

# One Planet Living

Annual Review 2016



ONE PLANET  
MIDDLESBROUGH

## Welcome

Middlesbrough has used the One Planet Living framework to deliver sustainable environmental, economic and social improvements across the town for the last five years. The One Planet Living approach created by international charity Bioregional, provides us with a clear and practical framework to examine the town's sustainability challenges and deliver appropriate solutions; ultimately improving the quality of life for local residents.



Councillor Tracy Harvey



Councillor Julia Rostron

The One Planet Living framework, which covers 10 principles of sustainability, enables individuals, communities and organisations to live greener, healthier and more affordable lifestyles within their fair share of the Earth's resources. This is pertinent given that calculations show that if everyone lived like the average Middlesbrough resident does we would need three planets to sustain our lifestyles.

Middlesbrough Council and Middlesbrough Environment City have worked together throughout 2015 - 2016 to deliver the ambitions of the One Planet Middlesbrough Action Plan, along with a series of innovative community based initiatives from the Big Lottery Fund One Planet Middlesbrough: Creating Sustainable Communities project; each designed to engage residents to change their behaviours and adopt more sustainable lifestyles.

A legacy of the One Planet Middlesbrough: Creating Sustainable Communities project will be reflected in the work undertaken by resident volunteers. This network has continued to grow during the last year and proven to be a valuable asset, with volunteers enabling those in their local communities to make positive, sustainable lifestyle choices, and many setting up and running their own community projects addressing One Planet principles.

This report highlights just some of the achievements that have been made during 2015 - 2016; actions that have progressed Middlesbrough towards its One Planet ambitions and brought numerous benefits to the local community. These include promotion of the Paris Climate Change Conference, development and delivery of an energy efficiency ESOL (English for Speakers of Other Languages) course to support vulnerable community groups, working with Cleveland Emergency Planning Unit and the Environment Agency to engage residents with a new flood zone warning system, growth in sustainable independent travel, use of the arts to provide engagement with energy saving, delivery of a type 2 diabetes prevention programme and retention of our Fairtrade town status.



## Zero Carbon Home Energy Saving Project

In March 2015 Middlesbrough Environment City was awarded funding by the Department for Energy and Climate Change through the Community Energy Saving Competition to deliver the Home Energy Saving project. The project was designed to help vulnerable groups including people with sensory impairment, people living with dementia and their carers as well as BME communities. Particular focus was placed on those most at risk, including older people and young families.

Energy saving advice sessions were held in community venues already used by the residents in the target groups. Advice was provided in focussed ways to save money on energy bills by insulating homes, using central heating controls correctly, avoiding using stand-by as well as shopping around for the best deal for gas and electricity. The funding also helped to provide practical energy saving measures such as LED bulbs, timer switches, draught proofing and tamper-proof boxes for thermostats. Interpreters attended sessions where required.

Within the short timescale for the project 352 residents attended energy awareness sessions and 52 frontline workers were trained. 10 members of the community were also trained as 'pass it on' people to spread the message about the project to their peers.

In December 2015 Middlesbrough Environment City secured funding from British Gas to enable the Community Energy Saving project to be expanded over the course of 2016. The new project will again focus on vulnerable groups throughout Middlesbrough and will be able to provide both energy saving advice to groups in community venues as well as one-to-one advice sessions. Practical energy saving measures will again be on offer including LED bulbs and draught proofing. The aim of the project is to engage with 900 residents over the course of the year as well as training a further 60 frontline staff. Both of these projects combined should make a positive difference both to residents' energy bills and reducing carbon in Middlesbrough.





## Zero Carbon Team Sigma

The annual energy expenditure for Middlesbrough Council, including schools and corporate buildings, is approximately £2.5m per annum. It is therefore important to understand the energy patterns of each building to assess consumption trends and apply effective technological solutions to further reduce output.

In the last twelve months Middlesbrough Council has invested in a cloud based energy monitoring

system, Team Sigma. The software not only allows the Council to streamline the electronic payment of utility invoices, produce reports for budget monitoring and calculate the annual Climate Reduction Charge but also enables site managers to access utility data, input meter reads, view recent invoices and analyse energy data. Ultimately this allows them to self-manage their sites energy use leading to anomalies in consumption trends being detected quicker.



