



**Active, Healthy Lifestyles-
Coatbridge Pilot**

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Coatbridge LAP
21st October 2014




The Problem

Harry Burns:


- "physical inactivity is one of the greatest public challenges we face"
- "physical activity is about the single most important thing you can do for your health"
- "for people who find it hard to engage in physical activity, we need to be finding out what the impediments are and helping them deal with that."






Project approach

1. Identify destinations for target groups in pilot area (Coatbridge):
 - Primary schools
 - Retail centres
 - Local community hubs
2. Use GIS analysis to identify the most common walking routes to those destinations
3. Carry out qualitative assessment of the routes
4. Consult with local people
5. Develop Action Plan to address identified issues



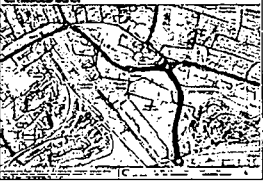


3 Street Pilot




Suggested routes for discussion:

1. Route between **town centre** and **Faraday Retail Park**






3 Street Pilot




Suggested routes for discussion:

2. Area around **St Mary's Primary, Whifflet**

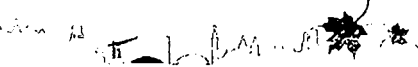

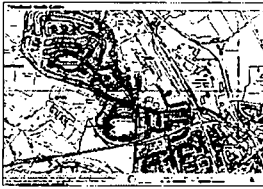


3 Street Pilot

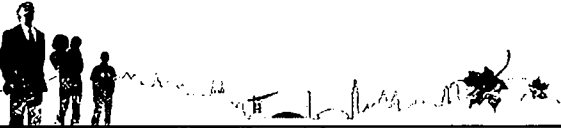


Suggested routes for discussion:

3. Routes to **Townhead Health Centre**



Faraday Retail Park and Coatbridge Health Centre



Underpass Route between Main St and Faraday Retail Park



Overpass Route between Main St and Coatbridge Health Centre



Town Centre/Faraday Assessment



- Overpass and underpass routes are clean and well maintained
- Extensive signage caters well for local users
- Most walking routes segregated from traffic
- Gradients gentle and surfaces good
- No physical barriers
- Well vegetated in places



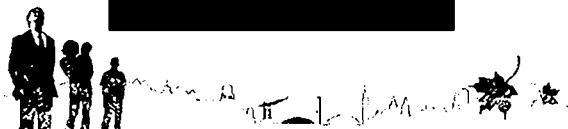
Town Centre/Faraday Consultation






- Steady stream of users of all ages on weekday morning
- Paths had mixed uses with people commuting, visiting health centre, shopping and recreation
- Majority of survey respondents arrived in town by bus and spent time between Main St and Faraday Retail Park
- Walking journey times varied between 5 and 40 minutes
- The majority of the respondents were happy with the condition and appearance of the routes





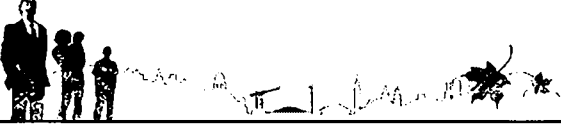
St Mary's Primary, Whifflet




Pedestrian Route between School St and Hozier St 

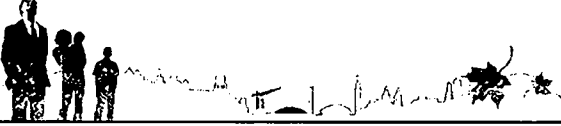



Pedestrian Route from High flats on Whifflet St to Hozier St 

St Mary's PS, Whifflet Assessment 

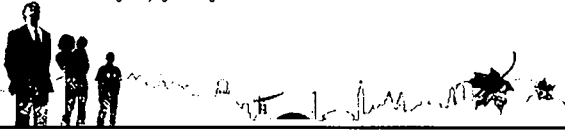
- Busy A725 difficult to negotiate for those walking children to school
- Poor quality path through brownfield former secondary school site between School St and Hozier St
- High, derelict fences next to path create feeling of enclosure
- No road markings or crossings at school
- Palisade fence around school + no vegetation



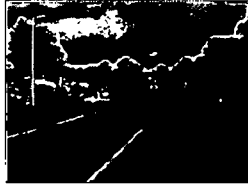
St Mary's PS, Whifflet Consultation



- Parents commented on the poor condition of path and its surroundings
- A number of parents hoped something could be done to improve the path through former school site and the appearance of the area in general
- Almost all of those driving their kids to school did so on their way to work and would be difficult to convert to walking their children to school
- Suggested parking "hub" nearby from which kids could then walk to school
- Parents pointed out that pedestrian crossing takes an age to change and that drivers regularly ignore signals



Townhead - Lomond Road



Townhead - Doune Terr & Townhead Rd



Townhead Assesment



- Good pedestrian routes to Townhead Health Clinic using either Lomond Rd or Townhead Rd
- Lomond road is very wide and has tree lined grass buffer areas between pavement and road
- Townhead road is busier with traffic but overall condition and appearance of pedestrian route is good
- Doune Terrace runs paralll with Townhead Rd and provides a quieter and more attractive alternative for pedestrans



Next Steps



1. More targeted consultation
2. Identify specific actions and delivery mechanisms
3. Write up project and disseminate project