

PREMIER'S COUNCIL FOR ACTIVE LIVING MONTHLY 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 focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL web-site at: http://www.pcal.nsw.gov.au/resources/monthly_bulletin.html. If you wish to receive the PCAL Bulletin please write **SUBSCRIBE** in the subject area and email pcal@heartfoundation.org.au.

NSW Active Living Better Practice Case Studies

PCAL has recently commissioned the compilation of six NSW better practice case studies demonstrating successful application of Active Living design considerations for a range of environments including [cities, towns and neighbourhoods](#); [walking and cycling routes](#); [public transport](#); [streets](#); [open space and retail areas](#). The purpose of the case studies is to document and photograph how the application of Active Living design considerations as described in the PCAL [Designing Places for Active Living resource](#) translate into practice. Designing places for Active Living is a web based resource developed by PCAL that for each of a range of key environments identifies an objective, a concise overview of important design considerations, together with links to key references and additional resources for detailed design guidelines available at www.pcal.nsw.gov.au



Local Council Partnership Funding Opportunities

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 centres. 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. The aim of the [Sharing Sydney Harbour Access Program](#) is to improve public access to the foreshore and enhance the recreational enjoyment of Sydney Harbour



Applications have been invited for funding in 2008 under the Sharing Sydney Harbour

Access Program and Metropolitan Greenspace Program. Eligible councils can apply for grants which need to be submitted by 24/04/08.

Obesity to lower life expectancy of Australians

A recent report prepared for the Public Advocacy Institute of WA has demonstrated that the life expectancy of obese Australians is reduced by four years. Furthermore if present obesity trends continue in Australian children their life expectancy will fall by two years. Further details relating to the health, social, environmental and economic evidence for the promotion of active living are summarised in the PCAL ['Why Active Living Statement'](#).



Factors influencing ride to work

A recent UK Institute for Transport Studies paper examined the effects of different types of en-route and trip end cycle facilities and incentive payments to encourage cycling to work. Universal segregated cycleways were forecast to result in a 55% increase in cycling while a daily payment was predicted to double cycling rates. The authors conclude the most effective policy would combine improvements in en-route facilities, a £2 daily payment to cycle to work and comprehensive trip end facilities which would in turn have a significant impact on the car community.



For further information see: http://eprints.whiterose.ac.uk/2448/1/ITS2119-actors_infl_to_cycle_uploadable.pdf

NSW transport agencies and the City of Sydney are currently collaborating on the design of a King Street segregated cycle way with further details available at: www.bv.com.au/change-the-world/40801/

Wheeling can speed dealing

Recent SMH reports have highlighted the increasing trend of private industry to encourage active transport options to employees. Companies including Macquarie Bank, Lend Lease and Optus have installed bike storage, lockers and shower facilities. A Victorian company, [Mountain Goat beer](#), even rewards staff \$1.50 for every day they get to work without using their car.



For further information see: www.smh.com.au/textarticles/2008/03/11/1205125911560.html

Workplace Cycle Scheme Information

Transport for London have developed a series of resources for workplace cycle schemes including cycle parking guidance, bike pools, tax exemptions and workplace travel plans which are available at: www.tfl.gov.uk

The NSW Roads and Traffic Authority (RTA) have prepared several cycling brochures to assist novice riders and those who would like to commute by bike. Several cycleway maps to help bike riders to select the route that suits their riding experience are now also available.



For further information from the RTA see: http://www.rta.nsw.gov.au/usingroads/downloads/cycle_to_work_brochure_dl1.html

Take the test

In an excellent piece of awareness raising a UK bicycle advocacy group has challenged readers to check their peripheral vision. To take the 30 second test go to: www.dothetest.co.uk/