## Zero Waste Introduction to Composting

With many households in Middlesbrough now successfully recycling packaging and containers through kerbside collections, composting food and garden waste is one way of reducing household refuse and creating a useful, money saving product in addition.

Middlesbrough Environment City ran a series of free 'Introduction to Composting' courses during the year, offering subsidised compost bins and ongoing advice to participants. The course covered the basics of composting, including what could and couldn't be composted, management of a composting system, and why composting benefited the environment on a wider scale. An active compost bin was demonstrated, highlighting the processes involved. Participants were also shown different ways of using compost in the garden, such as in making compost teas, mulching bare soils, or making planting mixes, highlighting how it could lead to additional savings for food growers.

Additional subsidised compost bins were also made available to residents for composting at home or on an allotment and were given out with guidance leaflets and contact information. These have been promoted by Middlesbrough Council too, through public events and also by offering them to residents requesting additional green garden waste recycling bins. 62 compost bins were distributed in 2015.

Composting advice is always on hand, and additional recommendations have been provided not just to residents, but also to community groups and environmental projects such as the Friends of Nature's World, the Communal Corner community allotment and Macmillan Academy.



## Zero Waste Clean for the Queen

Middlesbrough Council decided to support the national event “Clean for the Queen” which is a campaign to clear up Britain in time for Her Majesty the Queen’s 90th birthday celebrations. To support the “Clean for the Queen” campaign Middlesbrough Council decided to work with local schools and the environment education team organised a number of litter picks to help improve the local environment. Many schools wanted to get involved on open spaces near to their schools as this would then benefit the local community.

The Council worked with three schools over the week (March 2 to March 4), over 60 children were involved in picking up litter in open spaces and managed to collect over 70 bags of litter.

To supplement this, the Street Champions were also involved and carried litter picks in their local community with the emphasis being tidying up back alleys and local area.





## Sustainable Transport Middlesbrough Cycle Centre and Bike Academy

Based in Middlesbrough Bus Station, Middlesbrough Cycle Centre supports cyclists in and around the town centre. Utilised by both commuters and shoppers alike, the Cycle Centre provides secure cycle parking for its members alongside shower facilities, lockers, route maps and sustainable and active travel advice. The Centre is managed by Middlesbrough Environment City, in partnership with Middlesbrough Council Safe and Middlesbrough Council's Safe and Active Travel team.



With funding from the Department for Transport, the team operating from the Cycle Centre has successfully delivered Bikeability Levels 1 and 2 to 1100 year 5 and 6 primary school children in the borough in the last year. Levels 3 sessions were also delivered as part of the Middlesbrough Council Pool Bike Incentivised Scheme which introduced 150 cycles into local businesses.

The team has also delivered Learn to Ride sessions for both adults and children during the

school holidays, and attended various events to promote cycling during the year.

Assisting the Cycle Centre to support and promote cycling in the borough is the Middlesbrough Bike Academy. Located in the prime location of Albert Park, the custom adapted Bike Academy has delivered several accredited cycle maintenance courses during the year for Middlesbrough residents, with funding provided by Middlesbrough Council's Public Health Team and the Department for Transport Local Sustainable Transport Fund.

Other maintenance related courses such as Pimp my Bike, where participants are issued with redundant bikes and are shown how to disassemble, customise and rebuild them, have also been successfully delivered from the Academy.

Staff from the Academy have also attended community events in the borough to deliver the ever popular Dr. Bike maintenance service where small repairs, adjustments and advice are provided. The service was also extended this year and attended several businesses as a workplace enrichment for staff.

Additional Learn to Ride sessions were delivered from the Bike Academy and the yearly Christmas Bike Swap was run over two days during December, successfully recycling 36 bikes back into the community.



