



London Borough
of Hounslow



TfL
TRAVEL
FOR LIFE



January 2025

Travel for Life - January Updates

Dear travel champions, welcome to our latest newsletter! We are pleased to present some exciting opportunities for your schools from Hounslow's travel planning team.

Follow us on [Twitter](#), [Facebook](#) and visit the [Hounslow Travel Active](#) website for active travel and related news.

Thank you for all your hard work and remarkable progress you have made towards achieving the Travel for Life accreditation this year. Keep up the fantastic work!

Main Updates and Reminders

Contact Information

- If your accreditation is expiring in August 2025, please email: STA@hounslow.gov.uk to arrange a call to see how we can help.
- Arundhati Sharma and Michael Everard are your borough officers working on the Travel for Life programme (formerly STARS). Our team is here to assist with your travel planning and accreditation journey so please do get in touch!

School Transport Forum

An event dedicated to school staff and students was held at Hounslow House to ensure the voices of young people were heard and incorporated in the strategy. Primary and secondary schools were in attendance including Spring Grove, Hounslow Town, Wellington, Berkeley, The Rosary and Lampton School. Hounslow Youth Council members also attended to share their views and help facilitate some activities. The pupils took part in a range of short activities and a smoothie bike was also in attendance with over 30 drinks made on the day. A survey is also open for 11–18-year-olds in the borough with over 500 responses received to date. (see attached photo)



Secondary School Survey and Staff Engagement on Strategy

Young People's Travel Survey

Hounslow Council would love to hear from young people aged 11-18 to learn about how you travel around the borough and how transport could be improved. Take part in our short survey to be in with a chance to win prizes for your school/college and year group. Whether you live, work or study in the borough, we are keen to hear from you via the attached QR code or the following link:

<https://forms.office.com/e/dRxf6SpctZ>.

Staff Engagement

We would also encourage members of staff to have their say at [our webpage](#) where 3 quick poll questions can be answered from the main landing page. If you would like to find out more and read our draft documents, [please click the images or links below](#):



- Transport Strategy: <https://talk.hounslow.gov.uk/moving-forward>
- Active Travel plans: <https://talk.hounslow.gov.uk/active-travel>

FREE Learn2Ride cycling course for children!

Hounslow Council is offering FREE cycling course this February for children in Reception and above!

It is for residents who live, work or study in Hounslow.

A perfect opportunity for a child to:

- ✓ Learn to ride a bike
- ✓ Gain confidence on two wheels

Location: Feltham Park, Hounslow Road, Feltham, Middlesex, TW14 9DN & Inwood Park, [103 Inwood Rd, Hounslow TW3 1XA, United Kingdom](https://www.google.com/maps/place/103+Inwood+Rd,+Hounslow+TW3+1XA,+United+Kingdom)



[Register Here](https://bit.ly/HouL3)

GAPPED – After School Cycle Club



TEENS! LET'S GET RIDING!

Join us for an hour of free, fun-filled rides and cycling lessons for teenagers every Sunday at Heston and Hanworth Park!

FREE

gapped academy

- Hourly sessions every Sunday
- Coaching & led rides
- Bike & helmet provided
- Qualified ride leaders & coaches
- Suitable for ages 11-16
- Learn to ride sessions available at Hanworth Park
- Free sign up via the Spond app - TPXLN

HESTON PARK

- 9:00am - Coaching & led rides
- 10:00am - Coaching & led rides
- 11:00am - Advanced rides

HANWORTH PARK

- 1:00pm - Learn to ride
- 2:00pm - Coaching & led rides
- 3:00pm - Coaching & led rides

www.gapped.co.uk/youth

London Borough of Hounslow

Join us in our FREE after-school cycling club at Heston and Hanworth Park.

These are hourly sessions that are held every Sunday.

It is suitable for children aged 11-16.

To join, simply sign up via the Spond app using the code TPXLN.

Don't miss out on this opportunity to enjoy cycling, make friends, and build new skills!

For more information, contact us at cycling@hounslow.gov.uk

Fix-a-bike course for students!

We're pleased to announce an exciting opportunity for your students to participate in the Fix-a-Bike course, a practical, engaging workshop that will empower students to develop essential bike repair skills and boost their confidence in using cycling as a sustainable, independent mode of transport. Cycleworks, a social enterprise, offers this



course to teach hands-on bike repair and maintenance skills to young people. Since 2022, close to 2,500 students have taken part in this initiative, acquiring hands-on experience, confidence, and a deeper understanding of the societal and health benefits of cycling.

Please note that all dates are currently booked until February. To be added to the waitlist, please email cycling@Hounslow.gov.uk Priority will be given to schools participating in our Travel for Life program.

Free Dr Bike Session for Schools



We are pleased to offer schools a free 2 hour Dr Bike session which is perfect for both students and teachers!

These two-hour sessions can be scheduled after school or even during lunchtime, if that suits your timetable better.

Our experienced mechanic will perform a full bike check, covering wheels, brakes, gears, pedals, and more. Minor adjustments and repairs will be handled on the spot. For any major repairs they cannot fix, they will advise riders on what works are required on their bike.

For more information or to book a session, please

contact us at cycling@Hounslow.gov.uk

New Travel for Life Recruits

We are delighted to welcome St Mary's Catholic Primary School, Isleworth and Hounslow Heath School to our 'Travel for Life' program. Congratulations to both schools on earning bronze accreditation!

We would also like to extend our heartfelt thanks to all the schools participating in Travel for Life. Your hard work in achieving higher accreditation or retaining your current accreditation is truly appreciated.

If you need any assistance with your school travel plans, please feel free to book a session with us at STA@hounslow.gov.uk.

Keep up to date with Hounslow Council's Active Travel initiatives and plenty more.

Hounslow Active Travel

website: www.hounslowtravelactive.co.uk

Twitter: [@htravelactive](https://twitter.com/htravelactive)

Facebook: [@HounslowTravelActive](https://www.facebook.com/HounslowTravelActive)



Thank you for subscribing to our Travel for Life Newsletter. If you'd like to subscribe to more newsletters on a variety of topics from Hounslow Council, please [click here](#).



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