

NLAF WORKSHOP 4th FEB 2014



IMPROVING ACCESS IN THE NEW FOREST

(FOR PEOPLE WITH MOBILITY DIFFICULTIES)

Alastair Duncan and Joan Cundill

New Forest Local Access Forum

AN ACCESSIBLE PATH?



- An accessible path is 100 metres long and made of tarmac or concrete.
- It is level, with 4 park benches with arms, and with disabled toilets and disabled parking at either end
 - This is not a countryside walk !

SID & FLOSS' EASY-GOING WALKS



A series of 16 walks and 4 easy-access places which have been surveyed and assessed for people with mobility difficulties.

- Only 15% of this group are full time wheelchair users.
 - May have physical or heart/lung problems
- Also popular with parents with child buggies and the elderly.

WHY SID AND FLOSS?



- SID and FLOSS are acronyms.
- It is a system for evaluating and giving detailed access information about a walk.
- The information enables people with mobility problems to decide for themselves if a particular walk is suitable for their own needs and abilities.

SID AND FLOSS



- **SID**

- SID stands for
 - **S**upplementary
 - **I**nformation for the
 - **D**isabled
 - This is additional information which can not be shown easily on the maps

- **FLOSS**

- FLOSS is the access information
- **F**acilities
- **L**ength
- **O**bstacles
- **S**urface
- **S**lopes

FLOSS



- **Facilities** - blue badge parking, disabled toilets, BBQ/picnic tables, information point, ice cream van etc.

FLOSS



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- **Length** - of walk in kms. and miles

FLOSS



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- **Obstacles** - tree roots, muddy areas, restricted gaps, gates etc.

FLOSS



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- **Surface** - quality is more important than type of surface. Most of our walks are on good compacted gravel, with some firm grass/soil paths



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- **Slopes** - gradients and cross-falls

TALL TREES TRAIL at BLACKWATER



OUR EQUIPMENT FOR SURVEYS



- A GPS, an instrumented mobility scooter, altimeter, inclinometers, camera, tape measure, clipboard, and a flask of coffee.....



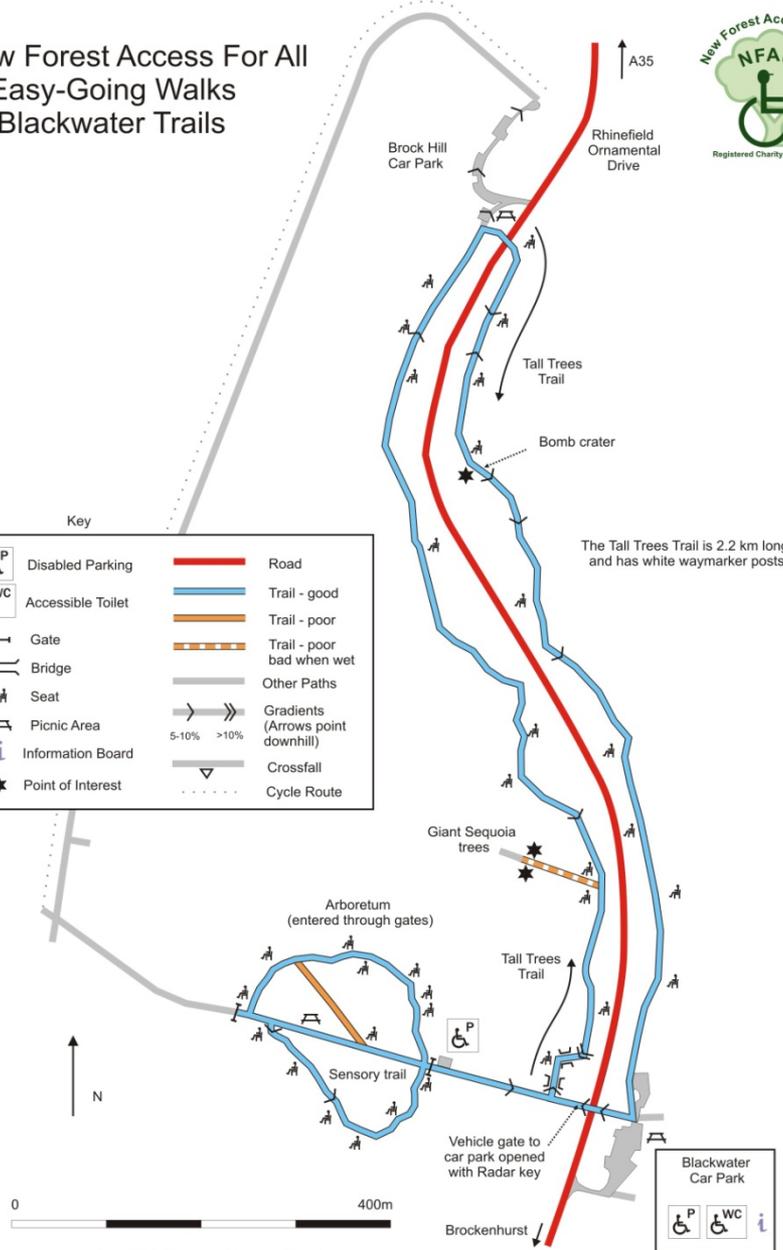
New Forest Access For All Easy-Going Walks Blackwater Trails



