

# PREMIER'S COUNCIL FOR ACTIVE LIVING MONTHLY BULLETIN

## Welcome to the Premier's Council for Active Living (PCAL) Bulletin

The purpose of the bulletin is to provide people interested in promoting active living choices within NSW with relevant up-to-date news and research. The monthly bulletins focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL web-site at: [http://www.pcal.nsw.gov.au/resources/monthly\\_bulletin.html](http://www.pcal.nsw.gov.au/resources/monthly_bulletin.html). If you wish to receive the PCAL Bulletin please write **SUBSCRIBE** in the subject area and email [pcal@heartfoundation.org.au](mailto:pcal@heartfoundation.org.au).

## Building Sustainable Transport into New Developments

As part of the UK Government's plans to increase housing growth, ten Eco-towns will be built as examples of sustainable developments. The towns will promote long-term transport modal shift and changed attitudes to the way we travel. To facilitate the process, a new resource has been prepared that sets out how to build an effective sustainable transport system in new



developments, from the planning to the implementation stage. It recommends a variety of transport options to integrate and adopt according to the location and needs of the individual development. For more information see: <http://www.dft.gov.uk/>

NSW developments are increasingly incorporating more sustainable transport options and/or more walkable/bikeable neighbourhoods with some recent examples highlighted within the PCAL case studies (see: <http://www.pcal.nsw.gov.au/>). Another example includes the instigation of a bicycle users group within the Rouse Hill Town Centre (see: <http://www.rhtc.com.au/>).

## Queensland Takes on Urban Congestion

The Queensland Premier announced anti-congestion initiatives worth \$24.6 million recently, most of which will be used over the next four years to expand the Travelsmart program. The program involves one-on-one interviews with residents and workers to educate them of ways to use their cars less such as public transport, car-pooling and nearby cycle paths. \$2 million will also be used to build "end-of-trip facilities" for public servants who cycle or walk to



work at two government buildings in Brisbane. The facilities would provide showers, lockers, laundry facilities and a place to store bikes for workers. The Premier is also seeking a private sector partner to fund another bike shed facility for public use. <http://www.theaustralian.news.com.au/>

## Highway Robbery

A series of images demonstrating carriage of 35 people via a range of travel modes helps provide some clues to future congestion solutions. To view these images and solutions visit: <http://www.chapmancentral.co.uk/>

## Brisbane Hire Scheme to make Brisbane a Dinkum Paris

Brisbane looks set to become the first Australian capital city to join several



European centres in introducing a public bike hire scheme. The initial stage of the project would have 200 bikes at 150 stations across inner-city Brisbane. The council is aiming to have the program up and running by the middle of 2009.

<http://www.theaustralian.news.com.au>

## Bikes for Work

The Bicycle Federation of Australia (BFA) has launched a new service to help organisations set up bike fleets in their workplaces—bikes4work.

Organisations which have workplace bike fleets include NSW Police, engineering consultant Arup, the NSW Roads and Traffic Authority, local councils and Sydney Airport. Bikes4work can help organisations determine whether a bike fleet can benefit them, and then help them establish and run their bike fleet. For further information see [www.bikes4work.com.au](http://www.bikes4work.com.au)



## Children's Free Play Declining due to Risk Aversion



NSW Commissioner for Children and Young people Gillian Calvert has warned at a recent NSW conference that fears over traffic and stranger danger have meant children are missing out, with many children reporting they can no longer ride their bikes. Basic skills such as

climbing trees, bike riding and crossing the road are in danger of being lost. For further information see:

<http://news.theage.com.au>

Furthermore, evidence is mounting of the mental health benefits of physical activity in green environments for children and adults. For further information see: <http://www.smh.com.au/news/>

The March 2008 issue of U.S. President's Council on Physical Fitness and Sports Research Digest provides a succinct summary of the research evidence of park characteristics that influence physical activity. For further information see: <http://www.presidentschallenge.org/>

## Children's Play and Urban Design

A UK government consultation paper currently underway to develop a national play strategy has also highlighted that good urban design is more than just providing equipment in designated play areas. The paper proposes that children require safe informal places close to children's homes and a local environment that enables young people to be more independent. The consultation paper and an innovative web tool that allows children to design their own play space while canvassing their views on having fun and staying safe during play are available at: <http://www.dcsf.gov.uk/playspace/>



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