

**Coalfield Area Committee
Health and Greenspaces project update**

Improve and develop cycleways/shared use paths to create the Coalfield Cycle Network – Sunderland City Council

The Cycle Network officer will implement a programme to improve and expand suitable paths across the area to create the Coalfield Cycle Network. Funding from core budgets and S106 contributions from Houghton Primary Care Centre will enable the network to be delivered.

Create a link between the ‘large parks’ in the area (Herrington/Hetton Lyons/Rainton Meadows/Elba) forming the ‘4 park route’ – Sunderland City Council

There are existing paths forming the majority of a suggested circular route connecting the four sites. Three gaps have been identified and will form a programme of works during the next few years, depending on planned developments and availability of funds.

Develop two new circular routes suitable for running, jogging and walking (in Herrington Country Park and Hetton Lyons Country Park) – Sunderland City Council

- 2 x 6k accessible marked out circular routes - distances will suit a new walker through to the more seasoned athlete
- Accessible routes - encourages a range of target audiences eg beginners, older adults , mums with pushchairs etc.
- Opportunity for users to walk / jog / run from 1k to up to 9 k within the circular routes - with the opportunity to build on the distance
- Detailed information signs at the start/finish of each circular route
- Way markers positioned along the route with arrows and distances

Train volunteers/instructors to deliver activity e.g. Nordic walking, family fit camps – Sunderland City Council

A programme will be developed for any new volunteers or staff in local VCS organisations wishing to undertake training

Engage with other volunteer programmes including health champions – all partners via VCS Network and other forums

There are a number of programmes in the Coalfield area, and across the City, working with volunteers and supporting champions for a number of programmes. Via public health colleagues, and the VCS network, communication will be strengthened and joint working will be improved

Further develop the Love Where You Live project to improve local green spaces – Sunderland City Council/VCS Network

Working with community groups and local schools an educational programme of activity will be developed. Schools will take part in practical sessions to understand the impact negative human behaviour (such as littering, dog fouling etc..) has on the environment. Pupils will have the opportunity to design a poster, the winning design will be used in venues around the local area.

Develop more conservation activity with local groups and volunteers – Groundwork North East

Clean, Green and Lean will give local people the opportunity to improve their health and wellbeing through practical environmental work at green spaces in the coalfields. Focusing on four local green spaces (to be decided on consultation with the area officer, VCS Network and local councillors), the project will:

- Engage local people in healthy ‘green’ activity designed to improve their health and wellbeing
- Make small-scale improvements to local green spaces and deliver small-scale maintenance tasks
- Create a sustainable group that can run independently after the project has ended to continue working on regular ‘green activity’ conservation tasks at green spaces in the coalfields area.

A group of interested local people will work alongside a project officer (with experience of

health projects and practical environmental work) to carry out small-scale environmental improvements increasing biodiversity and supporting the environmental management of local sites. As well as delivering environmental improvements, the project will also increase the health and wellbeing of participants through both challenging and gentle green activity. Participants will be able to take part in the scheme in two different ways: either through a structured 10-week physical activity programme or through one-off or short-term 'volunteering' opportunities.

Encourage the use and enjoyment of open space and outdoor play – ELCAP

The project will showcase local green spaces in the Coalfield that are not used to their best advantage. Sites will be identified by working with the local community and Area Committee. Pop up 'Positive Picnics' will engage local people and encourage better use of local green spaces. Games equipment such as ropes, hoops, balls etc.. according to the ability of the group will be used to encourage people to be active and have fun. Working with partners within the Heath and Greenspace project and the VCS Network a joined up approach will be adopted. Consultation has shown that the proposed method is effective during the summer months and therefore the project will take place during the six months from March 2015. The project will be promoted using various methods including posters on the community transport vehicle advertising 'What's on your doorstep'.

Install outdoor exercise equipment (trim trails) in Herrington Country Park and Hetton Lyons Country Park – Sunderland City Council/Springboard

Hetton Lyons Country Park

Springboard, as the managing organisation of the park, will support the development and management of design and installation of the trim trail. Four to six pieces of equipment constructed from pressure treated timber, with a life span of 15 years, will be installed. The total project costs will include an agreed amount of funding for essential repairs etc.. Should the equipment become damaged beyond repair, or stolen, there are no funds available for replacement.

Herrington Country Park

Working with colleagues and partners the design and location of four to six pieces of equipment will be agreed. The timber equipment has minimum maintenance requirements due to the robust nature of the equipment and the low level of vandalism and damage in Herrington Country Park. An agreed amount of funding will be made available for essential repairs etc.If the equipment is damaged beyond repair or stolen there are not funds available for replacement.

Install new and informative signage for Herrington Country Park, Hetton Park and Hetton Lyons Country Park – Sunderland City Council

New signage is required at parks across the city, as existing signs are out of date, damaged and/or uninformative. Existing signs don't highlight the activities, facilities and resources already available within the parks which residents could be taking advantage of, to improve their own wellbeing and enhance their lifestyles.

New signs will include information on play parks, walking routes, trim trails and other resources to inform and encourage usage.

Funding will be used for the production and installation of new signs at the three parks identified.

Support the development of walking/cycling maps and routes – Sunderland City Council

A Citywide cycling map will be available for all areas. Walking maps will be developed with colleagues in Sport and Leisure and Corporate Comms. Local information will feed into the maps via the walking and cycling networks. A pack will be developed which can be added to when new walks are created.

Promote existing and develop new heritage walks – Sunderland City Council/ELCAP

Working with heritage groups, volunteers and the VCS Network, existing walks will be promoted and new walks developed. There is a strong sense of community spirit around

heritage in the Coalfield area and this will be built upon with new and exciting projects to keep the interest going. Over a six month period groups and residents will carry out research to develop the walks and encourage participation. New volunteers will be recruited and encouraged to participate in walk leader training.

Those with limited mobility will be encouraged to visit open, green, heritage sites with the support of community transport and relevant volunteers.

Install goalposts on appropriate areas for 'informal play' – Sunderland City Council

Goalposts will be installed on Kier Hardie field, Fencehouses. Place Board has been consulted and agreed location. Residents have been consulted and are in support.

Develop and deliver a Communication Plan in March 2015 – Sunderland City Council

All of the above, and other projects and initiatives as they develop, will be promoted and marketed throughout the area

Co-ordination of volunteering activities– ELCAP/VCS Network

All of the above activities will include volunteers and volunteering opportunities. Led by the ELCAP Development Manager and VCS Network reps, a range of project activities will be delivered by existing and new volunteers in a co-ordinated way across the whole of the Coalfield area. The VCS Network meetings are attended by all colleagues and partners involved in the project.

Pauline Hopper
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