Key

	Disabled Parking		Road
	Accessible Toilet		Trail - good
	Gate		Trail - poor
	Bridge		Trail - poor bad when wet
	Seat		Other Paths
	Picnic Area		Gradients (Arrows point downhill)
	Information Board		5-10% >10%
	Point of Interest		Crossfall
			Cycle Route

The Tall Trees Trail is 2.2 km long and has white waymarker posts.



Blackwater Car Park



SID & FLOSS's EASY- GOING WALKS BLACKWATER.

Sat nav. coordinates 50°50'27" N 01°37'16" W
Ordnance Survey coordinates SU 266 057

Blackwater car park is on the Rhinefield Ornamental Drive about 4 miles SW of Lyndhurst. There are several circular easy-going walking trails from the car park. They are all very pleasant woodland walks on a good gravel or firm grass/gravel surface. The Tall Trees Trail is particularly attractive; many of the large conifer trees were planted in 1859.

FACILITIES

Toilets - with a separate disabled cubicle.

Picnic area - at the Blackwater car park has picnic tables and fireproof tables for disposable BBQs.

An ice cream van - during school holidays and usually at weekends Easter-November.

LENGTH of walks Tall Trees Trail 2.2 km. (1.4 miles)
 Arboretum approx. 1 km. (0.7 mile) depending on route taken.

OBSTACLES. Gates at entrances to Arboretum
 Chicanes at road crossing points – (minimum width 1.1metres).

TALL TREES TRAIL - White way markers - Difficulty level 2

SID says: This is an excellent easy-going walk with one or two short slopes of 10% and no cross falls. There are several information boards and a World War II bomb crater. As this walk is under trees there are inevitably many tree roots on the path, but there is always a way around or over them.

ARBORETUM WALKS - Difficulty level 2.

SID says: The path up to the Arboretum has a long but gentle slope on firm gravel. All the routes marked on the map are accessible, although the Sensory Trail surface has several exposed tree roots intruding on to the path. The grass walk through the middle (**orange path**) is uneven but is an all-weather surface. It is possible to park at the entrance to the Arboretum by using a Radar key to open the vehicle gate (*see map*). You may find the lock stiff to operate as it is infrequently used.

For more information on the Blackwater area go to the Forestry Commission website. www.forestry.gov.uk/newforest or the National Park Authority website www.newforestnpa.gov.uk

Note. The western side of the Tall Trees Trail has been partially resurfaced and is now open again following an outbreak of the plant disease, 'sudden oak death' which was affecting the rhododendron bushes there. A temporary, fully accessible diversion was in place (grey path on map). This has been left on the map in case it is necessary to re-close the western part of the Trail again. The walk is then 3.1km. (2 miles).

Surveyed and updated on 13th March 2012

SUMMARY



- Improving access to the countryside for people with mobility impairments is **not a minority issue**
- No such thing as an accessible countryside walk
- People with walking difficulties **need information** so that they can decide themselves whether a walk is suitable for them

UK - wide scheme similar to our SID and FLOSS evaluation system is needed - NE to take forward?

THE OBER WATER TRAILS





Access for All

Alastair Duncan

Chairman New Forest Access Forum



BIKES AND TRIKES

History



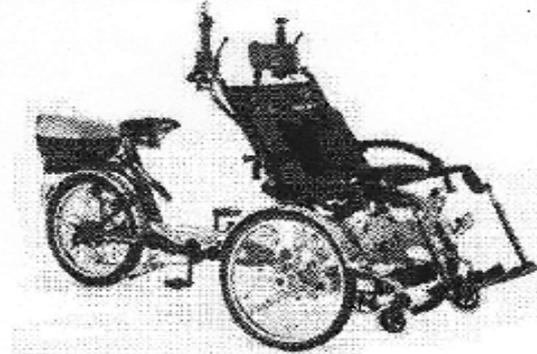
- Hampshire County Council invited bids for funding under the “Aiming High for Disabled Children Inspiring You: Activities for All” Capital Funding 2010/11
- Submission by Dec 8th
- Decision by Dec 22nd
- Spend by March 31st!!

