This week is Ride and Stride Week! Celebrate by getting involved in one or more of the activities planned!

Transport for NSW will be at the Westmead Hospital on Monday, 10 October and The Children’s Hospital at Westmead on Tuesday, 11 October. You’ll be able to pick up, activate and recharge an Opal card and seek advice from Transport for NSW staff on getting to work.

Parramatta Light Rail team will be at The Children’s Hospital at Westmead on Monday, 10 October and Westmead Hospital on Wednesday, 12 October so come and look at the plans, provide feedback and ask questions.

On Wednesday, 12 October Ride2Work day will host a breakfast for all those participating in the event from 7am at the front of the main entrance to The Children’s Hospital at Westmead.

We’d like to encourage all staff to think about how they might come to work one day this week by leaving the car at home and coming either by public transport, walking part of the journey or cycling. Plan your trip on public transport by using the Transport for NSW trip planner.

Please be sure to take 60 seconds of your day this week to complete the survey which will tell us more about your Ride and Stride experience and provide useful feedback for the future planning of transport and access at Westmead.

If you would like to learn more about how your department can get involved, contact the project office on 1800 990 296 or email us at WSLHD-WestmeadProject@health.nsw.gov.au
Next week, make sure to snap a pic of yourself riding and striding to Westmead. Upload your photo to Facebook or Twitter with the hashtag #rideandstride. The most creative and funny entries will feature in next week’s project update!

Sydney Ideas Series: The role of activity in our working day

The University of Sydney features another fantastic Sydney Ideas talk at Westmead this week.

A great complement to Ride and Stride Week is a talk on obesity as part of World Obesity Day, tomorrow 11 October, at the Westmead Institute for Medical Research.

Associate Professor Manos Stamatakis, a Charles Perkins Centre researcher specialising in the influence of physical activity and lifestyle on health will talk about the individual responsibility we all have to keep active.

And keeping active while we’re at work, or going to and from work is key.

Assoc Prof Stamatakis welcomed the Ride and Stride Week as a great initiative of the Westmead Redevelopment. “This a great opportunity not only to highlight the role of active travelling in improving your health, but most crucially to recognise the importance of the availability of transport alternatives to private cars that are both convenient and contribute to less congested roads and a cleaner environment.

‘Ride and Stride Week gives workers the chance to contribute to developing better, healthier environments for themselves and their peers.” Assoc Prof Stamatakis said.
Do you know the local cycleways?

Thinking of cycling to work this week?

If you’ve been entertaining the idea of riding to work but issues like road safety and not knowing your local cycle paths have kept you from giving it a go, it’s worth consulting [http://www.sydneycycleways.net/](http://www.sydneycycleways.net/). It has the most up to date information on bicycle road rules and important tips about how to commute safely and securely by bike. Did you know that cyclists can:

- Travel in bus lanes and transit lanes.
- Travel to the front of traffic on the left hand side of stopped vehicles, so long as they are not indicating and turning left.
- Take up a whole lane of traffic.

The Sydney Cycleways website also includes a handy map detailing the local cycle routes around the greater Sydney region. You’ll also notice that cycle routes are split into three categories; separate dedicated cycleways, dedicated cycling lanes and bicycle-friendly roads. Consulting this map is a great way to plan your journey to Westmead and ensure a safe trip to and from work.
Diabetes Australia’s Walk to Work Day is Friday 7th October 2016.
It is an annual event which helps employers and employees to build regular walking into their daily routine. The day aims to promote regular walking as a healthy activity, reduce the incidence of type 2 diabetes and reduce car-dependency.
www.walk.com.au

Walktober Challenge
October is Australia’s walking month.
Set yourself a target for your walking this October or create a team challenge with your colleagues, family or friends. It can be an amount of time a day or a weekly distance challenge – your choice.
www.walktober.org.au

Did you know it’s ‘Walktober’ this month?

Tips for increasing walking:
- Walk during your lunch break
- Try a walking meeting with your colleagues
- Start a staff walking challenge within your department
- Take the stairs instead of the elevator
- Try using a pedometer to count your steps and aim to gradually increase your average daily steps
- Get off the bus or train a stop earlier
- Walk to a restroom that’s further away from your desk
- Walk to your colleagues desk instead of emailing them
- Set a reminder on your phone or computer to stand up and walk around the office every one to two hours

Wellness Walk
Bridge Walk for Mental Health.
Sunday 16th October 2016
Location: Government House for Start & Finish
Route options: 5km walk across the Sydney Harbour Bridge OR 2km mini walk through the botanical Gardens
www.wellnesswalk.org.au
Important information on our works

- Please be patient, there will be disruption on the campus over the next five years.
- Check signs around your usual parking area for upcoming changes as the project progresses.
- Follow instructions from site staff.
- Walk only on marked paths.
- Report any concerns or questions you have to the Project Office – 1800 990 296

Works On Site

- Car parking construction. Access to Oval is closed until the new car park is opened in November 2016.
- Construction works continuing in this location. Please follow the instructions of traffic wardens.
- New Children’s Hospital at Westmead car park access works underway. Works to be complete early November.
- Construction of the new helipad

This section of the Institute Road car park will open in October 2016.