

Dear subscriber,

Welcome to the PCAL monthly bulletin.

This bulletin reports up-to-date news and research of interest to people who want to promote active living choices in NSW. Previous monthly bulletins are archived on the [PCAL website](#).

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## Articles

### New PCAL 'Workplace' Guidelines and Regional Case Studies

PCAL has updated its [Planning and Design Guidelines](#) with the inclusion of a [workplace environment](#) and related [updated resources](#). Two new regional case studies including Newcastle's [Honeysuckle retail area](#) and the Illawarra's [Tullimbar Village](#) neighbourhood development are also now available.

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### Age Friendly Design Fact Sheet

The Council on the Ageing (COTA) NSW has produced a [fact sheet](#) on the merits of age friendly design. The fact sheet provides a link to existing key resources within the three areas of Transport, Urban Planning and Design and Housing.

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### Walk Appeal: Homes in Walkable Neighborhoods Sell for More

A [US report](#) has assessed over 94,000 real-estate transactions to determine that in 13 of 15 different housing markets, higher levels of 'walkability' were directly linked to higher home values. NSW case studies demonstrating the successful application of active living design considerations including walkability are available on the [PCAL site](#).

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### Economic Benefits of Bicycling

A recent [US report](#) has compiled data demonstrating the economic benefits of bicycle infrastructure investments. The report highlights the many ways bicycling is linked to state and local economies, including the impacts of tourism and industry, the benefits of bike lanes to local businesses, and cost savings in switching from auto-dependency to multimodalism.

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### FREE Cycling Training





Throughout 2009 the NSW Department of Environment, Climate Change and Water (DECCW) has provided free cycle training vouchers to companies, councils and community groups. Over 150 groups have since received free adult [AustCycle Training Courses](#). DECCW has announced the program has been extended until March 2010. Contact [onyourbike@environment.nsw.gov.au](mailto:onyourbike@environment.nsw.gov.au) for further information.

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### Free Healthy Coaching Service a Hit

In the first 4 months of the NSW Health 'Get Healthy' Information and Coaching Service, nearly 1000 adults have enrolled in the free 6 month coaching program. The telephone (1300 806 258) and [web based](#) service aims to help people make successful healthy lifestyle changes in relation to being physically active, healthy eating and achieving a healthy weight.

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### Community Strengthening through Sport and Physical Activity

Sport and Recreation, a division of Communities NSW has developed a [resource](#) that demonstrates how to develop successful and sustainable grass-roots sport and physical activity programs in local communities. The program provides an excellent case study of the use of [Physical Activity for community development purposes](#) as recommended by PCAL. 'Community Builders' [grants](#) are currently available for local council projects that aim to build strength and capacity within local communities.

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### Healthy Communities and Open Space Grants

[Grants](#) are currently available for councils interested in developing health promoting initiatives that address health inequalities, such as including [active living considerations](#) (pg 48-49) within a community strategic plan. Western Sydney Councils wishing to improve the conditions of their [open spaces and sporting facilities](#) will also soon have further funding opportunities.

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### Federal Community Infrastructure Fund extended

The Federal Government has [announced](#) a second round of the Regional and Local Community Infrastructure Program (RLCIP), worth \$220 million. Initial funding submissions close 20 November and the new guidelines are available at <http://www.infrastructure.gov.au>.

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