Details of Bid



- 10 No assorted purpose-designed bikes and trikes
£30,400
- New Forest National Park input £5,000
- New Forest District Council input £1,000
- Total £36,400

Types of Bike/Trike



The Draisin Plus is a "bike for life" and enables those with limited mobility to participate in cycling with family and friends. This tricycle is carefully balanced in order to make steering and pedalling as easy as possible and its suspension system makes it supremely comfortable.

The wheelchair unit can be simply disconnected from the drive section of the tricycle for popping into cafes etc. The Draisin Plus has 7 forward gears and can be pedalled backwards for easy manoeuvring.

The Draisin Plus, as standard, comes with a five-point vest and safety harness, hydraulic disc brakes, lateral guides, head support and footrests. The seat can be adapted with extra lateral supports if required as well as the option of fitting a child's supportive seating system, extending the rider age range from 4 years to 99 years.

The Draisin Plus has a combined max user weight (rider & passenger) of 175Kg

New Forest Inclusive Cycling has two Draisin Plus on its fleet.



The Duo provides a stable tandem riding experience and is suitable for people of all abilities who want to cycle together.

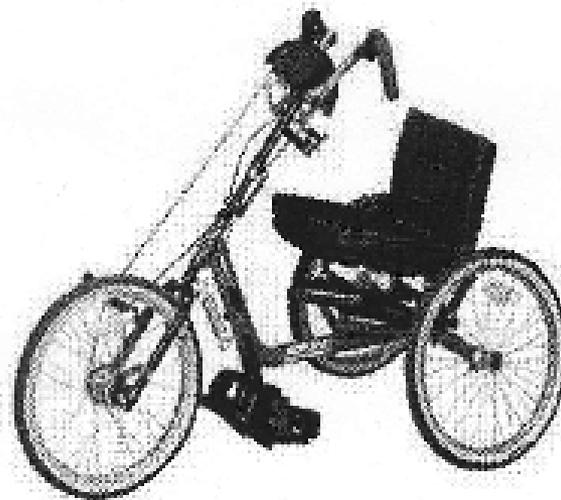
This versatile tricycle allows either or both riders to participate in steering and pedalling. The Duo is an ideal bike also for children with visual impairment and enables them to feel the steering sensation. The front steering system can be disengaged for children with moderate to severe learning disabilities, yet enables them to enjoy cycling with their parents or carer in a secure way.

The Duo is an excellent addition to any cycling initiative. It enables the rider at the rear to control the tricycle whilst allowing the front rider to develop their pedalling technique and grow in confidence.

The saddles and the handlebars of the Duo can be adjusted over time as the rider grows. The front section can be accessorised with hip supports, footplates and calf supports.

The Duo has a combined max user weight (rider & passenger) of 175Kg. The front rider age range is 7 years to **Adult**.

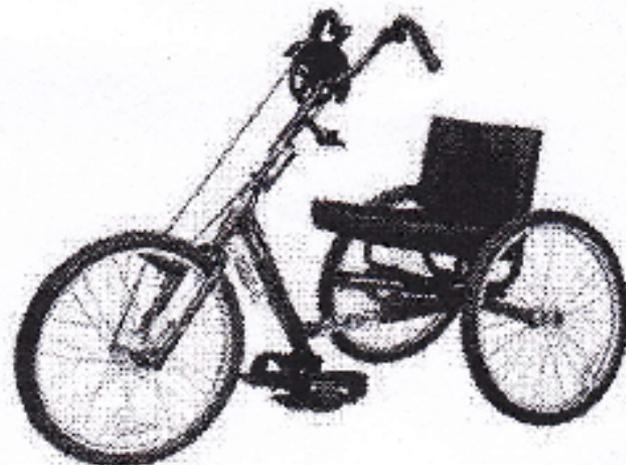
The Duo has a 7 speed hub gear. New Forest Inclusive Cycling has one Duo on its fleet.



Stable and manoeuvrable, this kid-sized handcycle is safe for even the first-time handcyclist. The trouble-free 7-speed hub, with reverse braking, means your child's hands never have to leave the pedals. The Lil' Excelerator is an upright style handcycle that makes transferring in and out of very easy.

Totally adjustable, the Lil' Excelerator will fit children **106cm to 157cm** tall / **Approx 6-10 years**; featuring a simple fore-aft sliding seat, uncomplicated adjustable footrest system and straightforward crank height adjustment.

New Forest Inclusive Cycling has one Lil' Excelerator on its fleet.

