

# AUTUMN NEWS

2023



## OUR ACTIVITIES:

Active Cumbria's Active Travel to School Team are delighted to partner with schools to encourage more pupils than ever to walk, wheel, cycle or scoot on the school run. Travelling all or part of the way to school actively benefits health, reduces congestion at the school gates, saves families money, and improves the environment and air quality in our communities.

Wow! What an incredible response to the **Autumn Feet First Challenge**! A whopping **6803** children from **52 schools** signed up to take part, compared to **4070** last year, so a huge thank you to everyone for their efforts. Even if everyone who signed up made one extra active journey during the week, that's a huge impact on wellbeing, levels of physical activity, congestion, and emissions. Small actions really do add up!

It's still possible for your school to sign up for the spring and/or summer challenges. Simply email [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org) to request an order form.



Any questions? We'd love to hear from you!



Contact [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org)



Visit [Active Travel to School](https://www.activecumbria.org/active-travel-to-school)

## WINTER ACTIVE TRAVEL

It's that time of year again – the clocks go back, the nights are longer, and the weather turns colder. This can make travelling to school actively a little tricky, but there are lots of ways to stay safe and dry on your journey.

### Be Bright, Be Seen.

If you're cycling in winter then lights are a must have, at least one on the front of your bike (white) and one on the back (red), but the more lights, the better. Some brightly coloured clothing, such as a fluorescent, high visibility vest is also a good idea, whether you're walking or cycling.

### Plan Ahead to Stay Dry and Warm.

Check the weather forecast before you travel so that you can dress and pack appropriately. Wearing layers and packing a waterproof is a good idea, that way you'll be ready for changes in temperature or sudden showers. If you're walking then wellies and an umbrella are sensible choices, and don't forget a pair of gloves.

### Ride Carefully

Whether it's icy, wet, or dark, cycling in the winter can be more challenging, so ride with care. Don't rush and don't brake suddenly, as this could cause you to slip.

### Take Care of Your Bike

Winter roads are mucky and that means your bike gets mucky too. A bucket of hot water, washing up liquid, and a brush are all you need to get rid of the dirt – don't forget to rinse it off when you're done.



## Did you know...?

Active travel means travelling around while being physically active, such as walking, wheeling, or cycling. Driving a car or riding a motorbike are therefore not active travel activities.

Before today, had you heard of active travel?



## DO YOU KNOW THE ABCD OF CYCLE MAINTENANCE?

Every primary school in Cumbria is offered the chance to receive Bikeability training and **Cumbria is ranked in the top five** delivery locations in England.

So that your child(ren) can take part and get the most out of the course there are some simple steps to make sure their bike is in tip-top, road-worthy condition.

It's easy to remember the 'ABCDs' of cycle maintenance:

- AIR** - Have your tyres got enough air?
- BRAKES** - Do the front and back brakes work properly?
- CHAIN** - Have you oiled it recently?
- DIRECTION** - Are your handlebars fixed on tight? Is your seat on tight and pointing forward?

If you can answer yes to the ABCDs then you are good to go!

Are you looking at your child's bike and don't know where to start with these checks? Lots of first-time cyclists need a helping hand with this so don't worry, you are not alone. Just take your cycle to a local shop. They can give it the once over for you so when you join us, you are ready to go! More info check out **Bikeability Trust**



We'd love you to follow us on our socials! You can find more active travel inspiration on X, formerly Twitter, [@ActiveTravelCCC](https://twitter.com/ActiveTravelCCC)



## WOULD YOU LIKE TO WIN £250 FOR CHRISTMAS?

Would you like the chance to **win one of 2 x £250 vouchers** to spend in time for Christmas? The Active Travel to School team wants to hear from you!

If you have a child attending a nursery, primary or secondary school in Cumbria, you are eligible to enter the prize draw. Simply complete a short survey on how your child gets to school, how often you walk, wheel or cycle on the school run, and tell us about any challenges that may prevent you from having an active school commute.

This will help us understand how often families travel to school using physical activity such as walking, wheeling, scooting or cycling and what measures can support you on your daily school commute!

Remember to complete the survey by **Friday 8 December 2023** to enter the draw to win one of 2 x £250 vouchers here:

<https://surveymechanics.com/s/activetravel>



## DID SOMEONE SAY FREE BOOKS?

Would your school like to win a £150 to spend on books? Why not sign up for The Lakeland 100 virtual event, Books for Schools?

The **Lakeland 100 mile ultra-marathon** takes place in Cumbria every year and the race organisers love to give back to communities. In the lead up to Christmas (**9 – 20 December**) they are hosting a 'virtual ultra' where your school, year group, or class can enter and walk/wheel/run the distance of 105 miles collectively. If you have 105 children in your school, then they only need to do 1 mile each and including active school journeys in your tally will clock up the distance in no time! Children will be able to follow their virtual journey on an interactive map around the Lake District.

**Every primary school that takes part and completes the challenge will receive a £150 voucher for books.** Entry for schools is free, simply email [organiser@lakeland100.com](mailto:organiser@lakeland100.com)







## BIG NEWS! The Cumbria Street Tag programme will be taking on a new format for 2024 and beyond.

Street Tag is a free mobile app that turns the world around the user into a virtual playground. Points are gained by actively travelling to and from places, in addition to scanning virtual tags that have been scattered throughout the community. Tags can be found on the route to school, in local parks, at local events and more or less anywhere and everywhere making it really easy to join in the fun!



## YOUR PHOTO HERE!

We would love to share your photos of your active school run and feature them in our newsletter.

Put your best foot forward, strike an active travel pose, smile and email [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org)



## WHAT'S COMING UP?

**19 to 25 November 2023** Brake Road Safety Week  
**8 December 2023** Deadline to enter the prize draw for the Active Travel to School Survey



For more information on active travel and free downloadable resources, visit [Active Travel to School](https://www.activecumbria.org) or contact us on [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org)

