

# LIVING STREETS

PUTTING PEOPLE FIRST

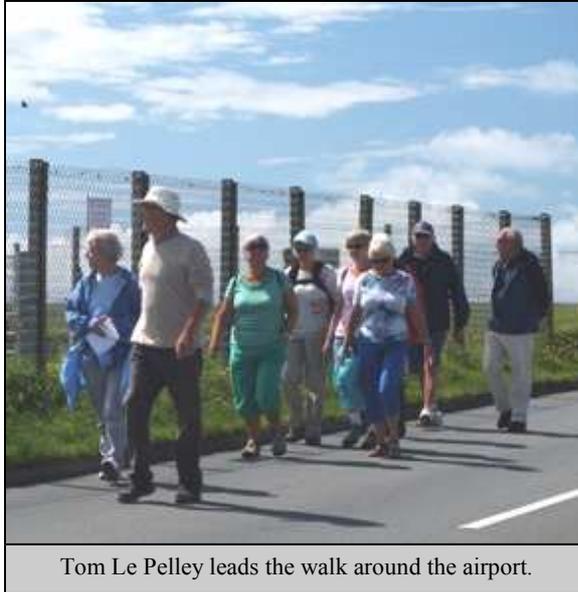
Living Streets Guernsey LBG Newsletter— September 2015

## The Living Streets Tranquillity Walk 2015

This year's Tranquillity Walk (our 6th) was postponed owing to wet weather and then rescheduled in August. Luckily this time we had a beautiful sunny afternoon.

Tom Le Pelley had designed an eight mile walk through the lanes and green lanes around the airport.

Sadly only 7 people turned up for the walk but everyone thoroughly enjoyed discovering new areas of Guernsey. The walk included the lovely tranquil green lanes behind the Chene Hotel, the lanes around the German Occupation Museum and Le Bigard and around the old Strawberry Farm.



Tom Le Pelley leads the walk around the airport.

The walk took two and a half hours so it was certainly a challenge for those who took part.

We are very grateful to those who supported us and to some of our members who gave generous donations.

We made £150 and sold one of our calendars. All the funds go towards maintaining the Baubigny Schools pathway.



DATES FOR YOUR DIARY

"Bright Day"  
Friday 30th October

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Road Safety Week  
23rd November

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Living Streets AGM  
Thursday 5th November  
7.30pm Old Board Room  
PEH

### Road Safety Week

Road Safety Week starts on 23rd November and Living Streets has, again, been offered the OSA Recruitment Pop Up shop for the week. We will be giving away high visibility items during the week and hopefully selling some of our cards and calendars as well.

"Bright Day" is being held on 30th October—the day before the clocks go back. We have several large companies signed up to do the dress down day so we hope to raise even more funds this year.

## Walk to Work Week

For the third year running we produced a new "Walk to Work" map to encourage commuters in the St. Peter Port North area of Town to walk to their workplace during the May "Walk to Work" event.

The map concentrated on the area around Cambridge Park and Beau Sejour, Rouge Rue, St. John's Road and Les Canichers. All the roads were within a mile of Town—so well within walking distance.

The map showed various off road routes, such as walking through Beau Sejour, using Churchill Avenue and Candie Gardens.

Our leaflet included a section on the benefits of walking: *"Once you've worked out your quickest, safest and most interesting route and timed it, you can rely on always arriving on time."*



Pat & Tom promote the event in Churchill Avenue

*The fresh air means you arrive feeling calm and energised. You've worked off your breakfast and given yourself a good dose of vitamin D. You see things along the way that you never see from a car and you could team up with a friend or neighbour"*

We produced 1,000 leaflets. Nash Copy very kindly printed the leaflets for us and they were distributed with news-

paper deliveries in the area thanks to the help of Le Gallez.

Unfortunately it is very difficult to gauge how many commuters might have used our map and ditched their car keys during the week. We live in hope that some may have considered it was probably quicker and less stressful than sitting in traffic jams. In fact walking home is a great way of de-stressing.

At our last committee meeting we decided that we had now targeted the three possible walking routes to Town—St. Martin via Les Hubits, King's Road via Les Petites Fontaines and now the Beau Sejour area—so that we probably would not produce any further maps in the future.

