the area because of poor lighting and anti social behaviour. One staff member told him that she avoided the route and sought other ways to get to work. Local residents Eileen & Bernard Johnson said "it is very creepy, even during the day."

“
They were very
appreciative of being
taken seriously.
”

The next step was inviting community members to take part in a street audit. As Blackburn with Darwen is a highly ethnically diverse area, getting people involved in working together is very important.

Bernard compiled a report on the area with the group, and will be acting as an advocate for the group to the council to get changes made. The aim was to open up a walking route between the communities of Galligreaves and Hollins Street; a new route that should encourage users of the children's centre to walk. It was seen as important to do this in order to get young children into the walking habit early, in what is a deprived area of the North West.

Bernard found that by speaking to local residents and acting as an intermediary between them and the council, the residents have taken a much bigger interest in their area. The spare land around the area has been chosen by the group for a community clean up day, and local voluntary street ambassador, Carol Walsh, was keen to offer her support. Residents highlighted the fact that they have tried to get changes made before to the area but never got a reply. They were very appreciative of being taken seriously and having someone at grass roots level listening to them and acting on their behalf.

The project is still in progress, but it has already radically changed how residents feel about their local walking links – and has laid the foundations for much more work in the future.

Partner: London Cycling Campaign
Scheme: The Refugee Council, Spoke Project
Location: Brixton, London

Owning a bike opens up the city

Muhammed Ahmad is a 16 year old from Pakistan who arrived in London in January 2008. Although he used to ride a bike in his home country, he did not own a bike in London and “had no idea how to repair one.” When Muhammed heard about the Spoke project run by the Refugee Council he was enthusiastic about taking part. “I was very excited as I began to see myself riding around London, visiting the spots I have only dreamt about in the past.”

“
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my asylum claim.
”

Lambeth police donated reclaimed bikes to the Spoke project so that the young people could ‘earn-a-bike’ whilst learning important maintenance skills. 10 young people attended the twice weekly evening sessions that ran for six weeks and the prospect of getting a bike at the end clearly motivated the group. “I was looking forward to working on one which I could take home in a few weeks.”



The Refugee Council recruited several dedicated and committed volunteers who were trained in maintenance and as cycle instructors so they could impart these skills to the young people they were working with. Some of the clients also received the training and worked alongside volunteers to deliver the project. This mix resulted in a positive group dynamic as Muhammed explains: “From the first workshop we all worked together as a team, helping each other and encouraging those with less knowledge.”

This client group can be particularly vulnerable, facing issues such as social isolation and poverty. The opportunity to participate in this project provided a

welcome distraction. “For the first time I could forget about my asylum claim. I am sure the other boys feel like this too. Everyone on the project takes me for who I am. The volunteers do not treat me as an asylum seeker and the other boys show the same level of respect as we get to know each other on a different level.”

Having completed the workshops Muhammed got to take his bike home and has since been riding to college and has started to “look after my health a bit more, something which I haven’t done since I have been here.” Beyond the obvious health and financial benefits of cycling, there is a sense of empowerment and freedom. “I want to go to the countryside, to the seaside, I can’t wait!”

Partner: Ramblers' Association
Scheme: Get Walking Keep Walking
Location: Birmingham

Walking brings a community together



The Warstock Community Centre is based within what was traditionally a white, working class neighbourhood. Over the last decade a more diverse community has emerged, but this diversity was not reflected in the use of the local community centre and there was a visible divide between the different ethnic groups.

Rama Bharadwa, the Community Development Worker at Warstock Community Centre explains that although people from different ethnic backgrounds were using the centre, it was at different times and for different purposes. This meant there was little or no contact between different communities. Rama decided to encourage wider use of the centre and set up Dosti, a women's friendship group.

“
I've made new
friends and found
new places to walk.
”

When the Ramblers' Association approached Rama about delivering a 'Get Walking Keep Walking' programme with women from the centre, it was discussed as an opportunity to bring women from different backgrounds together as Dosti had consisted predominantly of South Asian women.

