



Birmingham Road, Stanks Island

## SPRING EDITION 2017

### *Chairman's Report*

This winter has seen two important pieces of work carried out by Warwickshire County Council (WCC), the results of which should lead to an increase in cycling in the delivery of the County's policies.

The first piece of work was undertaken by Warwickshire Health, "Healthy Travel Choices in Warwickshire", see Chris Begg's article on page 2. The link between regular exercise and good health has long been established by many research studies throughout the world, going right back in time to the Greeks and the Romans who recognised the importance of, a healthy mind in a healthy body. What is so pertinent about the Warwickshire report is the importance that it attaches to how that exercise can be obtained through active travel.

The second piece of work by the County was the "Transport related air quality report" which highlights the risk to health caused by traffic fumes, particularly the role of particulates from diesel engines.

What is encouraging from this work is the recognition that a wider view on the role of daily travel in peoples' lives must be considered and taken in to account.

*Rodney*

Stanks Island North Warwick

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Warwickshire

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Keep your cycle safe

Remember as a member of Cycleways you  
get great support from

John Atkins Cycles,

Broadribb Cycles,

Mike Vaughan Cycles

Giant Leamington (Formerly The Bike  
Yard)

including a discount (usually 10% on non-  
sale items) for members showing a  
current membership card. Membership is  
just £7 (per household) annually. To find  
out more visit the website:

[www.cycleways.org.uk](http://www.cycleways.org.uk)

## *Editorial*

### *Stanks Island north Warwick*

Stanks Island is located where the Birmingham Road into Warwick crosses the A46, a scene of much congestion at peak times morning and afternoon. To deal with this peak time congestion, WCC highways have put forward a scheme to increase the highway capacity, together with signal controls at the junctions, at a cost of £6m.

Included in the scheme are Toucan crossings on the roundabout, to take the Hatton cycle path on towards Warwick. With the cooperation of the WCC engineers this route has now been extended a little further to link it into St Michaels Road, which in turn links into the NW Warwick cycle route.

Overall the scheme can now provide two significant benefits:

- A cycle route from Hatton into Warwick.
- A cycle route from north Warwick and the Woodloes area to Warwick Parkway station, via the Budbrook trading estate.

For more details follow the link below

<http://www.warwickshire.gov.uk/stanksisland>

Rodney

### *Cycleways New Logo*

You will have noticed that Cycleways has a new logo as displayed on the front of the newsletter designed by Flavia Santos who joined Cycleways last year. The logo depicts a family of three cyclists on a blue background. The idea was developed in conjunction with the cycleways committee and includes our key words mobility, safety and sustainability and the Cycleways website. We hope you like it, our thanks go to Flavia for her professional design.

## *Healthy Travel Choices in Warwickshire*

This document has great value to Cycleways, and we must hold WCC to every word of it. It provides evidence for members and officers of WCC, to help them provide healthier travel options for us all. It aims to increase awareness of these choices, and to provide the right infrastructure.

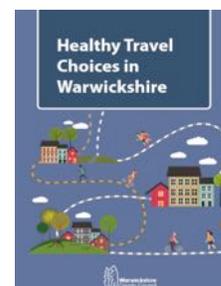
Active travel is part of the wider health agenda to improve health and wellbeing of the population. Walking and cycling are accessible, cheap and non-polluting forms of active travel to benefit physical and mental health. This document considers options for these healthiest forms of travel.

Physical activity in children improves general health and wellbeing, and forms healthy habits in adulthood. This document recognises the need for an improvement in child health and wellbeing, with a focus on active travel to and from schools.

Poor air quality due to traffic pollution causes around 40,000 deaths per year in the UK. We can design, plan and build for healthy travel choices and physical activity, whilst lowering air pollutant emissions.

The whole 88 page document is well worth reading. It includes a comprehensive list of references. It's available by following the link below or to borrow a copy, email: [cbegg@cbegg.com](mailto:cbegg@cbegg.com).

<https://tinyurl.com/h4o55kc>



Chris

## Air Quality Bulletins

The Daily air quality index (DAQI) tells you about levels of air pollution and provides recommended actions and health advice. The index is numbered 1-10 and divided into four bands, low (1) to very high (10), to provide detail about air pollution levels in a simple way, similar to the sun index or pollen index.

Interestingly the air quality figures (24 Hour mean PM 2.5 particles) hit the red HIGH in Leamington Spa (Bath Street and Rugby Road on 23rd January 2017).

