



We make it easier for people to walk and cycle





Happier, healthier people



Greener, better local environments



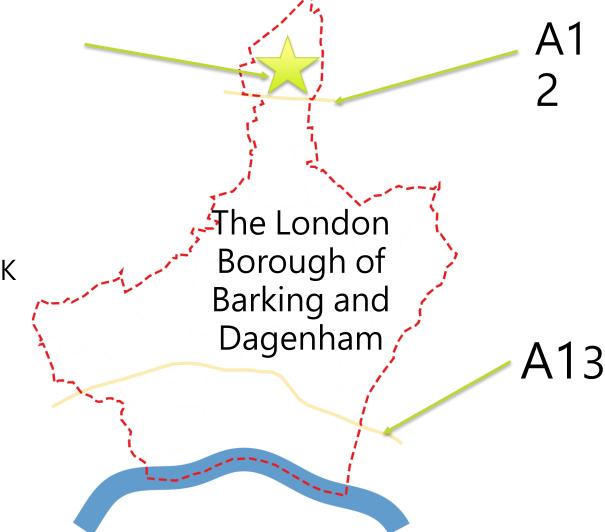
Stronger economies and communities



Marks Gate

Enstantes in Barking and Dagenham:

- 7th most deprived London borough;
- 16% unemployment compared to 1.8% in UK
- 1/3 children and young people living in poverty
- 65.3% of adults are overweight; over 1/2 obese





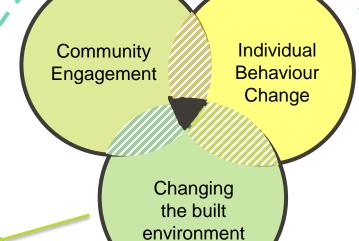


Challenges in Marks Gate:

- a car-dominated environment
- low levels of cycling
- poor mental and physical health indicators
- a lack of community empowerment







Projects that address individual, community and environmental fact



What does this mean in practice?



















- Speed of traffic
- Dangerous parking
- Lack of space for pedestrians
- Lack of places to play
- Public realm neglected







Quick Win 3: A DIY Community Garden



























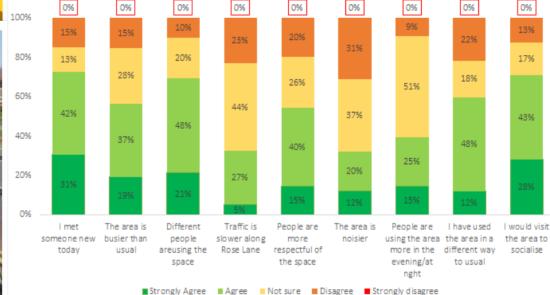






Street Trials and Surveys

















g Touches Marks Gate Communit y Streets

Community Engagement 104 events & workshops 3 Quick Wins



Behaviour Change 97 events & 8 Cycle to School events

Infrastructure
8 interventions
that improved
walking &
cycling facilities



The Biggest Differenc e "Cycling has affected my life in so many life-changing, positive ways. This unique combination of road safety, community engagement and cycle lessons is the foundation to the success of this project."



Jennifer, local resident and Bike Club member

Join us on our journey. www.sustrans.org.uk

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