ActiveNewham has been awarded a £20,000 Walking and Cycling Grants London Grant for two Brand New Walking Projects to take place in Newham throughout 2021 – 2023.

Walking and Cycling Grants London is a programme funded by Transport for London in partnership with The London Marathon Charitable Trust and managed by the environmental regeneration charity Groundwork London. It offers funding of up to £10,000 over three years to community groups such as residents’ associations, charities and youth groups for projects that encourage people of all ages and backgrounds to walk and cycle safely.

ActiveNewham is leading the way in Newham with two new borough wide projects which support residents in getting active and reengaging within the community through regular weekly walks, lead by trained walk leaders and supporting volunteers. The two funded projects will help engage residents, allow for a sharing of stories and experiences, and redevelop deep community bonds following an unsettling 12 months.

Group walks which support health and wellbeing, will allow residents to rekindle their love of nature, develop new relationships with other locals, delve into Newham’s rich and diverse heritage, and increase overall levels of fitness through specialised health walks and Walking Yoga. For more information on Walking in Newham, upcoming walks, or to register your interest as a “Walk Leader” for activeNewham’s Walking projects get in touch with ActiveNewhams Sports Team via sports@activeNewham.org.uk by calling 07741 293510/ 07741 292893

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Craig Hughes, Sports & Physical Activities Development Officer at activeNewham said:

*“Following the turbulent times of the past year, it is important that we look forward and focus on supporting Newham’s Residents in reengaging in physical activity and social development. ActiveNewham’s walking programmes will provide positive health and wellbeing benefits for Newham and continue to support our overall aims of getting as many people as possible back out and active in the community”*

Olu Alake, Strategic Partnership Programme Lead for The London Marathon Charitable Trust, said:

*“The London Marathon Charitable Trust is proud to be working in partnership with Transport for London on their Walking and Cycling Grants London programme. It will be exciting to see the impact that ActiveNewham’s projects will have in creating new opportunities for walking within the local community, helping to fulfil The Trust’s mission of inspiring activity.*

Cabinet lead for Environment, Highways and Sustainable Transport, Councillor James Asser said:

*“Newham residents are exposed to high levels of toxic pollution from vehicles, contributing to the highest death rate in England, according to Public Health England, with 96 people dying each year as a result. The Council is committed to tackling that and working with residents to create a healthier borough.*

*“These projects also positively impact the health of our residents by supporting them to choose active travel options, giving them alternatives to car travel and making it easier to walk and cycle which is good for both the individual and the borough’s environment.”*