

## Win a bag of map goodies



**Goody bag:** Win a Stanford's bag, coffee cup, water bottle and wall map

the subject 'Stanford's'. Entries must be received by 11.59pm tonight. The winners of the draw will be chosen at random. For terms and conditions, see [tfl.gov.uk/terms](http://tfl.gov.uk/terms). The items in the bundle can also be bought online at [stanfords.co.uk](http://stanfords.co.uk)

ENTER our free draw for a chance to win a bag of prizes from Stanford's map and travel book shop in Covent Garden. The bundle includes a reproduction wall map of London, from the Stanford's archive, as well as a map-themed coffee cup and water bottle. For your chance to win, answer this question:  
**Which of these is a popular London walking route?**  
**A: The Thames Stepping Stones**  
**B: The Thames Pavement**  
**C: The Thames Path**  
Send your answer, name and address to [metrocompetitions@tfl.gov.uk](mailto:metrocompetitions@tfl.gov.uk) with

Now you can get instant answers to your Tube, bus, London Overground, DLR, TfL Rail and tram travel questions.

So there's no need to hang around.

Just ask @TfLTravelBot on Facebook Messenger



# DLR supports people getting Back on Track

## RAISING AWARENESS OF MENTAL HEALTH

TO mark World Mental Health Day, a team of experts will be on hand at Canary Wharf DLR station today to raise awareness.

The team, which includes DLR community ambassadors and mental health nurses, will be available for passengers to talk to about their concerns and anxieties, or just to get some advice.

They will also be providing information on the Back on Track programme, a partnership between KeolisAmey Docklands, which operates the DLR, and the East London NHS Foundation Trust. The programme aims to help people with mental health, social or psychological difficulties to get more out of life and feel a part of their community.

Many people can feel limited when it comes to travelling, owing to feelings of anxiety, shyness, lack of confidence or confusion. They can feel overwhelmed, which prevents them from going beyond their familiar areas. The Back on Track programme aims to address these



**Help and advice:** Visit Canary Wharf DLR station for expert support

issues and get people out and about in east London, enjoying the facilities and experiences around them with the help of the DLR.

The theme for this year's World Mental Health Day is young people and mental health in a changing world. According to the World Health Organisation, half of all mental illness begins by the age of 14, but most cases go undetected

and untreated. The Mental Health Foundation states that two in three people report having experienced a mental health problem during their lifetime.

The mental health team will be at Canary Wharf DLR station from 10am until 4pm today.

To find out more about the Back on Track scheme, email [BoT@keolisameydlr.co.uk](mailto:BoT@keolisameydlr.co.uk)

## Traffic information for the capital

FOR A FULL LIST OF TRAFFIC INFORMATION, GO TO [TFL.GOV.UK/TRAFFICNEWS](http://TFL.GOV.UK/TRAFFICNEWS)

### Central London area

#### Saturday, 10am until 7pm

A number of marches and demonstrations will take place. Whitehall will be closed between Horse Guards Avenue and Parliament Square from 10am. There will be road closures in central London and traffic is likely to be impacted at Hyde Park Corner, Piccadilly, Pall Mall and Trafalgar Square, as well as at Parliament Square, Westminster Bridge, Victoria

Embankment, Waterloo Bridge, Kingsway, Piccadilly Circus and Regent Street.

### Westminster area

#### Saturday, 1.30pm until 4.30pm

There will be traffic holds for a procession from Ambrosden Avenue to Brompton Oratory, via a route including Francis Street, Vauxhall Bridge Road, Eccleston Street, Belgrave Square, Sloane Street and Brompton Road.

### Westminster area

#### Sunday, 3.30am until 2pm

Expect road closures for the Royal Parks Foundation Half Marathon.

From 3.30am, all roads within the St James's Park area will close, followed by Whitehall, Trafalgar Square and approaches at 7am. Park Lane will close southbound from 7.45am and there will be contraflow measures in place at Hyde Park Corner from 8am. Waterloo Bridge will close northbound from 8.30am. All non-park roads are expected to reopen by 12.30pm.

### Shoreditch area

#### Sunday, 6.30am until 12.30pm

Local roads will be closed for a 10k run, starting and finishing in Shoreditch Park.

**For more articles and to keep up to date with TfL announcements, visit [tfl.gov.uk/news](http://tfl.gov.uk/news)**

## London travel advice: plan your journey now

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**London Travelwatch**  
London's transport watchdog  
call 020 3176 2999, or visit  
[www.londontravelwatch.org.uk](http://www.londontravelwatch.org.uk)

\*Service and network charges apply.  
See [tfl.gov.uk/terms](http://tfl.gov.uk/terms) for details.



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