



Annual Report

2011

LIVING STREETS AOTEAROA

Presidents Report 2011

The twelve months from August 2010 have brought many changes to Living Streets Aotearoa. When our funding from NZTA stopped in September 2010 we decided to close down the office and release our staff back into the wild. Volunteers now run the office and we accept paying projects; saving what money we had to keep us going during lean times. In the future funding may be available for a full time director and we can afford to make a big comeback.

The 2011 AGM was carbon free and unique. Running the meeting via telephone conference is both legal and smart. We can save money and carbon by not flying around to meetings in other parts of the country.

Our paid project this year is Make Shift, funded by the Christchurch City Council. Rhys Taylor has been employed by us to coordinate the Greening the Rubble after the Christchurch quakes. Rhys and his team have made parks and performance spaces from the vacant land left by collapsed buildings. With the permission of the land owners and support of the community these areas have been turned into gardens.

Working with this year's executive committee has been an enjoyable experience. Our meetings by telephone each month have been dynamic and satisfying. I especially enjoyed meeting everyone (less Mike Mellor) at the New Plymouth (NP) face to face in May 2011. We chose New Plymouth as it has a great coastal walkway and have received Model Community funding from NZTA. We are interested how they would spend this money in the walking environment.

Decisions were made about what we could achieve in the long and short terms, we also planned where we were heading.

Everyone has worked hard on getting those submissions written, maintaining our website, updating facebook and pushing higher the profile of Living Streets Aotearoa.

Walk to Work on March 16 2011 attracted Ziera as a national sponsor with events in their retail outlets around the country. Councils around the country also ran events with and without our support. It will be on March 14 2012.

Living Streets is a part of the campaign to walk and cycle across the Auckland Harbour Bridge, getacross.org.nz. Mayor Len Brown has included in his top 100 projects so Getacross is now working with Auckland Council, Auckland Transport and NZTA to get a tolled solution up and running.

On February 21 to 25 2012 we bring you the combined Walking and cycling conference 2walkandcycle.co.nz. Cycle Advocate Network and ourselves decided to join forces as times are lean and one combined conference rather than two years of separate conferences. Hastings (another Model Community) Opera House will be the venue with plenty of opportunities to walk, cycle and talk.

I attended the Walk 21 (2010) conference at The Hague while I was holidaying in Europe and Gay Richards will attend in Vancouver Sept 2011. Walk21 is a valuable forum for walking advocacy groups around the world.

Over the next year I hope we will concentrate on gaining more members, having fun to make streets living and influence urban design toward child safe walking environments.

I would like to thank all those who have worked with us over the year (both paid and volunteer), our sponsors and especially the executive council.

The executive council this year was: Andy Smith, Rhys Taylor, Mike Mellor, Gay Richards, Daphne Bell, Meg Christie, Chris Teo-Sherrell, Willemijn Vermaat and Peter Kortegast.

~ Andy Smith



Join Living Streets Aotearoa
and our events on facebook:
<http://tinyurl.com/4r3tsts>

