

Ealing Cycling News

The LCC newsletter for Acton, Ealing, Greenford, Hanwell, Northolt, Perivale and Southall
April 2009

Back on the Bike with Kids



Alice Fowler with the twin trailer, and young Ella takes a break from the child seat on her first bicycle ride.

We've kicked off 2009 with our new project designed to help parents to cycle with young children. Following the arrival of children, many people find themselves stuck at home without a car. The problems of public transport deter others from going far with a young child, and even the keenest of cyclists can be put off cycling when their first kids arrive. To tackle this problem, we've invested in some equipment to help new parents get out on their bikes, and to take their kids with them.

We've bought two child seats and a double-child cycle trailer. The idea is to loan parents the child seats, or the trailer for around 4 to 6 weeks. With the addition of some mechanical advice, and / or professional training, people soon realise how easy it can be to get around. If they like the idea, they can then invest in their own child seat or trailer.

We've already got a lot of interest and a waiting list of people. The mix of participants is amazing: from people who cycle but would never considered taking their children, to a mother with twins who loved cycling but could take no more than one child at a time. Another, following some on-the-road training, is going further afield than ever. To meet the demand, we're



planning to buy another child seat.

We've had some heart-warming stories so far and it's amazing how just fitting a child seat, or some route advice, has made a difference. For families who might otherwise feel they need to buy a second car, the 'Back on the Bike with Kids' scheme shows them another way of getting around. And the sooner young children are accustomed to bikes, the sooner they will realise how normal using a bike is.

Our thanks to Ealing 135 Club and NetMums for the help so far. If you're interested in taking part please, or know someone who would like to, please contact us directly at info@ealingcycling.org.uk.

David Eales

Next Meeting

Our next meeting is on Wednesday 1st April 2009. At Cafe Grove, 65 The Grove, W5 5LL, at 7.30 pm. All members welcome.

Sunday Run to the Imperial War Museum



Eighteen riders assembled at Ealing Town Hall on the 1st March, a cool grey morning, destination the Imperial War Museum. Despite a swift swop of inner tube due to a snapped valve stem, we set off on time. (well done Sal!!)

We left Ealing centre just after 10.00am by way of Grove Rd, passing the 'Polish Cafe' venue for the Ealing LCC monthly meetings. A relatively quiet stretch through Acton found us at Horn Lane (Via a part of Creffield Rd which would probably win an award for the worst maintained rd in Ealing Borough).

A good quiet run round the back of HMP Wormwood Scrubs and Hammer-smith Hospital bought us out into North Kensington. Quiet Sunday roads saw us through to Horseferry Rd, Lambeth Bridge and finally the Museum.

Here we spent two hours, refuelling and resting, then retraced our steps back to Shepherds Bush, across the Green and home to Ealing at around 4 pm.

Thanks to Murray, Kelvin, Sal and others for assisting where necessary during the run.

Total miles 24.5.

Tim Greg

Greenways in Ealing



Greenways for the Olympics And London (GOAL) is a Sustrans and Transport for London backed scheme to build safe and attractive routes for walking and cycling around the city. The aim of GOAL is to create traffic-free, green corridors through parks and open spaces, linked by on-road sections following quiet, traffic-calmed and tree-lined residential streets. The ultimate aim is "to change people's perceptions of travelling in London so that they instinctively want to walk or cycle journeys under 5 miles."

In January, following work with the borough, Sustrans and TfL, published a consultation document on their proposals for Greenway routes in Ealing.

Ealing West Proposals

1. Widening and upgrading the Brent Valley path between Uxbridge Road and the Brunel viaduct
2. Creating a shared path at the northern edge of Perivale Park to create a link into South Greenford Station.
3. Building a connection from Greenford to South Harrow
4. Putting in routes from the Grand Union Canal into Southall to encourage the local community to walk and cycle more.
5. Constructing an additional link from the Canal to Southall Park, and improving the existing link at the Enterprise Trading Estate.
6. Additional green links from Osterley Park to Norwood Green.
7. Converting a footpath between Windmill

Road and Trumpers way to provide a link from Osterley Park to Hanwell/Grand Union Canal.

Ealing East Proposals

1. A link from the canal, across Horsenden Hill towards Sudbury. Ealing borough aims to deliver this by this March 2009.
2. A link from Horsenden Hill running south to Gunnersbury Park.
3. A link through Pitshanger Park, along quiet roads and a footpath to Hanger Lane.
4. A possible link of Acton Park and Recreation Ground via the Acton Sports Club, and then a route north to Wormwood Scrubs Park. This proposal includes a signalised crossing of the A40.
5. A circular route in Southfield Recreation Ground linked to Acton Green Common.
6. A route from West Ealing through South Ealing Cemetery to Kew Bridge.

In our response to the proposals we've stressed the importance of improving the canal towpaths. Some stretches, notably along the Grand Union canal in Southall, seen above, have narrow muddy tracks and barriers that block the route to cyclists with child seats and those on recumbents. We would also like to see the entire Greenways network in Ealing provided with hard surfaces for safer cycling.

Many thanks to Peter Mynors for writing our official response to the proposals.

For more information and maps of the proposed routes, see: <http://www.sustrans.org.uk>

Rides...

Enjoy spring cycling at these Ealing Cycling Campaign rides.

Sunday 5th April 2009

Islington

A ride into north London to sample the delights of the borough.

Leader: Sav

Time: 10.00am prompt

Place: Ealing Town Hall Steps, New Broadway W5

Sunday 3rd May 2009

TBC

Possibly a ride to south London. Check our web site for details nearer the time.

Leader: Steve

Time: 10.00am prompt

Place: Ealing Town Hall Steps, New Broadway W5

Don't get taken for a ride....

Lead one

Fancy leading a ride? Then let us know. New ride leaders are always welcome. See below for contact details.

Ealing Cycles

Ealing cycles has a new web site. The cycle shop in Bond Street now lists its range of bicycles, accessories and service charges online. You can also read about the staff and a little about the history of the shop. See: <http://www.ealingcycles.co.uk>

Ealing Cycling Campaign

Contact: info@ealingcycling.org.uk

Web Site: www.ealingcycling.org.uk

Facebook: Ealing Cycling Campaign

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