

# Smartmoves

LONDON

Issue 6 May 2008  
Promoting active travel in London



## 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

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Staff travel habits surveyed to promote sustainable travel around the borough

# Local businesses join forces

**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



**Businesses join together to discuss local issues.**

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."

**i** To read the results of Sutton's survey, visit [www.smartertravelsutton.org/news](http://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](http://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.

**i** For more information or for a copy of the new guidance, contact Spencer Clark at [spencer.clark@tfl.gov.uk](mailto: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.

**i** For more information about Boris Johnson, visit [www.boris-johnson.com/](http://www.boris-johnson.com/)



## My view: cycling

Philip Darnton, Chairman of Cycling England, shares his thoughts



## A destination for all freewheelers

London has always pioneered and spearheaded cycling in this country and led the way in promoting cycling. This championing of the bicycle looks set to continue with the launch of the most ambitious programme to transform walking and cycling in London's history.

The £500m package of measures announced earlier this year will create a network of quick, simple and safe routes for cyclists and pedestrians, changing the profile and priority of walking and cycling on London's streets.

But there is a palpable sense of change across the whole of the country, not just in the Capital.

The Department for Transport has announced £140m of funding for cycling projects, channelled through Cycling England. This record investment will create a further 10 Cycling Towns, and a large new Cycling City to build on London's achievement. And, crucially, half a million children will have the chance to take part in Bikeability cycle training, while 250 new Safe Links to Schools will connect 500 more schools to the National Cycle Network.

For the first time, this country will receive investment that begins to match that of our European neighbours. We will be sure to enjoy the ride.

## Sustainable transport for Olympic Park workforce

# Green Games start early



**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.

**i** For more information, please contact Simon Jay on 020 3201 2606 or log on to [www.london2012.com](http://www.london2012.com)

## Calling all cycling experts

**You can** help keep cycle route data on the London Cycling Guides and the cycling Journey Planner on the TfL website up-to-date by providing information.

To keep the recommended cycle routes as accurate as possible, TfL's Cycling, Walking and Accessibility (CWA) team is planning an updated version of the Guides for Spring 2009.

If you know about schemes in London that have led to improvements for cyclists since the last on-street survey in December 2006, and which aren't currently in the London Cycling

Guides, then CWA wants to hear your suggestions.

Let CWA know of any new schemes or errors/corrections on the existing London Cycling Guides or TfL Journey Planner by 30 June 2008. You can:

- Fill in a form on Journey Planner at <http://tinyurl.com/5u58d3>
- Mark the location and your suggestion/error in the relevant London Cycling Guide and post to Veena Natarajan at Floor 3, Parnell House, 25 Wilton Road, London SW1V 1LW
- Email the suggestion/error to [veena.natarajan@tfl.gov.uk](mailto:veena.natarajan@tfl.gov.uk)

# Learning from each other

by  
TfL's Traffic  
Manager  
Nick Morris

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.

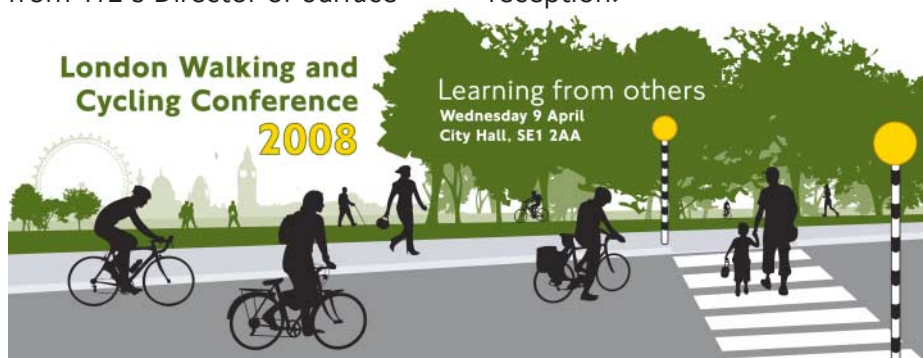
Hosted by TfL's Cycling, Walking and Accessibility team, the agenda for the day didn't shy away from challenging issues.

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.

**i** Contact Francesca Cignola, European Project Officer, at francesca.cignola@bromley.gov.uk by 23 May to volunteer your borough and visit [www.ecomm2008.eu](http://www.ecomm2008.eu) to book a place at the conference

## My view: walking

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



## 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](http://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!

## A healthy Capital

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



# 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 organises walk leader training courses throughout the year. The course includes tips for warm-up/cool-down exercises, useful routes and health and safety training.

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."

**i** If you're interested in linking up with Enfield to run a joint training course, contact Usha at [usha.sisodiya@enfield.gov.uk](mailto:usha.sisodiya@enfield.gov.uk)

## 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."



**i** For more information, email [friendsofgrosvenorpark@hotmail.co.uk](mailto:friendsofgrosvenorpark@hotmail.co.uk)

### 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."

**i** For more information, visit [www.force.org.uk](http://www.force.org.uk)



The benefits of registering your Bike Week event online

# 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



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

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

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



## Take on the cycling challenge



**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."

**i** For more information, contact Caspar Jack at [cjack@lambeth.gov.uk](mailto:cjack@lambeth.gov.uk)

# Get active, get

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."