LIVING STREETS AOTEROA INCORPORATED,
STATEMENT OF FINANCIAL PERFORMANCE

FOR THE YEAR ENDED 31 MARCH 2011

	Note	2011	2010	2009
INCOME (\$)				
Branch Income	5	3,849	10,580	3,997
Community Street Audits		-	-	-
Community Partnership Programme		3,033	-	8,500
Donations and Bequests		2,380	494	249
Grants on behalf			-	39,852
NZ Lottery Grant		19,600	-	-
Interest Received		2,179	5,530	13,533
Map Production			15,577	12,219
Membership	8	5,836	1,326	292
NZTA National Networking		25,000	180,000	180,000
Office Shared Expenses CAN		1,375	2,891	2,749
Seminars, Events, Campaigns, Contracts	12	7,725	2,100	4,689
Sundry Income		1,760	496	832
Walk Wellington		17,196	19,823	24,355
Walking Conference Registration Fees		45,482	-	93,485
Walking Conference Sponsorship		24,500	-	24,569
Walking Resources Database			3,000	32,000
Total Income		159,915	241,817	441,321
Less: EXPENSES				
ACC Levies		717	1,022	678
Audit Expenses		(1,610)	1,800	1,800
Bank Fees		41	230	243
Branch Expenses		600	4,757	3,997
Campaigns			-	480
Community Partnership Programme			669	2,578
Community Street Audits			-	-
Computer Expenses		575	125	129
Conferences Attendance			3,289	2,746
Consultancy Management			52,052	36,014
Depreciation		2,339	2,478	2,714
General		1,564	2,202	1,559
Grants on behalf			-	39,852
Insurance		1,857	1,646	1,543
Map Production		587	12,225	7,308
National Networking		88,622	203,400	167,210
Printing and Stationery		1,002	1,844	1,770
Recruitment			230	1,864
Rent		3,556	8,533	8,533
Rent - Networkers		1,224	2,487	2,131
Seminars, Events, Campaigns, Contracts		14,572	16,622	10,399
Telecommunications		2,496	3,007	3,090
Training		104	2,251	662
Walk Wellington		13,302	18,406	20,693
Walk Wellington Brand			-	-
Walking Conference		71,878	9,049	91,985
Walking Resource Database	11		-	6,645
Total Expenses		203,426	348,325	416,624
Net Surplus		(43,511)	(106,508)	24,697

LIVING STREETS AOTEAROA INCORPORATED
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2011

	Note		2011	2010	2009
CURRENT ASSETS					
Westpac Cheque Account		0		3,839	(690)
Kiwibank Cheque Account		10,939		22,001	-
Kiwibank Online Account		40,612		50,000	-
Petty Cash National Office		100		100	100
Petty Cash Christchurch Office		0		100	100
Petty Cash Auckland Office		0		100	100
Petty Cash Walk Wellington		100		100	100
Funds held for branches		4,722		5,823	-
Term Deposits		30,629		25,164	223,388
Accounts Receivable		3,995		42,495	42,726
Interest Accrued		316		675	2,072
		91,413		150,398	267,896
FIXED ASSETS					
	3	1,260		3,599	4,937
TOTAL ASSETS			92,674	153,996	272,833
CURRENT LIABILITIES					
Accounts Payable		(1,800)		17,170	22,631
GST Payable		90		8,594	7,410
Unspent Grants & Contracts	2	16,426		3,448	14,029
Funds allocated to Branches	5	4,723		5,823	3,828
Subs allocated to Branches	8			4,505	1,170
			19,439	39,539	49,068
NON CURRENT LIABILITIES					
Walk Wellington Loan	4			-	2,800
EQUITY					
Opening Balance	12	114,458		220,966	196,268
Current Year Surplus	10	(43,511)		(106,508)	24,697
Historical Balancing		2,289			
			73,236	114,458	220,966
			92,674	153,996	272,833



LIVING STREETS AOTEROA INCORPORATED
NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2011

NOTE 1. STATEMENT OF ACCOUNTING POLICIES

Reporting Entity

Living Streets Aotearoa Incorporated is registered in 2002 under the Incorporated Societies Act 1908.
The Society is exempt from income tax under the Income Tax Act 2007 and is registered with the Charities Commission under the Charities Act 2005.

Principal Activity

The principal activity of the Society is the promotion of the health, social and economic benefits of walking and pedestrian communities.

In June 2005, a Memorandum of Understanding was signed with Walk Wellington whereby Living Streets Aotearoa took over the Walk Wellington operation in its entirety. Living Streets Aotearoa occasionally acts as an umbrella for groups seeking funding from sources that require the applicant to be incorporated as long as they are for public good purposes aligned with their objectives.