## Sustainable Transport Independent Travel Training

The Independent Travel Training (ITT) programme was established in 2012 with an aim to remove transport as a barrier to every day opportunities such as employment, education and training. Before the programme began, residents with physical or learning difficulties affecting their ability to travel were transported in taxis or minibuses. This not only had financial implications upon the Local Authority, but also had negative impacts upon the individual, as they were not able to access the same opportunities as their peers.

Identified, suitable trainees undertake 1:1 training sessions with the ITT team. The training is tailored to suit the requirements of the individual, and consists of learning travel skills such as:

- Journey planning
- Reading timetables
- Remaining safe
- Confidence building

Since its launch, the team has directly assisted 331 residents who have benefitted from the sessions. These residents are now equipped with the skills and confidence to use public transport. This has allowed them to access a range of opportunities such as further education, training courses, work experience and jobs; all which were previously inaccessible.

By training these residents to access sustainable transport, the local authority has reduced the number of commissioned vehicles for home to school transport from 35 to 16. Additionally, the team has worked with 1200 year 6 primary school children to alleviate transport worries as they make the transition to secondary school. This has increased their awareness of the sustainable travel opportunities available to them.







## Sustainable Materials Using Hive Products

After several years of successfully delivering beekeeping training to nearly 150 residents, Middlesbrough Environment City's One Planet Middlesbrough: Creating Sustainable Communities project added an additional course to their portfolio.



'Using Hive Products in Sustainable Living,' a one-day workshop fully funded by Middlesbrough Community Learning Partnership, investigated options for replacing conventional household items with those made from honey and beeswax, typically those that beekeepers would generate. These included beeswax wraps which are suitable for wrapping food as an alternative to plastic cling film and naturally-derived lip balm and beeswax candles as a replacement for those made conventionally from paraffin, a fossil fuel. Participants were provided with recycled fabrics and glass containers and locally sourced beeswax from local beekeepers to use at the workshops. They were also encouraged to consider natural substances for scenting products, such as herbs from their gardens, and for adding preservative or anti-bacterial properties, such as tea tree oil. Everything used in the workshops was therefore reused, compostable and recyclable.

Using natural and sustainable materials reduces the demand for those derived from fossil fuels and ultimately helps to reduce the carbon footprint of a household. The 'Hive Products' course is one of a suite of practical sustainability courses, aiming to upskill residents, encourage them to use sustainable alternatives and share their learning with the communities in which they live and work.



## Local and Sustainable Food Slow Cooker Workshop

The workshop consists of two cooking sessions each involving a cooking demonstration preparing simple, low cost meals that can be cooked using a slow cooker. The use of the slow cooker is explained; a comparison is made with the cost of conventional cooking methods and the savings that can be made are highlighted. Adaptations to recipes are discussed and recipes specifically designed for the slow cooker are provided in the booklet 'Cut the Cost of Cooking'. A slow cooker together with a resource pack, consisting of store cupboard ingredients, is given to each family attending the workshops and additional recipes are also provided.

The project focuses on families with children and grandchildren and it is planned to deliver the workshops to a total of 200 families. To date 127 people have attended these sessions which have been delivered in foodbanks, schools, community groups, church groups, children's centres and to organisations supporting refugees and young adults with families.

Slow cookers are a more energy efficient method of cooking compared with traditional electric ovens. The Centre for Sustainable Energy estimates that the average electricity usage of an electric oven over 8 hours is between 2-2.2kWh, whilst a slow cooker uses approximately 0.7kWh over the same period. Using a slow cooker will therefore contribute to reducing energy bills in the participating households.

Being able to cook healthy meals on a budget is a major issue in Middlesbrough, where there are significant health issues related to food poverty. The value of the course and cooking method in assisting residents to provide healthier meals for their families within their financial means is clearly evident. The majority of participants on the course developed their knowledge and confidence to prepare healthier meals. In addition most attendees felt that the course had led to improvements in their cooking skills, reducing their reliance on take away meals and processed foods.





## Local and Sustainable Food Growing Middlesbrough

The One Planet Middlesbrough: Creating Sustainable Communities team has been chairing a group representing Middlesbrough Council, Middlesbrough College, Teesside University and other food buyers to investigate ways of procuring more food from within the Middlesbrough area.

