

Healthy Streets

Newsletter - Jan 2015



NEW YEARS EDITION

HEALTHY STREETS NEWS

Happy New Year! Welcome to 2015, we hope the festive period was full of joy and happiness.

As we progress into this year we thought we would give you one last look at some of the success stories we have to keep you smiling during the dark nights of January.

Struggling for a New Year's resolution? How about working with your community to improve something in your area. New Year, new start, give the park a spruce up for the light nights ahead; get that cycle route sorted to help you shed those post-Christmas pounds. Get in touch we might be able to help!

Our next Healthy Streets meeting scheduled for 27th January 2015 has been Postponed. We will be in touch soon with the new date.

LATEST GOOD NEWS STORIES

HYNDBURN HEALTHY STREETS OPEN DAY

Healthy Streets teamed up with Prospects in Hyndburn to hold a healthy Streets engagement event on 25th September.

Healthy Streets had a display in the Prospects window throughout September leading up to the event.

During the event tea, coffee and cake was enjoyed along with the lovely company of some of the local residents. The event was publicised on the local radio and many residents turned out to give their ideas and feedback.

Many ideas were gathered and projects were put into action, watch this space later in the year on the progress of these projects.



NATIONAL OLDER PERSONS DAY

On the 1st October 2014, a team attended the "Full of life" national older people's event hosted by "Ncompass" in Lytham's Lowther Pavilion.

From our perspective we were there to educate and inform the visitors on the services available to older road users, from refresher driving courses to free bus passes, cycling routes and bus timetables. We had a lot of interest in our mobility

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scooter Highway Code and bus hailer for blind or partially sighted bus users. Our resources were also highly popular with other stands at the event, especially NHS memory service as they connected with us and will be distributing many of our leaflets to older road users in their clinics.

On the whole, the event was a success from our perspective as we were able to see the interests of older road users in the community but it also gave us opportunity to connect with other services and work together to share what is available within the community.



PADIHAM PRIMARY SCHOOL

Padiham Green CE Primary School's Year 5 class have taken a trip to Aachen in Germany as part of a European and East Lancashire Community Rail Project.

The opportunity to visit Germany and the Netherlands came about from a project the children were initially involved in last year for the Citizens' Rail Partners meeting, held at the newly refurbished Manchester Road Railway Station in Burnley.

The children performed a play (complete with historical top hats and moustaches!)

followed by presentations about each of Citizens' Rail's partner regions. The children also created a wide range of railway-related artwork, which adorned the station's new community room.



The partners (Pays de la Loire, France; the province of Parkstad Limburg, the Netherlands; AVV, Germany; Aachen University, Germany; Lancashire County Council and the Devon & Cornwall Rail Partnership, Plymouth) were hugely impressed and touched by the effort and imagination that the children had clearly invested in learning about the culture, economy, food and history of each local area. The pupils in turn were excited to meet representatives from each of the countries they had been studying – providing a chance to find out more, and to try out their language skills.

Uwe Müller from Stadt Aachen said: "The children's work and enthusiasm was really outstanding! I was very impressed by what they had learned and presented about Aachen. I hope that one day we might be able to arrange for the children to visit our cities in person."

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Uwe's hopeful invitation has now become an exciting reality! The class of 30 pupils and 8 adults travelled to and stayed in Aachen, Germany. They spent one day in a German school, working alongside similar aged children, forging new links and friendships. They Explored Aachen to visit the many places of interest previously researched at school in Padiham.

The children were very proud to represent their school and also appreciated the task of becoming ambassadors for their town, county and country!

GO VELO



Go Velo have planned and published

some new routes around Rossendale for cycling.

The routes have a historical slant on them and utilize landmarks in the area such as the quarry and its history.

They planned the routes with Friends of the Valley of the Stone and launched them at Lee Quarry last year.

If you follow one of these routes please be careful and follow safety guidelines for cycling and mountain biking.

You can find more information at <http://ridethepast.co.uk/>

SEAT TO WALK

Seat to walk is an exercise class held in Longridge library. This is a seated exercise class for both the fully able and those with mobility difficulties to exercise whilst sat down.

The hour long sessions are held every two weeks. The attendees of the class think "It is frequent enough that exercise routines can be changed as required and provides for the social and fun elements of the sessions". The main benefit of the seated exercises is doing them each day in your home environment: As Angie (the instructor) would say, "This is one you can do during the adverts!"

Below is Sylvia's story, it demonstrates the positive impact that Seat to walk has on the Longridge Community.

Sylvia's Story



Sylvia Partridge, who is 72 years old, got diagnosed with cancer 5 years ago, she was not able to walk and needed sticks to get about. She was encouraged to join

Seat to Walk by Angie who runs the classes. Sylvia now walks without sticks and says "She got a new life and would highly recommend it, and she can't thank Angie enough". The classes were only run once a month but now are twice a month due to popular demand. Angie is so dedicated, she runs the community gym and takes people on walks. Sylvia

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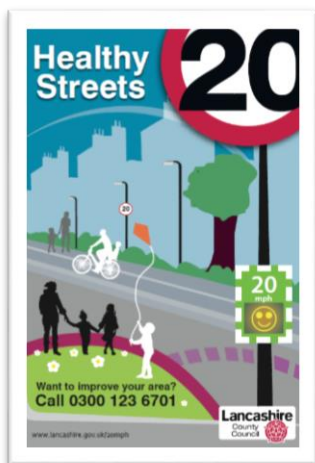
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goes to the community gym 3 times a week too. She loves the social aspect of the group, she has made good friends and she is out of the house. The sessions are held at Longridge Library. The classes are gentle, relaxing exercises that are suitable for all, particularly those with limited mobility and are dementia friendly.

For more information please visit www.longridgegym.com

New 20MPH CAMPAIGN



You will be seeing these posters in your area soon. We will be launching our new look Healthy Streets/20mph campaign to promote the positive reasons behind travelling

at 20 mph.

If you would be interested in some copies of our Healthy Streets 20mph posters for your area, please get in touch and let us know at: safetravelteam@lancashire.gov.uk

EVENTS

Tuesday 13th January (and alternating Tuesdays) Longridge Library seated exercise – 10am

Friday 23rd January Burns Night supper intact Ingol Preston – 6-8pm

Thursday 12th March – Leyland neighbourhood forum Civic Centre West Paddock Leyland

Wednesday 25th March Easter Festival Ingol and Preston 3-5pm

Friday and Saturday 27/28th March Music and arts festival Leyland.

USEFUL LINKS

Help Direct – A support and information service for all adults across the whole of Lancashire. www.helpdirect.org.uk

Keep well this winter – Advice from the council for being safe this winter time www.lancashire.gov.uk/winter/keeping-well.aspx

CONTACT US

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W: www.safe2travel.co.uk/healthystreets

Or you could
Check out our website
via the QR code.

