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Latest News

Europa Diary 2012/13

You can access the diary online at <http://ec.europa.eu/consumers/europadiary/>

We have heard rumours that it might not be published this year, so if you were on our list for the new diary (2012/13), bear with us.

We can still send you other free materials in the meantime, just contact us via the usual channels.

Some useful websites for teaching materials:

<http://europa.eu/teachers-corner/>

<http://www.etwinning.net/en/pub/index.htm>

Official evaluation:
<http://ec.europa.eu/consumers/strategy/>.

Happy New Year!



European Year for **Active Ageing** and **Solidarity between Generations** 2012



Welcome to the first newsletter of 2012. This year is the European Year for Active Ageing and Solidarity between Generations.

Like the European Commission says on their webpage dealing with Employment, Social Affairs and Inclusion *"There is a lot to life after 60 — and society is coming increasingly to appreciate the contribution older people can make. That's what active ageing is about — getting more out of life as you grow older, not less, whether at work, at home or in the community."*

The year presents us all with a chance to reflect on how Europeans are living longer and staying healthier than ever before. This includes realising the opportunities of this development, and raising awareness of the issues connected with societies with rapidly increasing numbers of older people.

"Active ageing can give the baby-boom generation and tomorrow's older adults the opportunity to:

- *stay in the workforce and share their experience*
- *keep playing an active role in society*
- *live as healthy and fulfilling lives as possible."*

Go to <http://ec.europa.eu/social/ey2012.jsp> to find out more. (This is also the webpage we took the above quotes from.)

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Les Webb
at the opening of the
Alwoodley- City
Centre Core Cycle
Route
(thanks to Leeds City
Council for the photo)

Don't Miss Out
Hot Topics in
Europe this month

New start
Money
Snow

WebNews
Monthly Picks



We like these links...

European Year of
Active Ageing and
Solidarity between
Generations 2012

<http://ec.europa.eu/social/ey2012.jsp>

Active and Sustainable

Promoting Active travel in Leeds by Les Webb, Sustrans Volunteer

It means “sustainable travel” and Sustrans has been around in one form or another since 1977. In the early years it was mostly concerned with establishing cycle-paths to enable people in a car-dominated country to travel in a healthier, more economical and much more environmentally friendly manner. That work continues so that for many people (myself included) the first experience of Sustrans is a weekend or holiday ride on the National Cycle Network (NCN). There are now 12,600 miles of cycle-track, minor roads and off-road paths making up the NCN and you can see what routes are near you by going to: www.Sustrans.org.uk and entering your location and postcode in the box marked “Search Our Mapping”. We are lucky in Leeds to have NCN Route 66 passing right through the City, together with a growing number of short, off-road paths like the Yeadon-Guiseley Railway Path and the Wyke Beck Way (opened only last year) which provide ideal opportunities for a short run out on the bike as well as a route from A to B.

Also new is the growing Leeds Core Cycle Network. This Leeds City Council initiative is supported by Sustrans and will eventually provide 17 radial routes using minor roads and off-road paths. Since last year, it has been possible to commute into Leeds from Alwoodley, West Park and Middleton using these attractive (if sometimes a little circuitous) routes and soon people in Garforth and Armley should be similarly served. Each route has a map which can be obtained from the Council or by going to: www.Leeds.gov.uk and following links to Transport and Streets then Walking and Cycling.

Another “active travel” first for Leeds is the Cyclepoint outside the main railway station. Operated for Northern Rail by Evans Cycles, this 300-place cycle storage facility is the first of its kind in the UK. Modelled on the many similar facilities found at Dutch railway stations, Leeds Cyclepoint provides safe parking for bikes while owners shop or work in the city (or use the railway service), together with spares and repairs and economical cycle hire for visitors without a bike. Usage of Cyclepoint has gradually increased since it opened in 2010 and its presence complements the additional cycle racks and lockers recently installed at 117 stations feeding into Leeds. Sustrans volunteers were much involved in planning then promoting these so-called Bike n Ride facilities, details of which can be seen on: www.Northernrail.org under “Cycling”

For students a Leeds’ Universities, active travel received a boost in 2008 with the launch of the Velocampus cycle hire scheme. Modelled on a successful scheme at the University of Nantes (and even adopting its title!) Velocampus provides low-cost annual cycle hire for students together with free access to maintenance facilities at Leeds University’s own Cyclehub. Originated by Sustrans using money from the Big Lottery Wellbeing Fund, the Velocampus hire scheme is associated with an outreach programme called UTravelActive that seeks to encourage more active travel throughout the community.

This short piece cannot do justice to all the work Sustrans is doing to promote active travel – cycling and walking- in Leeds. Projects with schools and in workplaces are vital to getting the message across. But as a New Year dawns, why not join the fun or even become an Active Travel Volunteer?