The Food Procurement Group, part of Middlesbrough's Food Partnership, drew inspiration from Durham County Council and Durham University, who had worked within European procurement guidelines but still increased the food they had purchased locally. An event was organised in October that included a presentation from Durham University's John Turner, who shared his experiences, and culminated in a networking session at the end.

Several connections were made, but most notably, Alister Wrigley, Middlesbrough College's Commercial Catering Manager, met with local speciality food producer Liz Homan, of Elizabeth's Kitchen. Alister had successfully implemented a Smart Buying Strategy, which enabled savings to be made on particular lines that enabled the

College to spend more on specific ranges that might otherwise prove not to be cost effective. Contracting Elizabeth's Kitchen enabled the business to take on new premises and staff, and Middlesbrough College to showcase a local product. The college now also stocks Acorn Dairy's organic milk, the result of another meeting at the event.

The group had another seminar in early 2016, looking specifically at formulating a local food procurement policy. This aim was to encourage more large institutions to apply smart buying and create a marketplace for local and sustainable food. A new logo and branding will also be launched, making Middlesbrough's food more recognisable to its residents and encouraging people to buy locally, boosting the town's economy, improving employment opportunities, and ultimately reducing our carbon footprint.

growing  
middlesbrough



## Sustainable Water Water Saving for Gardens

After the success of the 'Save a Bucketload' project (a partnership between Middlesbrough Environment City, Middlesbrough Council and Northumbrian Water), which achieved a reduction in water consumption at Saltersgill Allotments, the One Planet Middlesbrough: Creating Sustainable Communities team have continued with a programme of water saving initiatives.



Targeting allotment holders and gardeners, subsidised water butts were offered to help reduce reliance on mains water supplies. Effective plant watering is vital to food crop health and one of the challenges of allotmenting during the summer months. Many gardeners immediately turn to on-site mains-fed taps, hosepipes and sprinklers, putting pressure on water supplies and adding to bills. Ultimately high water bills need to be factored into allotment rents or, if at home, water rates, especially for those on a meter. In addition, taps can be located some distance from plots, which can make transporting water problematic, particularly for elderly ploholders, or those with mobility restrictions. And some gardeners prefer rainwater, insisting it is better for plants!

83 water butts, complete with stands, taps and diverters were distributed in 2015 to sites across the town. The initiative was supplemented by water saving advice at public events such as the Town Meal, where equipment was demonstrated, water saving devices were distributed and gardeners were provided with information about mulching to increase soil water retention. This advice giving continues for the duration of the One Planet Middlesbrough project.



## Sustainable Water Marton West Beck Vegetation Scheme

The Council were awarded a grant of £5k from Local Levy to carry out a scheme to reduce erosion from the banks in the upper reaches of Marton West Beck. Extensive woodland in the area causes heavy shading and prevents ground flora establishing, leading to the banks being eroded.

Consequently both the Environment Agency and the Council spend a large amount of time and funds in de-silting the watercourse. Following a survey, trees were selected for coppicing or removal. Those coppiced have started re-growth and brambles are now beginning to grow strongly in the extra light. Dog's-mercury and Bugle plants and seed (collected from the nearby Fairy Dell) have been transplanted across the site.

Volunteers assisted with the planting and seed collection/scattering in the area. Whilst it is too early to determine whether the scheme will work in reducing erosion early signs is that ground flora is taking hold and will bind the soil.

This work helps towards the outcomes of:

- Reducing the risk of flooding in vulnerable areas
- Improvement and development of natural habitats which are resilient to flooding and drought





## Land Use and Wildlife

# Albert Park Community Growing

The former Council depot site in Albert Park has been transformed into a community allotment garden, supplying fresh, healthy produce to local people. The project has three key aims:

- To develop the horticultural skills of participants who are able to grow and harvest produce to share with their families, friends and community.
- To increase understanding of cultural differences and behaviours to support integration and reduce isolation within communities.
- To provide opportunities for volunteering and sharing of skills and increase prospects for future employability.