A. General Accounting Policies

- a) The general accounting principles recommended for the measurement and reporting of activity and financial position on an historical cost basis have been followed.
- b) The accounts have been prepared on a "going concern" basis and on the assumption that the fund providers will remain supportive.
- c) Accrual accounting has been adopted to match Income and Expenditure.
- d) Interest, subscriptions from members & other income for the organisation are not recognised until they are received.
- e) This organisation qualifies as an Exempt entity under the Financial Reporting Act 1993. These Financial Statements have been prepared in accordance with the Financial Reporting Act 1993 and the Financial Reporting Order 1994.
- f) This organisation is a qualifying entity in that it qualifies for Differential Reporting as it is not publicly accountable and there is no separation between the owners and the governing body. All differential reporting exemptions have been applied.

B. Specific Accounting Policies

Particular accounting policies which materially affect the measurement of surplus and financial position have been applied as follows:

- a) GST - These accounts have been prepared on a GST exclusive basis
- b) Valuation of Assets
 - Fixed Assets have been valued at cost or estimated costs.
 - Investments are recorded at the lower of cost or estimated market value.
 - Depreciation is calculated at the IRD prescribed rates based on diminishing values.

C. Changes in Accounting Policies

There have been no changes in accounting policies. All policies have been applied on bases consistent with the previous period.

NOTE 2. UNSPENT GRANTS & CONTRACTS

Unspent grants on the Statement of Financial Position are for grants held on behalf for the Christchurch City Council Make Shift project.

NOTE 3. FIXED ASSETS

	Cost	Accumulated Depreciation	Closing Book Value
Furniture and fittings	1899	1898	0
Computers	14560	13299	1260
Total	16459	15197	1260

NOTE 4. NON CURRENT LIABILITIES

There are no non current liabilities as at 31 March 2011.

NOTE 5. UNSPENT FUNDS ALLOCATED TO BRANCHES

Unspent income held for Living Streets Branches maintained as Branch funds for next financial year.

NOTE 6. CONTINGENT LIABILITIES

There are no contingent liabilities as at 31 March 2011.

NOTE 7. CAPITAL COMMITMENTS

There are no capital commitments as at 31 March 2011.

NOTE 8. MEMBERSHIP

Membership is accounted for when received. A portion (80%) of membership income for 2010-11 year is to be allocated to branches as income in following financial year.

NOTE 9. VOLUNTEER HOURS

Volunteer hours are not all recognised in these accounts.

NOTE 10. WALK WELLINGTON SURPLUS AND EQUITY

Totals include surplus and equity for Walk Wellington.

NOTE 11. WALKING RESOURCE DATABASE

The Walking Resource Database has been incorporated into the Living Streets Aotearoa website.

NOTE 12. Seminars, Events, Campaigns, Contracts

Includes Make Shift CCC contract, Walk to Work and Walking Awards.



Regional Update

LIVING STREETS NORTH SHORE

Living Streets North Shore continued to focus on achieving improvements to local walking infrastructure and promoting commuter and recreational walking making full use of the area's excellent walkway network.

Walk 2 Work day 2011 was the highlight for the year. A very successful event was held at Smales Farm, a bus station on the North Shore's busway network. This was made possible with the support of Auckland Transport, providing registered walkers with an excellent breakfast from Columbus cafe, and sponsorship from Ziera. Holding the event at the busway station emphasised the inter-connectedness of public transport and walking.

Of course the big change in our area during the year, was the restructuring of Auckland's local government which means we now need to work with Auckland Transport, Local Boards and Auckland Council to progress walking infrastructure projects.

One big success was the installation of a number of walking maps along the Devonport peninsula's Green Route (a popular and scenic walking and cycling route). We were actively involved with the working party which championed this project and were delighted that the project was completed just before North Shore City ceased to exist.

The group made submissions to the Devonport-Takapuna Local Board and supported Walk-Bike-Ride Kaipatiki's submission to the Kaipatiki Local Board. We spoke directly to the Devonport-Takapuna Local Board on a number of occasions demonstrating the importance of applying best practice design to the construction and maintenance of foot/cycle bridges, footpaths and shared paths.