If anyone would like copies of our Walk to Work leaflets, please contact Pat on 268088 or patwisher@cwgsy.net

## More cyclists using our Baubigny Schools pathway



It was pleasing to see more pupils cycling to school via our Baubigny Schools pathway on the first day of term compared with last year. Between 7.45 and 8.35 am

there were 7 pupils cycling and 6 walking. Last year there were 17 pupils walking and just one cyclist. In addition one of the teachers from the school was walking with her husband and dog!

What was really interesting was to see 8 members of the public cycling in the opposite direction—towards the Bowl—and 2 islanders walking. (one was a teacher at the College of FE).

The first day of term coincided with Cycle to Work day so that may have been the reason for the number

of members of the public cycling.

All the pupils cycling were boys so it does show that we need to put much more effort into encouraging girls to continue cycling after they leave primary school.

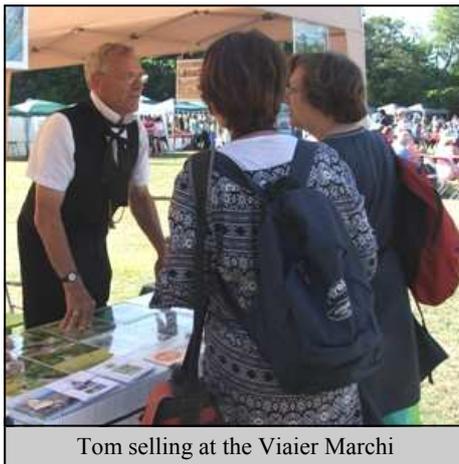
Sadly the walkers I spoke to were not using the new path that we have developed around the football pitch. This takes them straight into the school car park. However, it is a grass path and it is sometimes quite wet. Instead they were using the prison road, which is not ideal.

## Living Streets' merchandise on sale at summer events

Selling our cards and calendars at the summer outside events raises much needed funds for our charity. We have attended five events this year, including four on the Town seafront and this has raised £680.

We are really grateful to our regular helpers—Michael and Judith Le Tissier, Jackie Tebbutt and Sheila Cataroche, and of course Tom.

There is one more Taste Sunday event at the end of the month and then we will be at the Charities Christmas event and the St. Peter's Christmas Fayre. Hopefully we will also be able to do some of the St. Martin's indoor Farmer's Market.



Tom selling at the Viaier Marchi

## Our new Christmas cards will be out at the end of the month



This year we have decided to produce just one Christmas card in a square format to match our Guernsey Country Walks greeting cards. As you see from the pictures on the left the card will contain three of our Guernsey in the Snow photos. The cards will be blank inside for your special Christmas

message and so that they can also be used as winter notelets.

A pack of five cards and envelopes will be £2.99. They will be available in all our usual outlets or directly from Pat.

I do hope you can support us by purchasing some packs this year.

### NEWS IN BRIEF

#### "It's Road Safety, Not Rocket Science"

Philadelphia has launched a new pedestrian safety campaign to warn that texting could be hazardous to your health. 50 bus shelters in the city are using the slogan above to advise pedestrians and drivers not to be distracted by their smart phones. The billboard has an illustration of a woman wearing headphones and looking down while walking and a man driving a car looking down at his smart phone. He has the green light but neither see each other. (22.04.15.)

#### UK Government's Cycling and Walking strategy made into law

Following years of campaigning by Living Streets UK, in August the Government has laid down in law its commitment to invest in walking. It has committed to get 55% of children walking to school by 2025. Living Streets will be continuing to ensure there is funding to back up the strategy. (Living Streets 1.08.15)

#### One in three never exercises

A study, released to mark National Diabetes Week has shown that one in three Britons never exercises and one in seven "eats what they want". The survey of 1,615 people commissioned by Noom, showed that less than a third of respondents ate at least three portions of fruit and veg a day. Almost 40% of those polled said they would only be motivated to have a healthier, more balanced diet, and exercise more regularly, if they had a health scare or a warning from their GP. (Daily Telegraph 15.06.15.)

#### First school to charge parents to park

St. Gregory's Catholic Academy in Stoke-on-Trent is planning to build a 50 space car park to tackle the problem of congestion around the school which was deemed to be putting pupils' lives at risk. Parents are to be charged £45 a year to drop off their children. The Principal said: "We have a budget for the education of our children but we cannot spend that money on a car park so we must look elsewhere to cover the costs." (Telegraph 31.3.15)