Since the project started in 2014 the site has evolved and now has eighteen growing beds, a poly tunnel and family friendly barbecue area with furniture made from pallets. To date more than 76 beneficiaries have been involved in the project from many different cultures including Guinea, Congo, Nigeria, Pakistan, Vietnam, Eritrea, England and Sudan. 100 beneficiaries have attended the ESOL Horticulture course which is delivered on a rolling programme and was developed to support beneficiaries so that they are able to put their classroom learning into practice on site.

The project has attracted interest from MIMA, Teesside University and mental health services and has plans to engage with more services and communities throughout 2016.

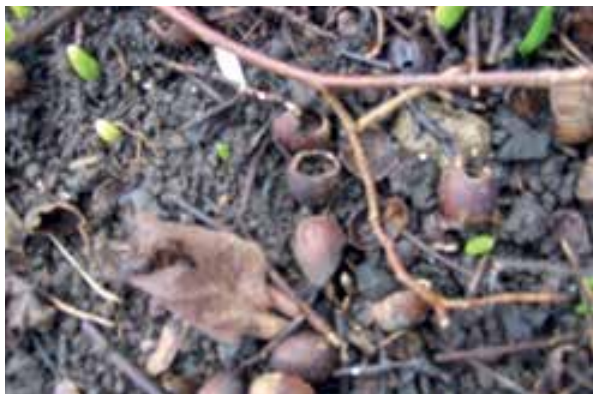




## Land Use and Wildlife Park End Orchard Project

The aim of the project was to improve the habitat value of copses along Ormesby beck and to plant additional trees and shrubs to provide a fruit source for wildlife and as a foraging opportunity for the future.

This project took place during winter 2014/15. Middlesbrough Environment City managed and obtained the funding for the project which was undertaken by the Boro Becks volunteers. It began with an assessment of what was already present in the copses and this initial assessment showed that there was sufficient Hazel, Elder, Hawthorn, Blackthorn and Dog Rose present.



BoroBecks volunteers started by clearing a lot of bramble to open some areas up and also by thinning out some of the Hawthorn and Blackthorn. The cut material was used to make habitat piles, one of which became an instant habitat for wood mice to move into.

With suitable areas cleared, they arranged a planting day with extra volunteers where a mixture of trees and shrubs were planted

including the following species, Walnut, Wild Pear, Crab Apple, Apple, Medlar, Quince and Cherry.

Once the bramble was cleared areas were opened for emerging Snowdrops, Daffodils and Bluebells that had been planted before. Additionally throughout the two copses a variety of flowers and shrubs were planted to improve the ground cover including more Bluebells and Snowdrops and added Primrose, Ramsons, Wild Strawberry, Dog Violet, Spindle, Broom and Sea Buckthorn.

During the project a group from Park End Primary were taken on a walk around the copse to show them the different types of trees and some evidence of animal behaviour and feeding areas. It is hoped that these children will come to learn and respect the habitat value and wildlife along the beck in the future and spread the message about looking after our woodlands and how important they are to the environment.

Boro Becks is a small group of volunteers who work on many sites in Middlesbrough, and welcome new members - please call Jim Moody 07513 335377 or email [jim.quercus@live.com](mailto:jim.quercus@live.com)





## Culture and Community ESOL for Life

To improve the English speaking, reading and comprehension ability of migrants living in Middlesbrough, where English is not their first language, MEC and partners have developed some innovative ESOL courses. ESOL for Life courses are interactive, practical classes which help the learner to improve their English, learn more about living in their new environment and the local customs as well as develop new skills.

There are currently two courses; the ESOL Horticulture which supports Albert Park Community Growing and Cycle Maintenance and Road Safety which supports the Cycle - Recycle project. A new course is currently being developed which will increase the learners understanding of the range of both treatment and preventative health services in Middlesbrough providing learners with the confidence and ability to access these services.







## Culture and Community

### Tees Transporter Bridge Visitor Experience Project



On 14th October 2015 Middlesbrough-born artist Mackenzie Thorpe accompanied by Middlesbrough schoolgirl Ebony Watts formally unveiled the £2.6m Heritage Lottery Fund supported Tees Transporter Bridge Visitor Experience Project. The event was one of the highlights of the project that has seen extensive refurbishment and upgrade work undertaken on one of Middlesbrough's most iconic cultural and heritage attractions.