One of our members has worked tirelessly on the production of printed and online walking maps which highlight our area's excellent walking connectivity through links between streets and walkways through reserves. The group helped with foot testing some of the routes. With the support of Auckland Transport and other community funding, three booklets will soon be available on the Living Streets website and at local libraries and tourist information centres.

We are looking forward to Walk 2 Work 2012. Thank you all who continue to support Living Streets North Shore.

~ Gay Richards, Convenor

LIVING STREETS WELLINGTON

Living Streets Wellington continued to be active in promoting new initiatives and seeking to ensure that new transport developments were good for pedestrians.

A number of events took place in 2011. The major event of the year was Walk 2 Work day, organised with city council and other groups. The highlight of the year was the David Engwicht training course. A series of members meetings were held last year including David Engwicht's on community resilience; other topics were space allocation, parking and pedestrians, and, the ever important footpath design. We held an "ideas speed dating" session to allow people to share their ideas for making walking more fun. Some great ideas came out, and some have been implemented, such as a seat on a walkway made from recycled materials and featuring felted covers on the metal seat-legs.

We continued to make numerous submissions to councils, and participated in working groups, consultation processes and other activities. We supported some good initiatives by councils in the Wellington region, such as the lowering of speed limits in town centres.

Wellington is currently getting its head around a bus lane in the city centre - Manners Street - where there have been a number of bus-pedestrian crashes and near misses. It is hard to deny that some pedestrians behave in a fairly foolhardy manner upsetting bus drivers. However, the heart of the CBD should not be a place where pedestrians feel unsafe and constrained. Some of the proposed solutions (rope barriers or enforcing the law on jaywalking) will defeat the purpose of having a more pedestrian friendly inner city.

Another major ongoing issue is the proposed Roads of National Significance. Living Streets submitted an application on the Transmission Gully plan change. For the current consent process we have put up an expert witness and made a submission. Our key concerns are that the new motorway will not sufficiently reduce the traffic on the existing road to benefit pedestrians, will continue to impede walking as a commuting option for people living north of Porirua, and create community severance effects in the coast. We will be seeking to ensure that the new roads linking the motorway to Porirua are well designed for pedestrians. Applications for the Kapiti expressway are likely to be lodged in mid 2012, and proposals for the Mount Victoria Tunnel/Basin Reserve area are being hotly debated. Watch the website for more meetings and events coming up this year.

Greening the Rubble

During the year Christchurch-based Living Streets Aotearoa members Rhys Taylor and Meg Christie, among others, volunteered time to help a post-September Earthquake community initiative 'Greening the Rubble'. This is also known as Make-Shift, as it sets out to make temporary parks and later shift them between sites, using recyclable materials.

The project has significant input from members of the NZ Institute of Landscape Architects, staff and students at both local universities, the City Council and community organisations, and is sponsored by businesses through gifted materials.

A first temporary park on private land off Victoria Street, cleared after building demolition, opened in February just weeks before a second major earthquake (22 Feb) closed off the central city, including this site. 'Victoria Green' was intact but locked up behind an army and police cordon for several months. The turf survived, sown wildflowers germinated and grew healthily, and although the army had camped and parked vehicles on it, it emerged remarkably intact (see photos) when the cordon retreated towards the damaged

city core and has been enjoyed by the public since. Living Streets holds the licence with the two adjacent landowners for temporary public use of this site.

The City Council was impressed by the community initiative and supported a bid from Living Streets Aotearoa for funds through to June 2011 to contract a part-time coordinator, working on behalf of the group, so that more parks could be planned and created. Rhys Taylor was contracted to this role, and is guided by the Make-Shift Steering Group on which all other partner groups are represented. A second mini-park was completed in July and four more are in design. The project has been re-funded for 2011-2012 year.

Key principles are that the temporary parks are made on private land, so that they increase the net public space, are accessible, safe, built and maintained by volunteers and have potentially reusable or recyclable components to minimise waste. The project is being documented, as both a social and environmental experiment. For more details visit: www.greeningtherubble.org.nz, and for up to date news and photos visit: www.facebook.com/greeningtherubble.

Any enquiries please contact Rhys: 021 462 260.