Rama then worked at getting women from local church groups and other local places to come along for the walks. The women, who were from a variety of ethnic backgrounds and different faiths gathered to walk in the local area. Not only were they keen to walk more, they were also delighted to meet new people. The group was a success with up to 35 people attending in total. Sam, a young woman from a white British background says “I managed to lose some weight and have also made some new friends and found some new places to walk. I've been able to learn a new language by socialising with some of the women from Asian backgrounds. This is a much more mixed area than before, I like it. I now also cook Indian food.”

Nancy, another local woman from African Caribbean background says “it's wonderful and got me walking a lot more, even when I'm on holiday. It's made a difference to my health.”

Taru Patel says “it's good meeting up with everyone, we enjoy talking to each other and there is more confidence within the group. One of the ladies, when she first joined us didn't speak with anyone and now she interprets for the whole group!”

The Dosti group continues to meet and walk together, and this has supported the ongoing work for better health and community cohesion in the area.



At the close of 2008
Travel Actively will
have reached 85,000
beneficiaries, bringing
us closer to our
target of two million
people active in
England by 2012.

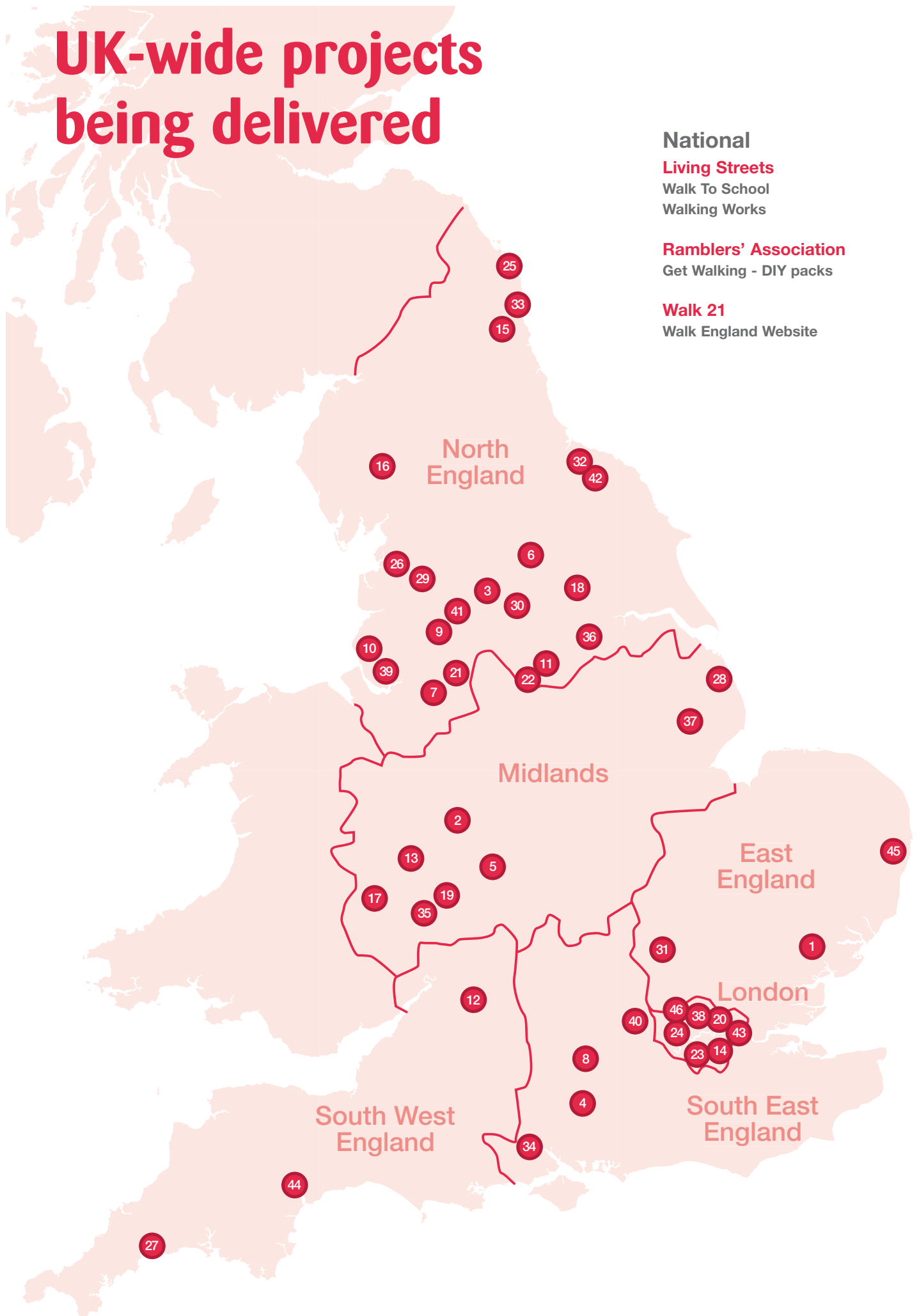
Two thirds of these will have been inactive, and by focusing on regular journeys and addressing people's motivation for walking and cycling we are helping to develop healthier lifestyles and improving wellbeing.