The new Visitor Experience has included renovation of the Bridge's gondola allowing views up and down the River Tees, improvements to the walkway across the top of the Bridge to increase public access, a programme of activities marking the landmark's centenary and a newly installed Winding House Viewing Area and interactive touchscreen lighting system.

One of the stand-out features is a newly installed glass viewing lift which allows the area's history and world-famous bridge to be accessed in new ways, for the first time in the structure's 104-years allowing visitors with limited mobility and wheelchairs users to visit the bridge's 160ft high upper walkway and take in a bird's eye view of the former industrial heart of the region. In the first week of the lift being open to the public, over 300 hundred people were able to take advantage of the new Visitor Experience, which has also included enhancement of the Transporter Bridge Visitor Centre including the introduction of educational touchscreen learning resources focusing on the area's bridge building heritage.

The project has readily embraced key One Planet Living initiatives by engaging members of the local community in generating resources, sharing memories of the bridge and industrial heritage, and has held a number of community events, talks and activities. In 2015 the project established a Friends of the Tees Transporter Bridge group which ensures that the local community will help shape and support the area's most iconic landmark as a sustainable part of the area's past, present and future as a key site for all ages interested in exploring Middlesbrough's history, heritage and contribution to the world for decades to come.



## Equity and Local Economy Middlesbrough Fairtrade Town

In 2015 - 16 Middlesbrough Fairtrade Town continued to grow with a number of notable successes.

The Fairtrade Directory was updated and refreshed and is now available for download on the Middlesbrough Environment City website. The directory now contains 34 catering establishments and 50 retail stores. Looking forward Middlesbrough Fairtrade Town hopes to continue expanding the number of retail and catering outlets supporting Fairtrade.

The annual Fairtrade Christmas Shop ran by dedicated volunteer Jenny Medhurst, in Middlesbrough town centre, was a phenomenal success, taking £36,000 of sales in only 26 trading days.

Fairtrade continues to be supported by Middlesbrough Council who are fully committed to using Fairtrade products, including tea, coffee and sugar, in meetings and at events. Furthermore, the Council will encourage local organisations to join the campaign and will continue to promote and participate in the town's programme of Fairtrade events and activities. Other big supporters include Teesside University Students' Union, Middlesbrough College and the Thirteen Group.

Middlesbrough became a Fairtrade Town in 2007 and has retained its status since then. The Fairtrade Steering Group were recently presented with their Fairtrade status renewal by the Fairtrade Foundation's Chief Operating Officer

Tim Gutteridge at an event to celebrate Fairtrade Fortnight. The North East was selected to host a producer from Colombia and the event attracted local MP Andy McDonald, Police and Crime Commissioner Barry Copping as well as the Mayors from Middlesbrough, Stockton, Sunderland and Gateshead.

The Food Action Plan is now the delivery document for the Local and Sustainable Food theme of the One Planet Living Action Plan. Fairtrade has been included within Theme 4: Fairness within the Food Chain and Tackling Food Poverty. There are three actions within the theme relating to Fairtrade. These are, maintaining the Fairtrade Town status, running an annual programme of events and ensuring on-going support from Middlesbrough Council.





## Equity and Local Economy Regeneration of Bedford Street

As a result of the success of Baker Street and demand for similar regenerated Victorian properties there was an opportunity to build on the existing momentum by expanding into the adjacent Bedford Street. Bedford Street only housed two businesses. The remaining properties were empty and/or derelict and were of a similar size and appearance to those in Baker Street.

The aim was for Bedford Street to be fully commercialised to provide additional affordable space for new independent retail and leisure businesses. The objective is to broaden the appeal of Middlesbrough town centre to visitors, residents, businesses and investors. In addition provide employment opportunities for local people and to support the development of sustainable high quality food and beverage businesses. This has been achieved through providing manageable sized spaces with low rent and business rates and a range of support measures from the outset.

