



New action plan – keep active, stay healthy

THE world's first transport health action plan has been published by Transport for London (TfL) which sets out how it is working to improve the health of Londoners.

The choices people make for getting around the capital impact on health, and the action plan shows how transport can play a part in helping people keep active.

Getting more people travelling by bike is a key aim in The Mayor's Vision for Cycling, which hopes to double cycling in London by 2020.

More than half of all potentially cyclable trips are in outer London. Outer London will see an increase in spending from £3million to more than £100million, delivering maximum impact through areas of concentrated investment.

Together with the Mayor and London boroughs, TfL is also

working to make the capital a city that is easier and more enjoyable for pedestrians.

A number of measures are being introduced to achieve this, including new and improved public spaces, better walking routes and more routes away from traffic.

London's transport commissioner Sir Peter Hendy CBE said:

'Transport has a significant role to play in helping to tackle the major

public health challenges our city faces. If we can make the environment and our public spaces more inviting, then that will also encourage people to be more physically active.

'That's why we're investing £4billion over ten years to make our streets and roads greener, safer and more inviting for pedestrians and cyclists as part of their daily lives.'

The Health Action Plan sets out ten actions to be delivered over the next three years to demonstrate the role that transport plays in the health of Londoners. TfL will:

- Quantify the health impacts of its projects and policies
- Build health into the development and assessment of policies and projects
- Evaluate the health impacts of its programmes
- Assess what it is doing against the public health evidence base
- Strengthen its Health Impact

Assessment processes

- Support boroughs to improve people's health through transport plans and investment
- Support staff to be more physically active as part of their daily travel
- Work with public health intelligence specialists and academics
- Work with the NHS to encourage travel analysis in planning for changes to healthcare provision
- Urge Government to support it in increasing the physical activity levels of Londoners

› Travel advice for Denmark friendly

WEMBLEY Stadium will be hosting the international football friendly between England and Denmark tomorrow night.

Kick-off for the game is at 8pm. Public transport that serves the stadium, particularly the Bakerloo line (Wembley Central), and Jubilee and Metropolitan lines (Wembley Park), will be busier than normal in the run-up to the match and immediately afterwards.

Large numbers of pedestrians are expected in the area. Traffic delays are likely on the A406, Harrow Road, Wembley High Road and roads in the vicinity of the stadium.

■ To plan your journey, visit tfl.gov.uk/journeyplanner



Introducing TfL's apprentices

TO mark National Apprenticeship Week, TfL is highlighting some of its own budding stars.

Matt Whitfield is a 24-year-old London Underground Railway Engineering Apprentice. He is in the final year of a four-year scheme and has worked on projects including Battery Loco Upgrade which supports the entire Tube network.

When he finishes he would like to work within the plant maintenance team in London Underground. His ideal job would be overseeing the major upgrades and expansion of the Tube network.

■ Go to tfl.gov.uk/apprentices to find out more if you are interested in becoming a TfL apprentice

London travel advice: plan your journey now

 tfl.gov.uk

 24 hour travel information
0343 222 1234*

   tfl.gov.uk/socialmedia

London Travelwatch
London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply.
See tfl.gov.uk/terms for details.

 Newspapers left on the Tube can jam doors and cause delays to your journey.
Take your newspaper with you or put it in a recycling bin.