On the Web

PEDESTRIAN PETE

www.pedestrianpete.com/walking-with-pete

Check out this website that uses short movie clips to effectively communicate issues, examples and opportunities for improving walkability in the city of Houston. The movies feature Pedestrian Pete, the creation of Peter Brown, director of BetterHouston and former Houston city council member.

CLIMATE CHANGE EXPLAINED THROUGH WALKING THE DOG

www.climatecentral.org/blogs/science-made-easy-climate-versus-weather

It is sometimes hard to explain that the changes in our daily weather pattern and climate relate. This little video explains by showing how a dog walker (climate) walks his dog (weather). Once you see it you won't forget. Happy walking!

~ Willemijn Vermaat

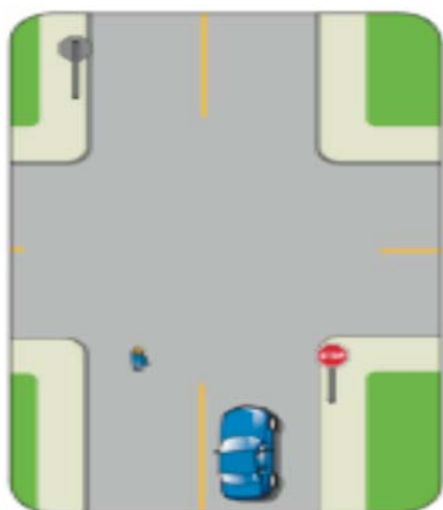


Above: The completed 'Victoria Green' mini-park, built in early 2011 by 20 volunteers in five work days, with help too from business sponsors and Christchurch City Council. Living Streets provides a coordinating role through a project worker, plus some volunteers.

Our Road Code & Pedestrians

When I visit North America, I have always been pleasantly surprised with the drivers' behaviour. Vehicles stop when they see that pedestrians want to cross the road. Some people suggest that the reason is that North America has private insurance and liability claims and no ACC. I suggest that it is simpler: their roads codes are focused on pedestrian safety.

Robert Lipka an Urban Designer from Auckland Transport showed me the British Columbia (BC, Canada) road code.



Above: Image from the BC roadcode with the accompanying text: *"If there is an unmarked crosswalk, stop where you would if there were a marked crosswalk."*

I was surprised by the different and better treatment pedestrians get in BC compared to here, pedestrians are treated like any other flow of traffic at the intersection. In New Zealand pedestrians cower at the corner and walk behind the car, the image on the left shows a diagram from the BC roadcode which says: *"If there is an unmarked crosswalk, stop where you would if there were a marked crosswalk."*

A further example of this can be seen in the two excerpts at the bottom of the page, first describing the manner in which a car enters an intersection in British Columbia (top) and then in New Zealand (bottom).

In the NZ road code section named About Driving the word pedestrian occurs once; in the same part of the BC code (chapter 4) it occurs ten times. In the NZ section on Sharing the Road, it occurs 19 times; in the BC code on Sharing the Road (chapter 6) 25 times.

The Australian Road Codes also have the pedestrian focus that our Road Code does not have, requiring turning vehicles to give way to pedestrians.

When the Give Way rule was reviewed last year one of the criteria was consistency with overseas practice. Living Streets submitted that consistency in how drivers interact with pedestrians would be an important step forward. Regrettably, our suggestion was not adopted.

Living Streets executive has agreed to advocate for change in the Road Code to bring the pedestrian out of the cold. This will be our focus over the next few years.

~ Andy Smith

Inserts below: examples of instructions for intersections for drivers in BC (top) and New Zealand (bottom).

Intersections controlled by yield signs

A yield sign means that you must let the traffic on the through road have the right-of-way. You may enter the intersection without stopping if there are no pedestrians, cyclists or vehicles on the through road. But you must slow down (and stop if necessary) and wait for a safe gap if there is traffic on the through road.

What are the Give Way rules?

