

PREMIER'S COUNCIL FOR ACTIVE LIVING 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 will focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL website at:

www.pcal.nsw.gov.au. If you wish to receive the PCAL Bulletin please write SUBSCRIBE in the subject area and email pcal@heartfoundation.com.au

Public Spaces—public life in the 21st century:

At the inaugural Sydney Forum, internationally-renowned Danish architect Jan Gehl provided an insight into public spaces and public life in the 21st century, which will help inform Sydney 2030, The City of Sydney's 25 year vision for Sydney. Professor Gehl, from the Royal Danish Academy of Fine Arts in Copenhagen, has been commissioned by the City of Sydney to work with planners to help make the city more pedestrian and bicycle friendly. A podcast of Professor Gehl's presentation is available at: www.cityofsydney.nsw.gov.au/podcasts/. Previous Podcasts examining the links between urban design and health are also available on the website, including 2006 Active & Vital Sydney presentations from Professor Anthony Capon and Professor Howard Frumkin.

Fairfield Council wheels out bike plan

Fairfield Council has launched the first bicycle loan scheme in NSW, where residents are able to borrow a bicycle for at least two months to explore the area's cycling paths. Approximately 100 bikes have been donated and repaired by people on a local Work for the Dole scheme. Residents can collect the bikes from Fairfield showground and have to pay a one-off \$25 fee for a helmet they can keep. They can renew the loan after two months. "Cycling has many benefits in terms of health and fitness and even for our environment, as more people embrace cycling as a transport alternative," the Mayor of Fairfield, Nick Lalich, said. There is an extensive network of bike paths around Fairfield, including a cycle lane along a transit way connecting Parramatta with Liverpool and linking to other shared path networks. Further information is available at:

<http://www.fairfieldcity.nsw.gov.au/default.asp?iDocID=9891&iNavCatID=3197&iSubCatID=3229>

Walkable neighborhood reduces depression risk

Living in a pedestrian-friendly neighborhood may help shield older men from depression, a new study suggests. Researchers found that among 740 older adults living in the Seattle area, men who lived in more walkable neighborhoods tended to show fewer depression symptoms than men from less-walkable areas. The findings, published in the Journal of American Geriatrics Society, are in line with research suggesting that moderate exercise can help battle depression. However, the link between neighborhood "walkability" and lower depression risk was not fully explained by higher exercise levels. The authors propose that more walkable neighborhoods may also allow older adults to feel more connected to their communities and less isolated. Further information is available at: www.nlm.nih.gov/medlineplus/news/fullstory_48734.html

Local Council Partnership Funding Opportunity – Metro Greenspace Program

The Metropolitan Greenspace Program (MGP) has been identified in the Government's City of Cities plan for Sydney's future as a key initiative for improving links between bushland, parks, waterways and centers. In implementing the program, the Department of Planning works closely with local councils to plan and improve regionally significant greenspace, including parks, trails and reserves. Building Sydney's Recreation Trails is the strategic priority for MGP for the 2006-08 period. The program applies to projects within the 43 Sydney Metropolitan Councils. Eligible councils can apply for grants which need to be submitted by 20/07/07. Further information is available at: www.planning.nsw.gov.au/programservices/met.asp

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