

Active Travel and Modal Shift

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Middlesbrough Environment City

- Independent charity, with own Board of Trustees.
- Work closely with Middlesbrough Council and community partners on promoting healthy and sustainable living, including walking and cycling, energy efficiency, food growing and healthy eating.
- Using the ten principles of One Planet Living to promote sustainable living in Middlesbrough.
- Rely on partnership working to engage with beneficiaries.

Ten Principles of One Planet Living

Zero Carbon	making buildings more energy efficient and delivering all energy with renewable technologies
Zero Waste	reducing waste arisings, re-using materials where possible and achieving zero waste to landfill
Sustainable Transport	reducing the need to travel and using low carbon modes to reduce emissions
Local and Sustainable Materials	using local products that have a low embodied energy
Local and Sustainable Food	reducing waste and eating low meat, local, seasonal and organic diets
Sustainable Water	reducing water usage in buildings and in the products we buy; tackling local flooding and water course pollution
Natural Habitats and Wildlife	protecting and expanding old habitats and creating new space for wildlife
Culture and Heritage	reviving local identity and wisdom; support for and participation in the arts
Equity and Fair Trade	inclusive, empowering workplaces with equitable pay; support for local communities and fair trade
Health and Happiness	encouraging active, sociable, meaningful lives to promote good health and well being

Cycling Projects in Middlesbrough

Encouraging cycling through:

- Developing cycling skills and confidence;
- Providing cycles;
- Training in cycle maintenance;
- Advice on cycle routes;
- Safe cycle parking;
- Complementing other provision by Middlesbrough Council and other partners.

There are other barriers to cycling:

- Safety;
- Perceptions of safety.

Delivered by MEC in partnership with Middlesbrough Council and with funding through Department for Transport and supported by the Tees Valley Combined Authority.

Middlesbrough Cycle Centre

- Middlesbrough Cycle Centre - North East's first secure, town centre cycle park with lockers and showers.
- Since April 2016, also run Shopmobility from the Middlesbrough Cycle Centre.
- Also operating the Welcome to Yorkshire Bike Library – 208 loans of 60 cycles in one year.
- In total, over 10,000 uses of the facility in the year.



Safe Cycling Training

- Bikeability schools cycle training – safe cycling training for over 800 children each year.
- Also other support – such as learn to ride sessions for new cyclists.
- Some issues with delivery including: school timetabling; language barriers; cycles that are not roadworthy; children presenting for training that cannot ride.



Bike Academy

- Middlesbrough Bike Academy – cycle maintenance training, cycle recycle courses and Dr Bike.
- Also delivered in community venues and events.
- In the last year, included 24 cycle maintenance courses for 92 participants, 34 Dr Bike sessions and 25 guided rides with 70 participants.



Redcar & Cleveland Local Transport Objectives

- Reduce Carbon Emissions.
- Support Economic Growth.
- Promote Equality of Opportunity.
- Contribute to Better Safety, Security and Health.
- Improve Quality of Life and a Healthy Natural Environment.

Redcar & Cleveland Local Transport Actions

- Cycle training – schools.
- Pedestrian training – schools.
- Active Travel Hub.
- Development Control – policies, procedures.
- Planning applications - S106.
- Highways – road safety, enforcement.
- Public Health – community enablement, healthy schools, community promotion.
- Area Growth Plans.
- Staff wellbeing- salary sacrifice, flexible working, staff facilities (many staff are residents).

Sport England Local Delivery Pilot

- South Tees wide programme funded by Sport England to encourage the inactive to be more active.
- One of 12 pilots across England testing new approaches to building physical activity into daily life.
- Focuses on four “communities of interest” and four geographical communities.
- Opportunities to build active travel into the programme.

Increasing Cycling

- Free bikes.
- Filtered permeability.
- 20mph zones.
- Strict liability.
- Dutch reach.
- De-subsidise motoring.
- Car-free days.
- Park and pedal.
- Pay people to cycle.
- **Leadership**

The Tulloch Spike

