

# Get active and fundraise for Sport Relief

TfL is joining Sport Relief to encourage staff, customers, schools and businesses to get more active and raise money for charity.

FROM March 1 to 20, TfL will ask people to pledge to 'make their journey more active for Sport Relief'. This could be anything from cycling once a day, to using the stairs instead of the lift.

Participants can then share their pledge on social media, and possibly win daily spot prizes. Money raised will help people in the UK and give aid to some of the world's poorest communities at the same time.

Among the activities, TfL will host a special guided walk around the original Circle line on



Sunday March 13. Along the way, participants will be able to listen to a podcast of

well-known Londoners talking about their favourite places on the Circle

line, and there will be food and drink giveaways to keep people fuelled up

for the 14mile walk.

This will be followed the next weekend by the flagship Sainsbury's Sport Relief Games events at Queen Elizabeth Olympic Park and at other locations across the capital.

The games will give people the chance to walk, swim or cycle themselves proud by signing up to do one of three events: Sport Relief Mile, Swimathon at the Aquatics Centre or a cycle ride at Lee Valley VeloPark.

Leon Daniels, TfL's managing director for surface transport, said: 'We are really excited to be partnering with Sport Relief. This is a great opportunity to get active while raising money for disadvantaged people both at home and abroad. Whether it's pledging to walk or cycle one journey a day, or enjoying what London has to offer on a walk around the Circle line - we have lots of fun activities available for all ages and abilities.'

■ For more information on how to get involved in TfL's Sport Relief activities, visit [tfl.gov.uk/sportrelief](http://tfl.gov.uk/sportrelief)

## My road will be safer

Masumi, Elephant and Castle



As part of our Road Modernisation Plan we're redesigning the roundabout at Elephant and Castle to improve safety. Find out how our plan will make life better for Londoners at [tfl.gov.uk/roads](http://tfl.gov.uk/roads)

## Pop to the station for a healthy option

LONDONERS in need of some help in keeping up their New Year's resolutions can enjoy an inspirational visit to Old Street Tube where the latest pop-up shops are transforming the station into a hub of healthy living this month.

The new Health and Wellbeing festival, curated by Appear Here, kicks-off the latest series of pop-ups at Old Street and includes some of the best brands from sport, design, art, fashion, technology, film and music.

Among the options on offer through January are fitness classes as well as healthy eating stalls.

Pop-up retail outlets have been a popular addition to Old Street Tube station since April 2014. They are part of TfL's plans to offer customers more services alongside the long-standing options traditionally found at the station.

Since the launch, more than 200 retailers have taken up residency at Old Street including American Eagle, Microsoft, Jamie Oliver and innovative

small independents, such as Sourced Market, Propercorn and Press London.

■ To rent space, visit [www.AppearHere.co.uk](http://www.AppearHere.co.uk)

### For your wellbeing

**Move Your Frame:** January 11 to February 7 - classes and events which will move, fuel and be mindful of your health

**Two Chicks:** January 4 to 31 - serves protein pancakes, porridge and omelettes

**Rebel Kitchen:** January 18 to 24 - has breakfast clubs and agony aunt drop-in sessions to help with your resolutions

**Pollen & Grace:** January 25 to February 1 - offers superfood breakfasts, bright lunches and dinners, plus yoga and supper club sessions

**Mojo Juices:** January 4 to Feb 28 - get juices packed with vegetables and fruits to give your body all the nutrients it needs

**Bone & Broth:** January 18 to 24 - grab a delicious bowl of beef, vegetable or chicken broth



## Traffic information for the capital

For a full list of traffic information, go to [tfl.gov.uk/trafficnews](http://tfl.gov.uk/trafficnews)

**Euston Road**  
January 24, 10pm to February 14, midnight

Overnight road restrictions and closures at the junction of Gray's Inn Road and Pentonville Road for resurfacing works. Restrictions will be in place from 10pm to 5am, from Sundays through to Thursdays.

**M4, junctions 1-3**  
Nightly, until January 22, 5am  
Westbound carriageway closed between junctions 1 and 3 (A312 Cranford) for overnight roadworks. A diversion via the A4 will be in place.

**Cockspur Street**  
January 25, 9pm to January 27, 5am  
Lane closed, eastbound, at the junction of Trafalgar Square for traffic signal modernisation works.

**Ludgate Circus**  
Ongoing until February 8  
Lane closures, southbound, between Ludgate Circus and Stonecutter Street for Cycle Superhighway North-South works. A contraflow will be in place.

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

 [tfl.gov.uk](http://tfl.gov.uk)

 24 hour travel information  
**0343 222 1234\***

   [tfl.gov.uk/socialmedia](http://tfl.gov.uk/socialmedia)

**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.

 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.