- If you are turning at an intersection, give way to all vehicles not turning.
- If you are turning left at an intersection, give way to vehicles coming towards you that are turning right.
- In all other situations, give way to all vehicles coming from your right.
- If you are leaving the path of a marked centre line, you are deemed to be turning and must give way to vehicles that are following the centre line.

How far do we walk in a supermarket?

A WALKING AWARENESS RAISING CAMPAIGN IN LINCOLN ROAD, WAITAKERE.



BACKGROUND

Sport Waitakere announced that they would like to work on a campaign with like-minded people to encourage more people to walk short trips.

With this as a mission Emma Haigh of Sport Waitakere invited Naninai Tipuela (HealthWEST), Simon Vincent (Auckland Transport), Rochelle Young (Active Waitakere), Umesh Mistry (Diabetes NZ) and Andy Smith (Living Streets Aotearoa) to meet with the idea of measuring how far people walked in a supermarket and then telling them they may bring an awareness of how far they can walk.

METHOD

At one of New Zealand's largest supermarkets, Pak'n'Save, Lincoln Road, Henderson we set up a station to tag shoppers with pedometers. The exercise took place on Tuesday 19th July 8.30am-1.30pm.

DESCRIPTION

We had 30 numbered pedometers; each person left their contact details, the number of the pedometer number they were given, and they were given a sticker to identify them for collection. They then went off shopping.

When the person returned the pedometer its number was recorded and written on a card for them to take away. Also on the card were a thankyou note and facts like bus stops

being 400m apart. A link to Walkscore.com was there so the shopper could go home and see what is around their home address, with walkability scores.

RESULTS - SEE FIG. 1 TOP OF NEXT PAGE

The average distance walked was 606m with a median of 518m. Most shoppers were walking half a kilometre inside the supermarket.

STUDY FAULTS

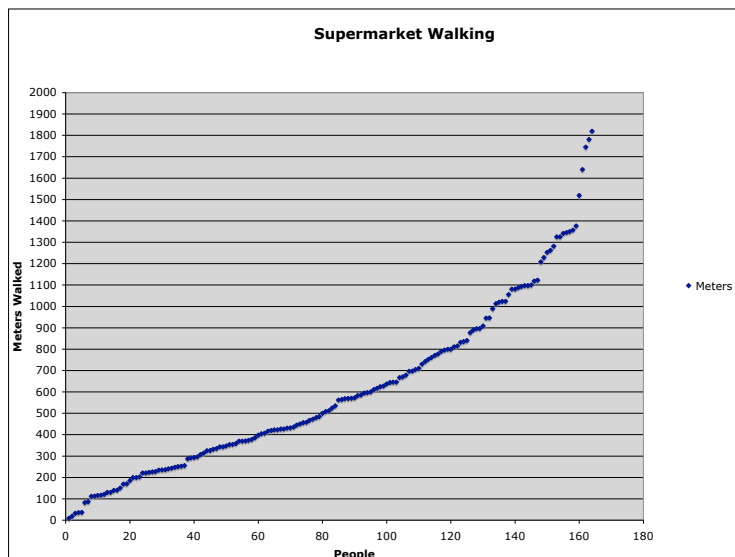
The pedometers were not adjusted for an individual's pace (distance of step) so the number of steps (not recorded) could have been a more accurate measure.

THE NEXT QUESTION:

How to measure any behaviour change resulting from this study?

~ Andy Smith

RESULTS FROM SUPERMARKET WALKING DISTANCE SURVEY



Changes to NZ's give way rules

At 5am on Sunday 25 March, two of the give way rules are changing to improve safety on our roads. With the rules changing, it means pedestrians need to take extra care crossing roads over coming months. Pedestrians crossing near any type of intersection should check for traffic in all directions before crossing, and watch for turning vehicles. This becomes particularly important when traffic may be turning in a different order to the way pedestrians are used to.

Change 1: The left-turn versus right-turn rule

All traffic turning right will give way to all vehicles coming from the opposite direction and turning left.

