

One Journey Better



Partnership for Active Travel & Health

Summer 2019 Newsletter

Dear Partners

Having become a parent for the first time spurred me with the idea for the latest Partnership theme of supporting carers & parents with active and sustainable travel.

The reason why I chose this theme is to demonstrate the impacts that travel associated with modern family life has on us, our neighbourhoods and communities.

In the UK now, almost a third of all emissions are created by vehicle movements. Nitrogen and carbon dioxide, as well as carbon monoxide from vehicles have been proven to impact on human health and the climate.

We cannot shy away from these facts anymore and have to act now for future generations.

Walking, cycling and using public transport all contribute to improving the air we breathe and also improves our health, both mentally and physically.

The aim of the latest Partnership meeting and this newsletter is to re-emphasise the importance of walking, cycling and use of public transport, and how workplaces can promote these ways to travel even more to employees, particularly those who live locally.



Greta Thunberg

Climate Change Activist and Campaigner

The Swedish student activist Greta Thunberg, who's been campaigning for action against climate change, is both inspirational and motivational. She tells us that we have approximately 12 years to act to make a difference. At the latest Partnership meeting, I mentioned that if she were there at that meeting, I would say to her that we are trying to do "our bit" to encourage more people to travel actively and sustainably, because we know that it makes a difference.

We had colleagues deliver some great presentations about what nurseries and schools are doing to enable active and sustainable travel for children and parents. We also had a great presentation from

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Brighton & Hove Buses about their travel and accessibility options.

I'm hoping that your workplace can take inspiration and motivation from these presentations and from Greta too, so your workplace and employees can make a difference.

Lastly, one thing I want to mention is that we all have a right to breathe fresh air and, for most of us, driving our car is a privilege. So when it comes to making journeys let's make one journey better and walk, cycle or use public transport more often, when we can.

Daniel Bianco – Transport Planner

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Partnership Presentations

At the March meeting my colleague Polly Stebbens, school travel advisor, and Hannah Moss, co-owner and manager of Footsteps Nurseries, presented on how the council and Footsteps have been working together to embed active and sustainable travel for children and parents. Walking and Wheeling campaigns, scooter training and walking maps were just some of the things that Footsteps promotes. Footsteps are also accredited by ModeShift STARS for actively endorsing active travel.



Some things the parents and children are saying...

Sorry we are late - they wanted to walk!

They wanted to walk today to get a sticker.

We brought them a bike as they wanted to ride to nursery as they have been using a balance bike here.

Footsteps



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My other colleague, Delphine Jacq, one half of the school travel team (Stephen Kelly being the other), presented on the work they have been doing with schools to encourage more active and sustainable travel. One astounding fact that was presented was that one in three children will be overweight or obese by the time they leave primary school. This fact alone is motivating enough to encourage parents and children to travel actively whenever possible. Delphine also talked about the types of campaigns and activities that they use to encourage schools to participate in, like “bling your shoes up” for walking to school, scooting and cycling week, the Meerkat trail and their SMILE campaign.

Victoria Garcia and Jason Bantock, from B&H Buses presented on what their company is doing for carers and people with disabilities. B&H Buses work tirelessly to enable their buses to be accessible to everyone. They have:

- widened boarding areas for wheelchairs and pushchairs
- put in manual ramps,
- a taxi guarantee scheme
- a carers card discount
- dementia friendly floors
- talking buses
- on board hearing loop systems
- accessibility champions
- large print and easy to read information



If you would like to see the presentations from the last meeting please email me and request them.

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Workshop learning outcomes

In the second half of the Partnership meeting, delegates were divided into five groups and were asked to come up with learning points, ideas and outcomes from the presentations and discussions.

Here are some of the best ideas and learning outcomes:

Team 1

- Promotion of reduced cost bus travel (BusID) with staff and saver ID
- Walking maps with 5 mins/ 10 mins walking zone
- Promote East Sussex Credit Union bus pass price

Team 2

- Needs-based car parking policy
- Carers spaces available between 8-10am at workplaces
- E-bike charging points at workplaces

Team 3

- New starters pack to encourage active and sustainable travel to work
- Summer competitions, e.g. walking and cycling challenges
- Adapted agile working, e.g. flexible hours, home working

Team 4

- Cycle route maps, e.g. open street map, business travel maps
- Cycle accessories for staff, e.g. hi-vis for pool bike users
- Restrictions on parking and traffic around schools

Team 5

- Fleet e-bikes for workplaces
- More visible bike parking
- Bike parking "awareness" signage

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****Some exciting and important news to announce!****



E-bike taster sessions are now available for workplaces in Brighton and Hove.