**i** For more information about the NHS London Physical Activity team, contact John at [john.harkin@newham.gov.uk](mailto:john.harkin@newham.gov.uk)



## 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."

**i** For more information about Pedal4Health or to book a session, visit [www.pedal4health.co.uk](http://www.pedal4health.co.uk) or contact Fred at [fred@pedal4health.co.uk](mailto: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."

**i** 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](http://www.newham.gov.uk)

**Delegates from Primary Care Trusts, NHS London and TfL** joined ex-Mayor Ken Livingstone in March to discuss health service travel plans in the Capital.

Representatives from 39 NHS Trusts were among the delegates at the event.

Conrad Haigh from the Travel Demand Management team at TfL said: "One in 20 journeys made in the Capital are related to the

## 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."

**i** For more information about NHS travel plans, visit [www.anewwaytowork.org.uk](http://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.

**i** 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.

**i** To access HEAT for cycling, visit <http://tinyurl.com/4v2wvs> and for more information, email Nick Cavill at [nick@cavill.net](mailto: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.

**i** To read the full report – 'Alternatives to Individual Car Use in Lewisham' – visit [www.lewisham.gov.uk/overviewandscrutiny](http://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."

**i** 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](http://www.theglades.uk.com/pdf/travel_booklet.pdf)

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



**■ The ASTUTE project is testing best practice mobility management measures in its partner cities – Budapest, Dublin, Granada, Graz and London – to see if they could be transferred to other cities. The aim is to create a toolkit for public and private sector organisations by December 2008.**



## smartsnippets

**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.

**i** To book or to find out more, email [imovelondon@rpmlimited.com](mailto: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 [jpik@lambeth.gov.uk](mailto:jpik@lambeth.gov.uk)

## 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.

**i** For more information, contact [karinstark@tfl.gov.uk](mailto:karinstark@tfl.gov.uk) or visit [www.smartertravelsutton.org.uk](http://www.smartertravelsutton.org.uk) Look out in a future edition for the outcome of the challenge



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.”

**i** For more information, contact Sustrans at [info@sustrans.org.uk](mailto:info@sustrans.org.uk) or Spencer Clark at [spencer.clark@tfl.gov.uk](mailto: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.

## smartsnippets

### Track the plan with iTRACE

iTRACE, TfL's internet-based travel plan management system, was shortlisted in the 2008 European Green IT Awards.

Boroughs use iTRACE to manage and track workplace travel plans, while businesses can use the system as a survey tool and to generate reports.

**i** Borough officers with questions about iTRACE can contact Tim Forrester on [tim.forrester@ealing.gov.uk](mailto:tim.forrester@ealing.gov.uk). Businesses can sign up to iTRACE by emailing [worktp@tfl.gov.uk](mailto:worktp@tfl.gov.uk)

### New guidance for travel plans

#### New development

control guidance has been published to support the implementation of travel plans for workplaces and new residential developments.

The residential guidance is designed for developers to implement structural measures, such as bike stands, and holistic approaches to travel planning. The workplace guidance aims to provide a common methodology for workplace travel plans.

**i** Visit [www.anewwaytowork.org](http://www.anewwaytowork.org) and follow the link to publications

Guidance for improving conditions for pedestrians as part of development opportunities is covered in the Improving Walkability guide. This can be found by visiting <http://tinyurl.com/23lr64>

# Get your voice heard



**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



**Andy Flood gives a voice to boroughs at WAP.**

between boroughs, TfL and the GLA, so that we can all work together to promote walking and improve conditions for pedestrians.

**i** 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](mailto: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](mailto:smartmoves@abcomm.co.uk)



People from both boroughs joined the led walk.

Boroughs work together to host East London Walking Festival

# Stepping out in the East

**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."

**i** For more information, call 020 8227 3981 or email [sports.development@lbbd.gov.uk](mailto:sports.development@lbbd.gov.uk)

## Take to the stage

**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.**

**i** To arrange for the theatre to visit a school in your area, visit [www.quantumtheatre.co.uk/raininfo.html](http://www.quantumtheatre.co.uk/raininfo.html)

## 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.

**i** To view pictures from the day, visit [www.walkingworks.org.uk](http://www.walkingworks.org.uk), or contact [stacy.woodward@livingstreets.org.uk](mailto:stacy.woodward@livingstreets.org.uk) for more information on the Step into Spring Pedometer Challenge





# 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 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](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@cyclengland.co.uk](mailto:info@cyclengland.co.uk)**

**[www.cyclingengland.co.uk](http://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](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

**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.

**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 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](http://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](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 a nationally recognised event: National Walk to School Week (19 to 23 May 2008).

**Tel: 020 7820 1010**

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