

# County Durham Strategic Cycling and Walking Delivery Plan

2019 - 2029

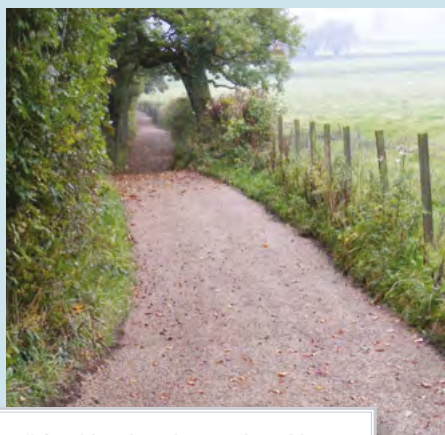


## Case Studies

# Case Study: Frankland Lane - opening up access

This 2 mile route links the key settlement of Newton Hall to the City Centre from Brasside (Frankland Prison) to the Sands. Previously unusable to anyone other than walkers and fit mountain bikers, the path was improved in 2013-14. Resurfacing the bridleway has opened it up to a wider audience including everyday cyclists and mobility scooter users who are now able to travel independently from home in Newton Hall to the City Centre and beyond. Therefore the benefits to quality of life are not just for cyclists but are extended to benefit whole communities who can then enjoy healthy and independent lives.

Approx. 1,800 people (1,318 pedestrians, 453 cyclists and 26 push or wheelchair users) now use the path every week (weekly average Aug 2016).



@DurhamCouncil frankland park wood and low newton nature reserve looking great. Thanks for new footpaths making walk accessible for all!  
 2:38 PM - 24 Nov 2013 from Durham, England

**On site - path user in mobility scooter 13/11/13**

“I’ve been all the way down into the City from Newton Hall now, which I couldn’t do before as the path was too uneven. I also do a shorter circuit twice a day and the paths are so easy to use now and I can get out with the dogs. It’s great and I really appreciate what’s been done.”



**16/11/2013**

“We cycled the newly-surface track from the prison down to Frankland Lane this morning, and I appreciated not having to swerve around massive potholes anymore!”



Between 2013-15, we delivered two Cycle Safety Schemes with DfT funding, in partnership with Sustrans. Both schemes had to include an element of innovation and ambition to demonstrate a broader commitment to provision for cycling. At Pelaw Leazes Lane we created a safer alternative route to the road route around Gilesgate roundabout. Space was reallocated from the carriageway car parking to create a dual direction cycle lane and wider footway. By segregating users the aim was to reduce conflict and give cyclists space to negotiate a steep hill.

**Matthew, local resident**

“It’s great that this route is no longer one-way only for bikes, as it opens up more journey opportunities away from the main roads. I hope other one-way streets will be reviewed to give more options for people cycling round Durham.”

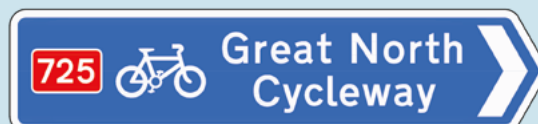
## Case Study: Great North Cycleway

The route will run from Blyth to Darlington passing through Tyne and Wear and County Durham. The concept for the 76km route was launched in June 2011. Around 35.5kms of the cycleway will run through County Durham forming a North-South spinal route roughly following the A167.

The route is classified as a Cycling Super Route. It will link key settlements and will serve the wider cycling network. Once completed it will become NCN 725.

Where there are low pedestrian numbers between towns, the route will be a shared use path. At busier locations the route will be on-road or separated.

Several sections have been completed and further works are planned in the coming years.



**Matthew, local resident**

“I have really appreciated being able to ride safely with my children down to Sunderland Bridge from Neville’s Cross. Next we need safer crossings at the junctions, especially the roundabouts which can be a big worry even for adults.”

## Case Study: Community Street Audits and School Route Audits



“We will continue to work with Living Streets and involve local communities in evaluating the walking environment ensure our streets are fit for purpose and encourage everyday walking.”