New rule from 25 March 2012



This new rule will only apply at cross roads, T-intersections and driveways where both vehicles are facing each other with no signs or signals (as shown above) or facing the same sign or signal.

Change 2: Uncontrolled T-intersections

All traffic turning right from a terminating road (bottom of the T) with no signs or signals, will give way to all vehicles on the continuing road (top of the T).

This change will bring it into line with T-intersections where there are Stop or Give Way signs on the terminating road, and it will also apply at driveways including public driveways such as at a supermarket or hospital. Vehicles should continue to give way to pedestrians on a footpath, or cyclists and pedestrians on a cycle path or shared path.

New rule from 25 March 2012



Vehicle turning right from driveway has to give way

A dedicated web page is available at www.giveway.govt.nz and will be updated on 29 February with resources such as leaflets in various languages, a video and interactive quiz about the changes. National advertising starts on 15 March.

Help spread the word about these changes to ensure everyone stays safe on and around the roads.

Walking for a Good Cause...



A group of us from Christchurch wanted to organize an activity for Mental Health Awareness Week (MHAW) that acknowledged the role physical activity plays in mental wellbeing. A walk was the obvious choice. So, in 2010, the "Walk 4 Wellbeing" concept was born, repeating it for MHAW in 2011.

We wanted our walk to incorporate the Mental Health Foundation's 5 Winning Ways to Wellbeing: Take Notice, Keep Learning, Be Active, Connect and Give. We decided that the walk would incorporate "winning ways" stations hosted by co-opted organizations. For example, Deaf Aotearoa provided a highly successful "Connect" station. Five members of the deaf community engaged walkers by greeting them in New Zealand Sign Language. Some groups stayed up to half an hour, learning all sorts of NZSL words and phrases.

In 2010 our project had been piloted at Travis Wetlands, a beautiful semi-rural swampy spot in the eastern edge of Christchurch with loads of wetland native vegetation and bird

life. There was a wheelchair-accessible track around and through it, but no dogs, scooters or bikes were allowed. We had intended to return there, but the February earthquake rendered the area impassable.

We did a metaphorical u-turn and hosted the event in Hagley Park, the route circumnavigating the lovely but very English Christchurch Botanical Gardens. This new route did allow dogs, scooters and bikes.

For both years we were keen to run events close to public transport routes. We were also keen to have 4-5km routes that were accessible to all people so to make it as inclusive as possible. While we didn't actively promote it to cyclists, in 2011 we did have some family groups with children on bikes. We promoted both walks as a "free, non-competitive ramble" acknowledging that walking is good for us physically and emotionally and is also a way to take notice and celebrate the environment passed through.

Feedback from the public was good, although many people requested that there be some sort of refreshments provided en route.

The Mental Health Foundation may pick up the Walk 4 Wellbeing concept and run it as a national event. Groups from around the country will be invited to use the concept of the 5 winning ways to wellbeing stations and modify it according to the venues they have available and the supporting organizations they work with.

~ Meg Christie



Walk2Work is a fun annual event that aims to promote walking to everyone, but especially those who incorporate walking into the daily commute to work. Research shows walking has many health benefits as well as economic benefits.

The annual event is free (who can say no to a free breakie?) and takes place before work for anyone who walked all or part of their way to work.

Check out whether there is a Walk2Work event being organised nearby you. There will be events organised in Auckland City, Hastings, New Plymouth and Wellington. For more information on events and locations visit www.walk2work.org.nz.

***free breakfast, spot prizes,
speakers, entertainment and more!***
Check out: www.walk2work.org.nz





Finalists for Walking Awards

The walking awards celebrate and recognise New Zealand achievements for walkers by acknowledging innovative new facilities, highlighting national best practise and rewarding ongoing commitment to walking. The awards are for private companies and public organisations, not-for-profit groups, and community organisations.