8 food and beverage businesses are set to open in Spring 2016 to bring a distinct and unique offering to Middlesbrough's retail sector creating initially approx. 20 FTE jobs. Businesses include:

The Nuthatch (cocktail and spirit bar)  
The Curing House (restaurant)  
The Chairman (craft ale micro public house)  
Bedford Street Coffee House (First retail venture for local coffee roasters Rountons. Providing fully Traceable and Certified Speciality Coffee)  
Songbird Bakery

Barbarossa Pizza Kitchen  
Roast  
Mohujos (Mexican restaurant)

Local Urban Regeneration Specialists Developer, Jomast, has invested considerably to support the regeneration of the properties and bring them back into use. Middlesbrough Council has invested £200,000 into public realm improvements to retain the Victorian heritage of the street.

### Orange Pip Market

To further complement the Bedford and Baker St Regeneration Middlesbrough Council will introduce a monthly artisanal food market called Orange Pip Market. The market will sell exclusively food but will feature creative, cultural and performative elements. The market will take place on Baker Street which will enhance the current and future town centre offer and augment the trade of existing businesses on Baker and Bedford streets. This location is also close to Middlesbrough's four shopping centres, Teesside University and Linthorpe Road Central. The market will also offer family-friendly areas and seating encouraging customers to stay and enjoy the experience. It will introduce specialist foods increasing the town's diversity and multicultural offer and encourage healthier eating as the market will promote seasonal, high quality, locally sourced food. The market will feature approximately 25 businesses at each monthly market.



## Health and Happiness

# New Life New You - Preventing Type 2 Diabetes in BME Communities in Middlesbrough

Type 2 Diabetes (T2D) is a condition caused by high blood glucose levels; this is usually due to insufficient production or poor use of insulin by the body.

The number of people with T2D continues to increase and it is known that there are many people with undiagnosed diabetes who often present once serious symptoms have developed. Complications of the condition include blindness, amputations, kidney failure, stroke and premature death.

South Asians and Black Africans are at a higher risk of developing T2D with South Asians six times more likely to develop T2D than the indigenous European population.

New Life New You is a culturally sensitive evidence based lifestyle programme offering an eight week programme of physical activity and nutritional advice. Upon the successful completion of the programme participants have access to a further four months of free physical activity sessions with ongoing motivational support and advice from the programme.



The programme delivers gender specific or mixed sessions and provides a range of physical activity choices including gym based activities, a range of exercise/dance sessions, football, walking and cycling.

Throughout 2015 - 2016 more than 90 men and 100 women have accessed the programme many of whom are committing to making healthier lifestyle choices and enjoying the benefits of healthy eating and being more physically active.



## Health and Happiness Cycling

Through 2015 there was significant further investment to the infrastructure and outreach delivery capacity for cycling in Middlesbrough. This investment came in the form of a new £1.5 million 250m outdoor velodrome and the employment for 3 years of a British Cycling 'Go Ride' coach. Both these projects have been jointly funded by Middlesbrough Council and British Cycling and will complement and add value to the existing 1km cycle circuit and Prissick Plaza at Middlesbrough's Sports Village.

Moving into 2016 Middlesbrough will be host a start of a stage of the Tour de Yorkshire on Sunday 1 May. This event presents a massive opportunity for Middlesbrough to profile the significant opportunities for cycling in the Middlesbrough. To assist with this,

Middlesbrough Council, along with partners, will be delivering a range of additional opportunities for people to get involved in cycling in Middlesbrough through April and May 2016. These include group rides for all abilities, velodrome accreditation programmes to allow people access to the velodrome, cycle maintenance workshops, inclusive cycle opportunities, courses to train as a cycle coach and women only cycle rides and leisure venue cycle challenges.

The above additional activity, that will be promoted widely, will complement existing opportunities for all to participate in cycling in Middlesbrough whilst providing a springboard to cycling activity around the Tour de France and the Rio Olympic and Paralympic Games.





Claire Bell

Claire Bell Environmental Protection Officer - One Planet Living  
Email: [claire\\_bell@middlesbrough.gov.uk](mailto:claire_bell@middlesbrough.gov.uk) Tel: 01642 728731