We know that streets and public places are most successful when you involve local people and give them the opportunity to make decisions about them. We are working in partnership with Living Streets to engage with local schools and employers to assess and evaluate the quality of streets and spaces from the viewpoint of the people who use them, rather than those who manage them.

15 pupils from Park View School participated in a School Route Audit alongside Living Streets. Pupils wanted to identify the most popular walking routes to and from their school and assess the condition of footways, paths, roads, safety and convenience and propose ways of improving the routes to encourage more pupils to walk to school.

Prior to beginning the audit, pupils conducted research into the walking routes of students in years 7, 8 and 9. Pupils also visited two of the biggest feeder primary schools in the area to talk to them about walking to school.

With support from staff at Park View School, Living Streets and the local Councillor, pupils identified three main walking routes and conducted a School Route Audit by walking the main routes to school identifying, discussing and recording issues that encouraged or discouraged everyday walking. The issues identified were then discussed before agreement was reached on key short and longer term priorities that would improve the walking environment.

Pupils compiled a report outlining their findings and recommendations which was presented to Durham County Council for consideration. Durham County Council and Living Streets will work together to action viable recommendations and will feedback to the school community in due course.

## Case Study: ParkThatBike

Cycle parking is known to be one of the main ways of encouraging more participation in cycling. We are working with social enterprise ParkThatBike to install 400 cycle parking stands by March 2018. This £50,000 investment follows a successful trial in 2015. The trial lasted a few months and with a £5,000 budget we were soon oversubscribed with applications for the 35 free cycle parking stands (applicants pay for installation). With the waiting list proving further interest, we have been able to roll out the offer to other communities, workplaces, educational establishments, churches and businesses.

The scheme has had a great take up from a real variety of customers who will benefit from the offer. Durham Workspace (Arch Workspace) at Arnison Retail Park installed four Sheffield stands for the benefit of staff which are being regularly used by local cycle commuters.



**Katie Mason, Assistant Manager, Durham Workspace said**

“We are delighted to install bike stands here at Durham Workspace through the initiative with Durham County Council and ParkThatBike. The Initiative was designed to improve and promote sustainable transport and economic development within the area and is something that Arch is keen to support. The stands have already proven to be a good facility for both tenants and staff alike by supporting them to live healthier and more active lives.”

## Case Study: Walk Durham

Walking for Health is England's largest network of health walks with over 375 active schemes, helping people across the country lead a more active lifestyle. Their vision is for everyone to have access to a free, friendly short group walk, within easy reach of where they live, to help them become and stay active.

Walk Durham is an accredited Walking for Health scheme and our group walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. The programme is free for all participants and targets the adult population. Our walks are short (30-90 minutes) over easy terrain, and are open to everyone.



### Review 2017/2018

- **30** weekly led groups
- **1,576** people registered with the programme
- **11,083** attendances
- **369** new participants
- **4** new walking groups established
- **47** volunteers recruited and trained

Ann, volunteer walk leader at Esh Winning, says she has seen many participants greatly improve their wellbeing and fitness as well as making new friendships.

"I've been a leader for about four and a half years and it's a real privilege to be involved in an activity which helps people with their physical and general health," she said.



"It's great to see people of all abilities spending time together and enjoying each other's company, all while making the most of the stunning countryside we are lucky enough to have on our doorstep."

**Ann**

"I've been a leader for about four and a half years and it's a real privilege to be involved..."

## Case Study: Engaging with the public to inspire and encourage every day walking

Durham County Council works with Living Streets to promote and encourage everyday walking. Working with employers, schools and local communities we encourage participation in walking events and work with individuals to set realistic goals to increase the amount of everyday walking they do.

During National Walking Month 2017, Living Streets worked with Durham Constabulary to engage employees in a month long celebration of walking. Employees were given the opportunity to discuss their walking habits with Living Streets and agree goals to increase their everyday walking.