The Awards Ceremony will be held 23 February 2012 in Hastings at the 2 Walk and Cycle Conference. (www.2walkandcycle.org.nz)

1. DUNEDIN CITY COUNCIL BEST NEW ZEALAND WALKING PROJECT

This award recognises a group or organisation's project that has made a significant difference to encouraging walking in their city, town, community, workplace or school

Finalists:

Porirua City Council (in association with Greater Wellington Regional Council and KiwiRail)

For: **Porirua Station Subway Rejuvenation Project**

The run-down, neglected & unsafe Porirua Railway Station subway transformed to an attractive pedestrian through route.

Let's Go Project, New Plymouth District Council

For: **Let's Go Walking Welbourn School**

A project to encourage more journeys by foot by school students and their families

2. CANTERBURY DHB BEST NZ WALKING PROMOTION

This award is for a successful promotion or event which has educated the general public about the benefits of walking, encouraged a positive attitude, and celebrated walking as an everyday activity and means of transport. Applicants need to show how their promotion has improved numbers walking, or produced a change in behaviours.

Finalists:

Heinz Watties Ltd

for: **Wattie's Workfit Challenge 2011**

A 16 week work place pedometer walking challenge.

Rhys Taylor

For: **Talking the Walk**

A fortnightly newspaper article featuring walks around Greater Christchurch

3. VIA STRADA BEST NZ WALKING FACILITY

This award recognises excellence in walking infrastructure.

Finalists:

New Plymouth District Council

For: **New Plymouth - Bell Block Path**

A shared use pathway from New Plymouth to Bell Block to encourage and support active transport and recreation.

West Coastal Walkway Inc

For: **West Coastal Pathway**

A shared use pathway from Blaketown route through to Paroa as a way of encouraging and supporting safe active transport and recreation in the Grey District.

4. JOINT WALKING AND CYCLING AWARDS

This award can go to a promotion, project or facility that encourages more pedestrian and cycling activity.

Finalists:

New Plymouth District Council

For: **Let's Go "Walk Ride Bus"**

Hastings District Council.

For: **"iWay" "Walk it, bike it, love it"**

Department of Conservation.

For: **Te Ara a Waiau Walkway / Cycleway & Te Weheka Walkway / Cycleway**

New Plymouth District Council

For: **The New Plymouth - Bell Block Path**

A few good reasons ... TO WALK

Ironically, in the 20th Century, travel by car was seen as the most convenient form of travel. Increasingly, however, we are coming full circle and realising that past civilisations were right. That easy, quick access by foot, not car, is the key to convenience. And, importantly, living a rich, joyful life.

A walkable lifestyle is the most sustainable, low-impact, convivial way of living. Achieving and sustaining a walkable community is the most effective way to promote a high quality of life. More walking - not just for recreation, but also for trips to work, to school, to shops - has many positive benefits, such as:

1. It's great for the heart
30 minutes a day decreases the risk of metabolic syndrome (a cluster of risk factors linked to higher risks of heart disease, diabetes, and stroke). Active commuting (incorporating walking and cycling) also reduces heart-disease risk.
2. It cuts breast-cancer risks
By reducing body fat, a source of estrogen.
3. It helps you sleep
4. It helps you connect with your environment and community
5. It makes you happy
Walking can relieve depression, anxiety, and stress, by helping the body produce endorphins, mood-boosting chemicals.
6. It keeps you slimmer
7. It staves off senior moments
Walking helps ward off Alzheimer's and is linked to mental sharpness in seniors.
8. It protects your bones
Walking prevents and treats thinning bones. It uses 95% of muscles, pushing bones to get stronger to handle the load.
9. As well as being good for your health, walking saves you money on bus fares or petrol for the car!

sources: www.cnn.com/2008/HEALTH/diet.fitness/06/12/healthmag.walking.health/index.html
www.walkablestreets.com

SUPPORT OUR CAUSE TO GET MORE PEOPLE CHOOSING TO WALK MORE OFTEN.

Become a member of Living Streets Aotearoa.

Join us on-line:

www.livingstreets.org.nz

or email: **info@livingstreets.org.nz**

Living Streets Aotearoa



Join Living Streets Aotearoa
and our events on facebook:
<http://tinyurl.com/4r3tsts>