The success of the projects lie in their bespoke nature and by directly addressing peoples needs. By using and imparting our expertise, we can enable people to travel actively.

Our projects were all launched in 2008 and are currently in their initial stages. Over the next four years, these practical projects will generate a body of evidence to show how regular active travel can have a positive impact on health and wellbeing.

The next steps are working to make them sustainable in the coming years.

UK-wide projects being delivered



National

Living Streets

Walk To School
Walking Works

Ramblers' Association

Get Walking - DIY packs

Walk 21

Walk England Website

Regional

CTC

- 1 **Community Cycling Champions** - Colchester
- 2 **Community Cycling Champions** - Derby
- 3 **Community Cycling Champions** - Bradford
- 4 **Community Cycling Champions** - Cycling for all - East Hampshire
- 5 **Community Cycling Champions** - Leicester
- 6 **Community Cycling Champions** - North Yorkshire
- 7 **Community Cycling Champions** - Manchester
- 8 **Community Cycling Champions** - Reading
- 9 **Community Cycling Champions** - Rochdale
- 10 **Community Cycling Champions** - Sefton
- 11 **Community Cycling Champions** - Sheffield
- 12 **Community Cycling Champions** - Swindon
- 13 **Community Cycling Champions** - Wolverhampton

Living Streets

- 14 **Fitter for Walking** - London
- 15 **Fitter for Walking** - North East
- 16 **Fitter for Walking** - North West
- 17 **Fitter for Walking** - West Midlands
- 18 **Fitter for Walking** - Yorkshire and the Humber

Ramblers' Association

- 19 **Get Walking Keep Walking** - Birmingham
- 20 **Get Walking Keep Walking** - East London
- 21 **Get Walking Keep Walking** - Manchester
- 22 **Get Walking Keep Walking** - Sheffield
- 23 **Get Walking Keep Walking** - South London

London Cycling Campaign

- 24 **Community Cycling Champions** - London

Sustrans

- 25 **Active Travel** - Ashington
- 26 **Active Travel** - Chorley and South Ribble
- 27 **Active Travel** - Cornwall
- 28 **Active Travel** - East Lindsey
- 29 **Active Travel** - Hyndburn
- 30 **Active Travel** - Leeds
- 31 **Active Travel** - Luton
- 32 **Active Travel** - Middlesbrough
- 33 **Active Travel** - North Tyneside
- 34 **Active Travel** - Southampton
- 35 **Bike It** - Birmingham
- 36 **Bike It** - Doncaster
- 37 **Bike It** - Lincolnshire
- 38 **Bike It** - London
- 39 **Bike It** - Merseyside
- 40 **Bike It** - Slough
- 41 **Bike It** - Rochdale and Stockport
- 42 **Bike It** - Stockton and Middlesbrough
- 43 **Bike It** - Thames Gateway
- 44 **TravelSmart** - Exeter
- 45 **TravelSmart** - Lowestoft
- 46 **TravelSmart** - Watford

The consortium is led by
Sustrans and includes:



Campaign for
Better Transport 



working for cycling

cycling england

LIVING STREETS
PUTTING PEOPLE FIRST



NATIONAL 
Heart Forum



sustrans
JOIN THE MOVEMENT 

Walk21



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