West Midlands					
SITE	8 Hourly Mean Ozone ( $\mu\text{g m}^{-3}$ )	Hourly Mean Nitrogen dioxide ( $\mu\text{g m}^{-3}$ )	max 15min mean Sulphur dioxide ( $\mu\text{g m}^{-3}$ )	24Hour mean PM <sub>2.5</sub> Particles ( $\mu\text{g m}^{-3}$ )	24Hour mean PM <sub>10</sub> Particles ( $\mu\text{g m}^{-3}$ )
Cannock A5190 Roadside	N/M	N/A	N/M	N/M	N/M
Coventry Allesley	16 (Low 1)	74 (Low 2)	N/M	52 (Moderate 6)	N/M
Leamington Spa	20 (Low 1)	62 (Low 1)	N/M	57 (High 7)	56 (Moderate 4)
Leamington Spa Rugby Road	N/M	89 (Low 2)	N/M	55 (High 7)	60 (Moderate 5)

Monitoring equipment is located in Bath Street and on the Rugby Road opposite Milverton School. Photograph below.



Cycleways believes that portable air quality monitoring equipment is to be purchased by WWC. Daily air quality bulletins are available if you sign up. [aqb@uk-air.aeat.com](mailto:aqb@uk-air.aeat.com)

*Sandra*

## Eco Fun Day – Sunday 7<sup>th</sup> May 2017

Local Environmental Charity Action21 have started 2017 with exciting plans for an Eco Fun Day which will take place in late Spring. The event will highlight the small steps we can all take to a more sustainable lifestyle.

John Armstrong, Chair of the Action21 Trustees says *“The idea came about after our AGM last year. We want to get our environmental education message to a wider audience and decided to plan something that would appeal to the whole family.”*

The event includes a walk or cycle between Warwick & Leamington. The event will start at St. Nicholas Park in Warwick at 10am and finish in the Pump Rooms in Leamington with lots of displays from local environmental organisations, local food to eat, goody bags and children’s activities.”

Kristie Naimo from ARC – another local environmental organisation who are supporting the event – is encouraging people to get on board *“We want to promote a range of environmental initiatives from simple things like choosing to walk or get on your bike, recycling at home and in the office - to the more ambitious electric vehicles or innovative technology.”*

Registration to take part in the walk or cycle will open on 1st April, but for now, save the date and visit [www.action21.co.uk](http://www.action21.co.uk) for further details.



## Charity event

*A Giant Cause Cycle Challenge -15 Sep - 20 Sep 2017*



Zoë's Place Trust is a registered Charity providing palliative, end of life care to babies and infants suffering from life-limiting or life-threatening conditions. They are organising a charity cycle ride from Cork to the Giants Causeway. To find out more go to the link below.

<https://tinyurl.com/gvhfdvs>



Change a life with a life changing event  
Join #TeamZoë's and saddle up for a Giant Cause.

Cork to the Giant's Causeway Cycle Challenge



## Up and coming challenging rides:

**The Rawlinson Bracket - Gaydon – Sunday, 26 Feb 2017.**

The Rawlinson Bracket ride is a hilly sportif (noncompetitive ride) in the 'Wilds of Warwickshire' taking in the gradients of the Edge Hill escarpment. The event raises funds for research into, and awareness of, Sudden Adult Death Syndrome (SADS). Click on the link below for more information.

<https://tinyurl.com/z7v4fhr>

*Mike's Myton Ride Cycle Sportive,  
Warwickshire – Sunday, 19 Mar 2017*

This is a sportif cycle ride in aid of Myton Hospice with the aim to raise as much money as possible and to enjoy a beautiful ride in Warwickshire lanes.

With two routes 40 & 77 miles appealing to leisure cyclist and the more serious wanting to get some miles in for a good cause.

Go to the link below for more information.

<https://tinyurl.com/jgggqvr>

## Keep your cycle safe

There have been a number of cycle thefts from garages in the Leamington area over the last few weeks. If you do have any information, please do not hesitate to contact the local police.



Advice for making your bike more secure:

- Get your bike tagged and register it at [www.bikeregister.com](http://www.bikeregister.com)
- Ensure you have a solid lock.
- Always lock your bicycle through its frame, not just through the wheel.
- Fix your bike to solid, immovable objects in recognised cycle storage areas.
- Whenever possible, lock your bike in a busy, well-lit and CCTV-covered area.