

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. If you wish to receive the PCAL Bulletin please write **SUBSCRIBE** in the subject area and email pcal@heartfoundation.org.au.

Designing Streets for People Not traffic

Streets need to become destinations again, rather than simply ways of getting traffic from A to B according to a new U.K. CABE report entitled 'Civilised Streets'. CABE argues that streets which are designed to give all users more freedom of movement are ultimately slower, safer and more social places where people of all ages can walk, cycle, play and shop more easily. Civilised streets explores



the contentious concept of shared space (sometimes referred to as 'naked streets') which advocates removing signs and guard rails, obliging drivers and pedestrians to become

more alert of each other, which in turn leads to more responsible driving. For further information see:

<http://www.cabe.org.uk/>

Bendigo City Council has commenced implementation of such a 'shared spaces' strategy within its town centre. Stage 1 of the project involves a range of works within the CBD including widening footpaths, reducing traffic lanes, removing traffic signals, creating new traffic conditions to slow vehicles down and levelling gutters and footpaths for smooth pedestrian travel. For further information see:

<http://www.bendigo.vic.gov.au/>

Local Government Views on Promoting Healthy Eating and Active Living

The top three actions that US local governments say they could take to combat health problems related to obesity are; 1) developing a cohesive system of parks and trails, 2) using zoning to support mixed land uses, & 3) requiring neighbourhood streets to be designed with pedestrians and cyclists in mind. The results were compiled within a new survey, *Active Living Approaches by Local Government, 2007*, and for further information see: <http://www.icma.org/>



2008 Heart Foundation Local Government Awards

Any Council that has a plan, policy or program that aims to create a healthier place for its residents is eligible to apply for a Heart Foundation Local Government Award. Councils who work cooperatively with community groups, schools, health and/or private industry are also encouraged to apply. Applications close 06 June 2008. For further information see:

<http://www.heartfoundation.org.au/>



Regional and Rural Transport Infrastructure Grants

The Country Passenger Transport Infrastructure Grants Scheme (CPTIGS) is administered by the Ministry of Transport. It provides support funding to improve the amenity of passenger transport infrastructure in rural, regional and remote communities of NSW. Applications close 27/06/08. For further information see:

<http://www.transport.nsw.gov.au/cptigs/>

NSW Travelsmart Schools Program 2006-2007

A summary report has been released of a NSW Travelsmart Schools Program that was undertaken during 2006-2007 which aimed to encourage active travel to and from school by students and their parents. The report confirmed parent journey to work is a key factor in influencing parents' decisions on how they and their children will travel to and from school and concluded that the goals and strategies of active-travel to school programs should be extended to include active travel to parents workplaces. A series of subsequent recommendations are available at:

<http://www.pcal.nsw.gov.au/PDF/travelsmart.pdf>



Premier's Sporting Challenge

The 'NSW Premier's Sporting Challenge' aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles. Challenge programs are available for Primary and Secondary students and also include special programs targeting 'Girls in Sport', 'The Middle Years' and sports equipment in schools grants.



For further information see:

<http://www.schools.nsw.edu.au/psc>

Bicycle Ownership and Use In Sydney



The RTA has produced an updated information sheet relating to bicycle ownership and use in Sydney. The data indicates continuing growth in bicycle ownership, commuting

by bike and in particular cycling for social and recreational purposes. To access this resource see:

<http://www.rta.nsw.gov.au/>

Dreams on Wheels

The re-opening of the Royal Danish Embassy in Canberra includes a cycling themed exhibition entitled 'Dreams on Wheels: Danish Cycling Culture for Urban Sustainability'. The exhibition includes a bicycle film festival, speakers program, and community day. The Exhibition runs from 03 May to 01 June 2008 and includes the opportunity to take a free ride on an original Copenhagen Citybike from the Danish 'rent-a-bike' system. For further information see:



<http://www.canberra.um.dk/>

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