

ACTIVE SCHOOL TRAVEL PLYMOUTH

Autumn 2020 newsletter



We'd love to hear from you...

If you want to know more about promoting active travel in school, or have a story you'd like to see included in the next newsletter, do get in touch!

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What's coming up?

- The big news is that there is a new round of the **School Sustainable Travel Grants** - full details on page 2
- The **free Dr Bike day offer** to all Plymouth schools that was hugely popular in September and October is being extended until Christmas - please contact us for more details.
- Claire has successfully trialed **online classroom sessions**, so look out for more of these coming soon!
- This year's **Road Safety Week** will be **16 - 22 November**, look out for our online Be Safe Be Seen sessions. The theme for 2020 will be "No Need to Speed"
www.roadsafetyweek.org.uk

Plymotion at your School is back!

We're delighted to announce that Plymouth City Council has secured another year of funding from the Department for Transport for Plymotion. This means that Plymouth schools will continue to be able to get free support in promoting walking, cycling and scooting for the school journey, helping staff, children and parents overcome barriers to active travel and get to school and back in more environmentally friendly and healthy ways.

It's a smaller team this year as we say goodbye to Tessa Price, off to pastures new, but Ryan Evans and Claire Harris from Sustrans have already been out and about in schools, in person and virtually! Not only have they been working with Bike It Plus schools, they have also been helping schools make the most of the new Plymotion walking maps, promoting city wide challenges, and producing online content that all schools have been able to benefit from.

This year is going to be very different to anything we have seen before, but the Plymotion team is flexible, ready to adapt and looking forward to working with you again!

The Bike Doctor is in...

Most of the Sustrans Bike It Plus team's work in schools this term has been virtual, with the exception of Dr Bike! Thanks to plenty of social distancing and COVID-secure measures, bike maintenance days are going ahead and Ryan has been out in schools across the city. Around 180 bikes have been checked and repaired, with more to come next term.



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. www.sustrans.org.uk

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Plymouth is in the Modeshift STARS National Awards!

More Plymouth schools are getting the coveted Modeshift STARS accreditation, which recognises excellence in

schools that are working to get more children travelling actively. We're delighted to announce that Pennycross Primary, which has achieved the Modeshift STARS Gold standard, took Best Primary School in last year's regional Modeshift awards, and will be representing the city, and the whole South West region, in the National Awards this December!

If you'd like to get your school accredited, we're here to help, please get in touch. Your Bronze award may well already be within reach...

Sustainable Travel Grants for schools

£30,000 is available for Plymouth schools to invest in schemes to help students walk, cycle and scoot to school. As part of the Council's behavioural change programme, Plymotion, schools are being invited to apply for match funded grants of up to £3,000.

Through the grants the Council are looking for schools to suggest innovative ways of changing the morning and afternoon school-commute and help overcome barriers to walking, cycling and scooting. Previous sustainable travel grants have led to over £135,000 being invested in schemes encouraging walking cycling and scooting on the school journey

Schools are being encouraged to be creative and consult pupils, families and staff when designing ideas that; encourage, and sustain, an increase in the number of cycling, walking and scooter trips, improve the perception of sustainable travel amongst the school community and reduce carbon emissions.

Lee Hogden, active travel champion at Pennycross Primary, said "We have gone from strength to strength in our active travel journey and with the help of the grant we were awarded the Modeshift STARS Active Travel School of the region. I will be applying again for the grant. We have big plans!"

Full details of the sustainable travel grants is available at www.plymouth.gov.uk/currentschoolgrants Please get in touch if you need more information or would like help in applying.

Need advice on travel in Plymouth?

Plymotion aims to make it easier for people to get around Plymouth by bike, on foot and by bus. It offers incentives to try greener, cheaper and healthier ways of getting from A to B, including the opportunity to speak to a Travel Advisor about all the options available for the regular journeys you make.

The Plymotion programme spans leisure and commuter trips, businesses and residents and includes free adult cycle training, bike checks and led rides, helping people cycle for the first time or become a regular commuter cyclist. Please note some services may be temporarily suspended due to COVID-19

The team are available to chat to you about how you and your family are currently travelling around Plymouth and provide you with free walking and cycling incentives and travel information to help you plan a greener, cheaper and healthier way to travel in and around the city.

If you would like to speak to a Travel Advisor please fill in our [phone request form](#) so we can call you back. Alternatively, you can email your queries to plymotion@plymouth.gov.uk.

Bikes for Key Workers

Sustrans officers worked with The Wellbeing Centre at Derriford Hospital to set up and provide six bikes for a loan bike scheme for key workers as part of the COVID 19 response.



The Centre Manager, Tracy Gardiner said "With the generous support of Plymouth City Council and Sustrans, we launched the Derriford Bike Loan Scheme, to encourage colleagues to get active and also do their bit for the environment. We received a huge response from Derriford staff – there are currently 32 people waiting for their chance to take advantage of the scheme.

Tracey Dixon and Alison Endean (pictured) are using the scheme to help them change their work commute from car to bicycle powered. Tracey said "I'm looking forward to getting fitter and gaining confidence" and Alison said "I'm hoping it will make me fitter and I'll no longer have to borrow my husband's car!"

All participants borrow the bicycle for up to one month and receive adult confidence training from Jonathan Tutte at Plymouth School Sports Partnership and a pack with a Plymouth Walking and Cycling Map.



Maptastic Walk To School Month

We know lots of you love to walk to school all year but with October being **International Walk To School Month** we challenged Plymouth schools and parents to join in with two competitions.

Firstly we wanted schools and parents to take advantage of the fabulous new Plymotion Walking Map, so we asked schools to put their bespoke map on the website and share it with parents. Each school is at the centre of their map so that children can see if they live within a five or ten minute walking zone, and maps include walking buses, playground facilities and school crossing patrols and more. The maps can also be downloaded from www.plymouth.gov.uk/walkingmapsschools

Out of the 21 participating schools we drew Marlborough Primary as the lucky winners of a Living Streets Travel Tracker, where children can earn badges by travelling actively to school. Mrs Farleigh at Marlborough Primary said "Most of our children walk to school most of the time now and the walking maps proved very interesting as well as useful!"

Secondly, we challenged families to send us photos and videos of their active journey to school for a chance to win a £25 Love2Shop Voucher. We loved seeing photos of your journey to school and hearing about the fun you have on the way

Some of our fabulous winners are featured above. Jean Howard sent in a photo of her son John who is at Plympton St Mary and likes to cycle and scoot to school. She said "It's just over a mile round trip there and back so a nice bit of exercise for him before and after school each day. And double for me and his sister!" Some took up our challenge to play games along the way - Charmaine Malone makes Kaiden's walk to Mayflower Academy more fun by doing Times Tables Rock Stars challenges along the way. Great work everyone!

Goodbye from Tessa...

Plymouth Schools, it's been a blast! Thank you for letting me into your inspiring classrooms and fun-filled fields.

My top highlights of working with you include: watching Ernesettle's pumptrack being built, being part of the ceremonial cutting of the ribbon to open Thornbury's new play equipment, finishing off the squirty cream and blueberries at a Victoria Road biker's breakfast, keeping tabs on Detour-to-Explore Monsters with Austin Farm, being taken to the moon along with pupils and staff of Compton C of E Primary (winners of the Classroom 2 Moon active travel competition), donning wellies once a week with Drake Primary's Young Explorer's Club, and watching Pencyross Primary get crowned south west regional winners for Modeshift STARS.

I'm off on a different adventure now but know I leave you in very capable hands: Ryan and Claire will make sure the great work we've done together continues!

Sustrans is grateful for the continued support of our schools work in Plymouth from the following:

