



North Lanarkshire Community Climate Action Guide: **Active Travel and Community Transport**

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Introduction to Our Community Climate Action Guides

Most people are now aware of our climate and nature emergencies (see below for more information). The scale and causes of our climate and linked nature challenges can seem overwhelming and their causes distant from us. We might feel unsure about what we can do as individuals or with others in our families, communities or workplaces.

Fortunately there are many things we **can do** to help reduce our individual **and** collective negative impact on the climate and nature and contribute to solutions that will also improve our physical and mental health, social, economic and environmental fairness and inclusion.

This Guide provides brief, accessible, information on how people and communities in Lanarkshire could contribute to community-led action to support community food growing.

This guide is complemented by 5 others, listed below on the broad climate topics which are intended to help people in Lanarkshire take action to be part of the solution to our climate and nature challenges.

You can access the guides from the [ACT Now NL website](#).



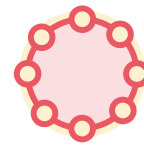
Community Food Growing



Community-led Greening and Conservation



Community-owned Renewable Energy



Community Sharing and Upcycling



Green Home Energy

The Guides are part of the [North Lanarkshire Community Climate Action Project](#), co-ordinated by [Voluntary Action North Lanarkshire](#) as part of our contribution to Action on Climate Together North Lanarkshire and the Lanarkshire Green Health Partnership. These guides are also supported by Community Climate Champions who can support community workshops and conversations and our Community Climate Action Pledge which supports community and voluntary sector organisations.

What are the Climate and Nature Emergencies?

The world is facing a climate emergency due to human's use of fossil fuels such as oil and gas to provide energy. Human activity is also destroying and polluting the natural world - water, air, plants and animals - on which human and all other life depends.

As a result everywhere in the world is now experiencing adverse climate changes, such as rising temperatures and

increased flooding and harm to our natural world such as deforestation; air and water pollution; loss of plants and animals. These challenges are adversely affecting all of us. Fortunately, awareness of these problems and action to solve them is increasing. These guides are intended to help people in Lanarkshire take action to be part of the solution to our climate and nature challenges.

Introduction to Active Travel & Community Transport

Transport is the single greatest cause of carbon emissions in Scotland with private car use contributing 40% of this. Travelling by public transport - trains or buses - is a good way to reduce carbon emissions. Active travel and community transport are also other ways where we can reduce carbon emissions due to transport, as well as supporting the natural world and our health.

Active travel involves walking and cycling and, by reducing the use of private cars that run on petrol, it can contribute significantly to reductions in our carbon emissions. Active travel also helps our physical health by keeping us fit and at the right weight. This in turn, reduces our risk of conditions such as heart disease, stroke and diabetes. Being active and outdoors is also good for our mental health as it improves our mood, reduces stress and our risk of depression and anxiety. Active travel also promotes the use of public spaces, such as parks and green spaces, which can provide additional opportunities for physical activity and relaxation and social interaction. Finally, active travel can save money by reducing transport costs.

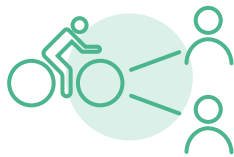
Community transport includes bus services and volunteer driver schemes that help people access amenities and services either for free or at low cost. Where these schemes use electric vehicles, they also contribute to a reduction in carbon emissions - as well provide social and financial support.

Active travel and community transport also reduce traffic congestion and pollution, making the streets safer and more pleasant for everyone. However, pedestrians and cyclists are at increased risk of accidents when walking or cycling near roads and so improved road safety measures are vital to encourage more people to travel actively.



Examples of Active Travel & Community Transport

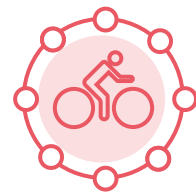
Many residents in North Lanarkshire - and across Scotland - already participate in active travel individually by walking and cycling. Some of our community and voluntary groups support these activities also and Voluntary Action North Lanarkshire will work with local groups to share up-to-date information about volunteer-driver services in North Lanarkshire on **ALISS**. This information will also help communities identify opportunities to increase community support for local people to walk and cycle even more by strengthening existing or establishing new initiatives to support:



Bike-sharing



Car-sharing and/or lift-share schemes



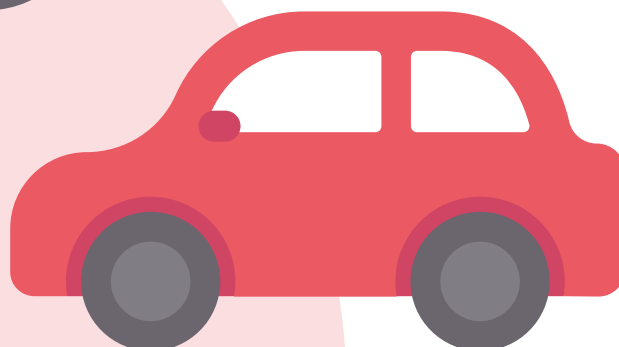
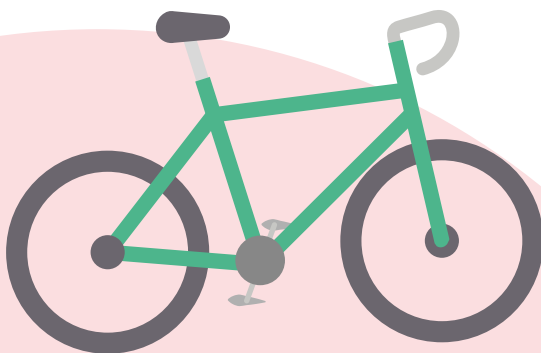
Cycle-friendly community schemes



School-route walking support



Walk and cycle to work schemes



Examples Active Travel and Community Transport

Many communities in Scotland are supported by **Community Transport schemes** and we are fortunate to have three in North Lanarkshire, which also have electric vehicles. However, other communities in North Lanarkshire could benefit from such schemes.

Cumbernauld Action for Care of the Elderly (CACE)

Getting Better Together in Shotts

Glenboig Development Trust

Strathclyde Passenger Transport also runs bookable **"MyBus"** services for people in North Lanarkshire with mobility difficulties that collect them from their home and takes them to their destination. Whilst this is not a community-run scheme, it provides much-needed, community access to public transport.

Organisations like the **Royal Volunteer Service**, provide **volunteer drivers schemes** in different parts of Scotland and some of our local community and voluntary groups also run volunteer driver schemes. VANL will work with these groups to share up to date information about volunteer-driver services in North Lanarkshire on **ALISS**. This will also help communities identify if they need more volunteer-driver support.

Sources of Further Information and Support

Active Travel

Paths For All

Active Travel

Transport Scotland

Active Travel Funding in Scotland

Collaborative Mobility

CoMo - resources for communities in Scotland

Community Transport Association

Transport Scotland

Community Bus Fund

Cycle Share Schemes

Cycling Scotland

Cycle Friendly Communities

Lanarkshire Climate Action Hub

Lift Share

North Lanarkshire Community Climate Action Project

Sustainable Travel

Sustrans

Transport | Net Zero Nation

Walking and Health

NHS Inform

Walking for Health

Paths for All

Voluntary Action North Lanarkshire

For support in setting up or running a community organisation, charity or social enterprise

For volunteering support

Active Travel & Community Transport Workshop

Purpose:

to bring local community groups and residents together to explore ways of strengthening active travel and community transport in their area.

Organised and facilitated by:

one or more local community group/s

- If you would like help from one of our North Lanarkshire "Climate Champions" – please contact info@VANL.co.uk
- You might also want to involve someone with appropriate technical knowledge and skills – see information and resources section above.

Suggested materials and resources:

- Flip-chart paper and stand; pens, markers; blue tack etc.
- A computer with internet connection.
- A list of existing, local active travel and community transport initiatives.



Time: Approx. 2 - 3 hours. Including a 15 min. break with refreshments.



Participants: anyone who wants to participate but best to try to keep numbers to a manageable size of between 5-25.



Format: ideally an in-person event in a community venue but could be done online if this is necessary.



Note-taking/flip-charting of key points and ideas: by facilitator or others.

Welcome, Introductions and Envisioning



 Approx. 30 mins

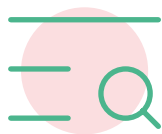
Facilitator to introduce themselves and welcome all to the workshop inviting them to introduce themselves and:

- To share what brings them here.
- What vision they have for strengthening active travel & community-led transport in their community.
- What experience, skills or resources they can bring.

Facilitator to reflect back to the group any common visions/ideas that seem to have emerged and seek feedback from the group.

Active Travel & Community Transport Workshop

Reviewing and Mapping



 Approx. 45 mins

The facilitator will support the group to undertake the following activities.

Explore Options for Active Travel & Community-Led Transport

With reference to existing local examples, or examples from other areas, discuss options to strengthen active travel and/or community transport in your area. For example:

- Bike-sharing
- Car-sharing and/or lift-share schemes
- Community transport schemes with electric vehicles
- Cycle-friendly community schemes
- School-route walking and cycling support
- Walk and cycle to work schemes

Mapping Allies and Resources

Identify potential allies and resources in the community and who will approach them to build support, including:

- Existing active travel and community transport schemes
- Charity shops
- Local businesses
- Other community groups of all types, e.g. youth groups; regeneration projects;
- Local councillors, MSPs, MPs

Don't forget to have a 15 min break either at this point or a bit earlier.

Action Planning

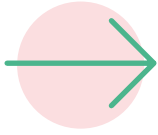



 Approx. 30 mins

Now that the participants have explored their vision, options and resources, the facilitator will help them agree what they want to do in their community to strengthen active travel and community-led transport.

Active Travel & Community Transport Workshop

Next Steps and Closing



 Approx. 15 mins

- Facilitator to help the group decide how their agreed actions will be taken forward - e.g. another meeting; when; who will organise this
- Facilitator to ask the group to reflect on how the workshop went and ask each participant to share one thing they will be taking away from the session
- Thanks, and close