I have now teamed up with **M's Cycles, Baker Street Bikes, Electric Bikes Sussex, Rayment Cycles and Freedom Bikes**. Together we are delivering **lunchtime taster sessions** so staff can **try an e-bike with the potential of buying one** from one of Brighton and Hove's local bike shops.

This project is all about raising people's awareness about e-bikes. Its objectives are to

reduce congestion, improve people's health and contribute to improving air quality.

At the same time it appeals to a large audience and supports local businesses and economy.

If your workplace would like to host an e-bike taster session get in touch with me now to organise one. Email me at daniel.bianco@brighton-hove.gov.uk.

Be quick though as we have a limited amount of dates available.

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Active Travel Infographic

At BHCC we have a working group that meets once a quarter and comprises of Public Health and Transport officers. The aim of this working group is to generate ideas, share best practice and communicate key messages across departments.

A suite of **Active Travel infographics** has recently been developed. The objectives of these are to: challenge perceptions about active travel, show that active travel is easy, it can overcome barriers, offers of support to travel actively, reduce pollution and congestion, benefit health and wellbeing, save money and reduce stress.

By developing these infographics it makes **understanding the benefits of active travel much easier and enables people to make an educated decision on how best to travel** around the city.



Travel actively for air quality



Travelling actively as a family



If your workplace would like copies of these infographics to display on notice boards or on webpages, please contact transport.projects@brighton-hove.gov.uk

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Travel Events

Here are just a few snaps from some travel events held earlier during the year, which are still going strong!



University of Sussex



Hove Town Hall



Paxton Access

Love to Ride

We are well into our final year with [Love to Ride](#) and the cycle campaigns have been going from strength to strength. During June's Bike Week, two residents of Brighton and Hove have won an e-cargo bike and a holiday by riding their bikes.

Nearly **170 organisations** and just **over 3,600 people** (at time of writing) in Brighton and Hove have signed up and taken part in events, since **Love to Ride launched in Brighton and Hove**. And of those **3,600 people**, **662 are new riders**. Well done people of Brighton and Hove! Keep cycling!

Over **1.5 million miles** have been cycled and nearly **440,000 lbs of carbon dioxide** have been saved.

The next big cycle challenge coming up is [Cycle September](#). This time it's going global!



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****Free Dr Bike sessions****

Brighton BikeShare update



Brighton BikeShare is also going from strength to strength. So much so, that residents now see it as part of our public transport network.

There are now **570 bikes** and **68 hubs** across the city.

This photograph of the Earth (below) was taken nearly 1 million miles away ([source](#)). It would look a bit smaller if it were taken **1.3 million miles** away, and that's how many miles have been **cycled since the scheme launched**. That puts things into perspective for you!

To ensure that your employees are ready for Cycle September, why not **make the most of our FREE Dr Bike service** that we offer to workplaces. **Bike for Life** will ensure that your employee's bikes are in tip top condition.

To request the dates email transport.projects@brighton-hove.gov.uk.



Lastly, **53 million calories** have been **burnt** by Brighton and Hove residents and visitors. That's a lot of candy floss!

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Match-funding for Sustainable Travel



Just to remind all partners that **match-funding** for cycle shelters, showers, drying facilities, lockers or any other facilities that might help people travel actively **is still available**.

If your workplace would like a nice shiny cycle shelter like the one pictured below, **email me and I can help**.



Cycle training and maintenance courses



If you want to learn to **be a safer cyclist** and know how to **look after and maintain your bike**, then **sign up to one of our courses** at www.brighton-hove.gov.uk/cycletraining

Or alternatively, if you have a group of staff who want to learn some basic bike maintenance during a lunchtime session we can help. Email transport.projects@brighton-hove.gov.uk.

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The Next Partnership Meeting

I am really happy to announce that [Brighton Dome](#) will be hosting the next Partnership meeting.



It will be on the morning of **2 October** so please pencil the date in your diary.

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