Jennie, an employee at Durham Constabulary took part in National Walking Month during 2017, pledging to walk at least 20 minutes everyday throughout May. During National Walking Month 2018, Living Streets revisited Durham Constabulary to celebrate and inspire employees to again participate in the #Try20 campaign.

During the year since National Walking Month 2017, Jennie has gone from strength to strength and has embraced walking as part of her everyday routine. Previously fairly sedentary, Jennie set herself a target of walking at least 10,000 steps per day and now achieves 12,000 most days. Reporting benefits such as reduced headaches, weight loss, improved mobility and more energy through this simple lifestyle change; Jennie's story is one that is sure to inspire others to embrace more walking as part of their everyday routine.

### Jennie

"I just enjoy it. I've become so passionate about it! I don't like the gym and this is something I can fit really well into my lifestyle. I've made new friends at work because of it and the compliments I've had from others have really helped my self esteem. I'll never go back to the way I was."

We will continue to work with our partners to engage, educate, promote, inspire, motivate and encourage people to walk more.



## Case Study: More women cycling more often

British Cycling's Breeze is the biggest programme ever to get more women into riding bikes for fun. Set up in 2011 to address the growing gender gap in participation, Breeze tackles the main barriers women face to cycling by providing someone to ride with and information on bike maintenance, safety and where to ride.

Breeze champions are trained up to organise fun, social, local bike rides for women. Rides go at a speed that suits everyone and they often start or finish at a café so everyone can have a drink and a chat. The rides are free and go on accessible routes in small friendly groups where Breeze riders can enjoy the fun, freedom and fresh air of a bike ride.

Rides take place all year round and are ideal for women who are looking to get back on a bike and make new like-minded friends. Between 2011 and 2017, 150,000 women nationally have participated.



In County Durham, the Breeze rides are thriving. Starting in 2014, when 16 women cycled the 140 mile C2C route, having built up their fitness and skills over four months from 5-10 miles routes, to rides of over 50 miles. Since then women riders have pedalled the Hadrian's Cycleway, Coast and Castles, Way of the Roses and London to Paris, as well as a number of other smaller weekend group rides. For more information visit [breezebikerides.com](http://breezebikerides.com)

### Audrey Christie, Breeze Champion

“Although I've cycled all my life the recent increase and interest in women cycling has been inspirational and I'm proud to be part of it. I've never enjoyed cycling more. Women coming on our Breeze Durham rides have gained in strength and confidence and taken this into other parts of their lives. I'm continually amazed how cycling can be life changing and affirming.”



## Case Study: Cycle Durham

Cycle Durham provides a series of free weekly led cycle rides for competent adult cyclists across the County. It aims to increase levels of physical activity in adults (16+) by offering a range of recreational cycling opportunities across the county.

Cycle Durham also offers “Back on your Bike” courses designed for returning cyclists. The sessions cover the basics of starting cycling and progress onto a level where participants can join the weekly rides, led by volunteers.

Free fully maintained bikes and helmets are provided to give the opportunity of trying cycling without the outlay of purchasing any equipment.

### Review 2017/2018

- **593** people registered to Cycle Durham
- **173** new participants
- **18** weekly rides, led by volunteers in local communities.
- **28** new volunteer cycle leaders recruited and trained
- **5,141** attendances

Alan joined the sessions to become more active and improve his health; “Since I joined the cycling group my fitness has improved dramatically. I can participate in far more activities now and regularly attend the longer ride on a Monday morning as well as play other sports. I’m now considering becoming a cycle marshal volunteer.”

Jan has seen amazing benefits to her health and confidence; “Before joining the sessions I had never ridden a bike – not even as a child. I now ride regularly with the group, but I also ride on my own on weekends and evenings during the summer – I have even bought my own bike! The rides are really inclusive and everyone made me feel so welcome. It has opened up new friendships and I look forward to the post ride coffee as much as going out on the ride”.



#### Alan

“Since I joined the cycling group my fitness has improved dramatically. I can participate in far more activities now and regularly attend the longer ride...”



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