

Funding boost for walking and cycling

WALKING AND CYCLING GRANTS HAVE BEEN AWARDED ACROSS THE CAPITAL'S BOROUGHES

AS part of the 2020 Walking and Cycling Grants London programme, funding has been given to 68 community and non-profit projects to improve access to walking and cycling. Grants of up to £10,000 over three years have been made available for community projects to deliver programmes that address barriers to active travel among traditionally under-represented groups. TfL received 128 applications this year, which is the highest number in the scheme's five-year history. The funded projects will enable greater physical,

social and economic mobility, reduce instances of social exclusion and help to strengthen communities. This year, as part of a new five-year programme, the scheme is jointly funded in partnership with The London Marathon Charitable Trust. It is part of a drive to make London a more sustainable, inclusive and healthy city. The programme is fundamental during the pandemic, when there is less capacity on public transport, owing to social distancing. The initiative will also help to avoid a car-led recovery.

The London Marathon Charitable Trust, which distributes the surplus generated from all events organised by its trading company London Marathon Events Ltd, has awarded the scheme £2 million over the five-year period.

THE MANY BENEFITS OF WALKING AND CYCLING

Research shows that people felt better physically and mentally when they introduced just 20 minutes of walking and cycling per day into their lives, experiencing an improved mood, feeling more alert and enjoying being able to discover new parts of London.

This year, there are projects to support pre- and post-natal women through walking with others in the community, mentor-led cycle rides to target social isolation among young men and a new cycling rehabilitation programme for cardiology patients.

Since the programme began in 2015, TfL's walking and cycling grants have helped more than 180 projects across all 33 London boroughs - encouraging 41,000 participants to embrace more walking and cycling in their lives.



On the move: The walking and cycling grants will enable greater physical and social mobility, and help to strengthen communities

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2020 walking and cycling projects

THE 2020 funded projects will receive £593,369 of joint funding over three years, including:

BREAKING THE CYCLE: FIXING BIKES

Islington, Camden and Haringey
Created by YES Outdoors, this project will allow disadvantaged young people to restore abandoned bicycles under the guidance of qualified mechanics. They will also get support from the Metropolitan Police Property Services. They will be able to keep the bike once it has been repaired.

WALK AND TALK PROJECT Ealing

The Southall Community Alliance will be organising local health walks through green spaces to help combat social isolation. To encourage residents to boost activity levels, ten trained volunteers will communicate in diverse languages including Punjabi, Hindi, Pashto and Somali.

THE AEON BIKE PROJECT Lambeth

Created by Inspirational Youth Ltd, this project will enable young

black, Asian and minority ethnic men to work in a team to tackle social isolation and any mental health issues that have been heightened during the pandemic.

SOLE SISTAS Newham

Created by activeNewham, this walking project will organise two new social walks along the Newham Greenway after the morning school drop-off, to improve the wellbeing of pre-natal and post-natal women who may have young children.

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