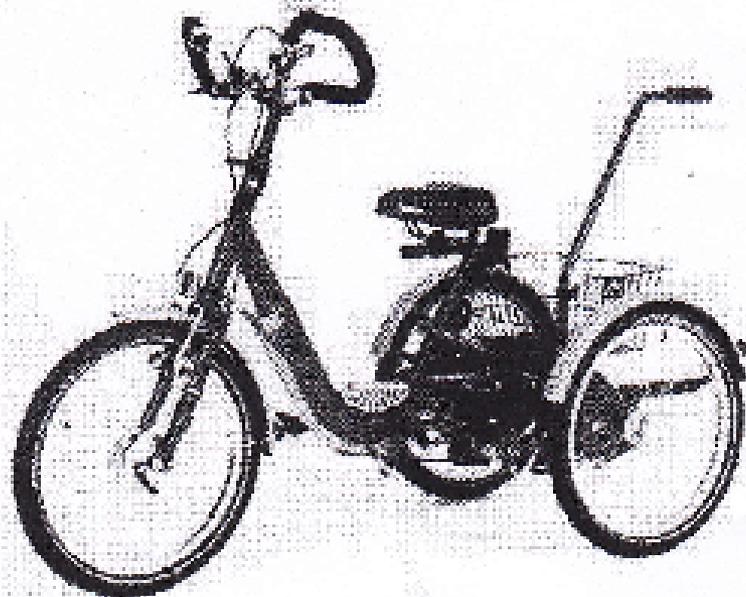


Stable, manoeuvrable, and easy to transfer into and out of, the Excelsator can go up to 15 mph. The smooth Shimano shifter lets you tackle hills or level terrain with equal ease.

The 7-speed Shimano hub, with reverse braking, means your hands never have to leave the pedals. The tri-pin quad handpedals is a popular option for those who have impaired hand function and the mountain drive transmission is great if you have low endurance or steep terrain to climb.

Totally adjustable, the Excelsator features a simple fore-aft sliding seat, uncomplicated adjustable footrest system, straightforward crank height adjustment with a fully adjustable chain tension idler so there is no need to add or remove chain links. Optional Top End V cranks can provide even more power and clearance. With a weight capacity of 158Kg, everyone can ride. **Ages: 11+**

New Forest Inclusive Cycling has one Excelsator on its fleet.



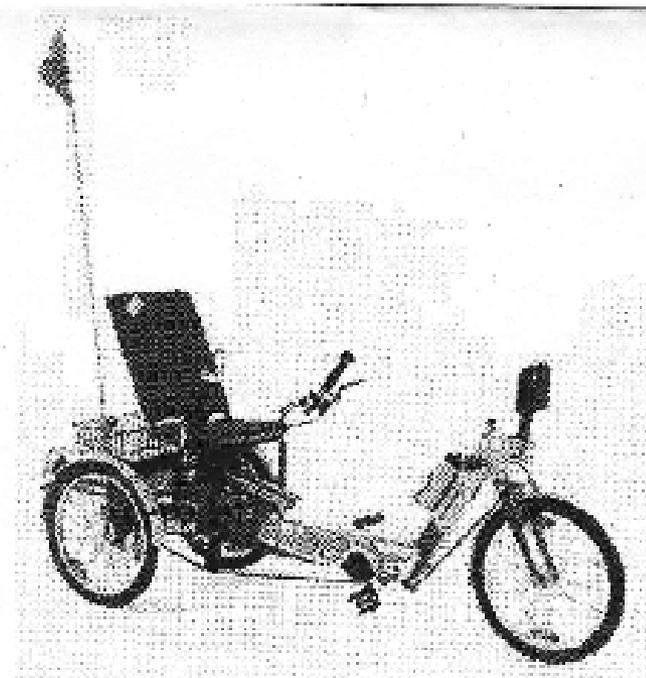
The Neon tricycle is a reliable and stable choice for children aged 4 to 14 Years.

It can be adapted with support accessories to accommodate different abilities.

The Neon has a low centre of gravity and a low, stable riding position. The 16" wheel neon can be upgraded at a later stage using telescopic tubes, larger forks and wheels, therefore prolonging the tricycles useful life.

Support accessories include: rear parental steering system, back supports, footplates and spacers to control the child's ankle/foot relationship. The Neon features front v brakes, rear drum brake, twist grip gear selection and fixed or freewheel pedalling options

New Forest Inclusive Cycling has one Neon on its fleet.



The Relaxino is a semi-recumbent tricycle and is designed to be stable and manoeuvred intuitively. It is steered by means of two handles or it can be adapted to allow steering via the upper body or thighs.

The low centre of gravity safeguards against overturning and enhances handling. The Relaxino feature seven gears which the rider can select using a twist grip mechanism. There are several gearing options to choose from including a reverse gear.

If the rider cannot maintain ninety degrees or greater at the knee joint, the Relaxino is ideal as you can pedal with your legs in an extended position.

Other options include a body steer version and adapted controls for limbless riders.

This model is also suitable for riders who have Cerebral Palsy, Multiple Sclerosis, people with balance impairment or for amputees. Age range: 11 to adult.







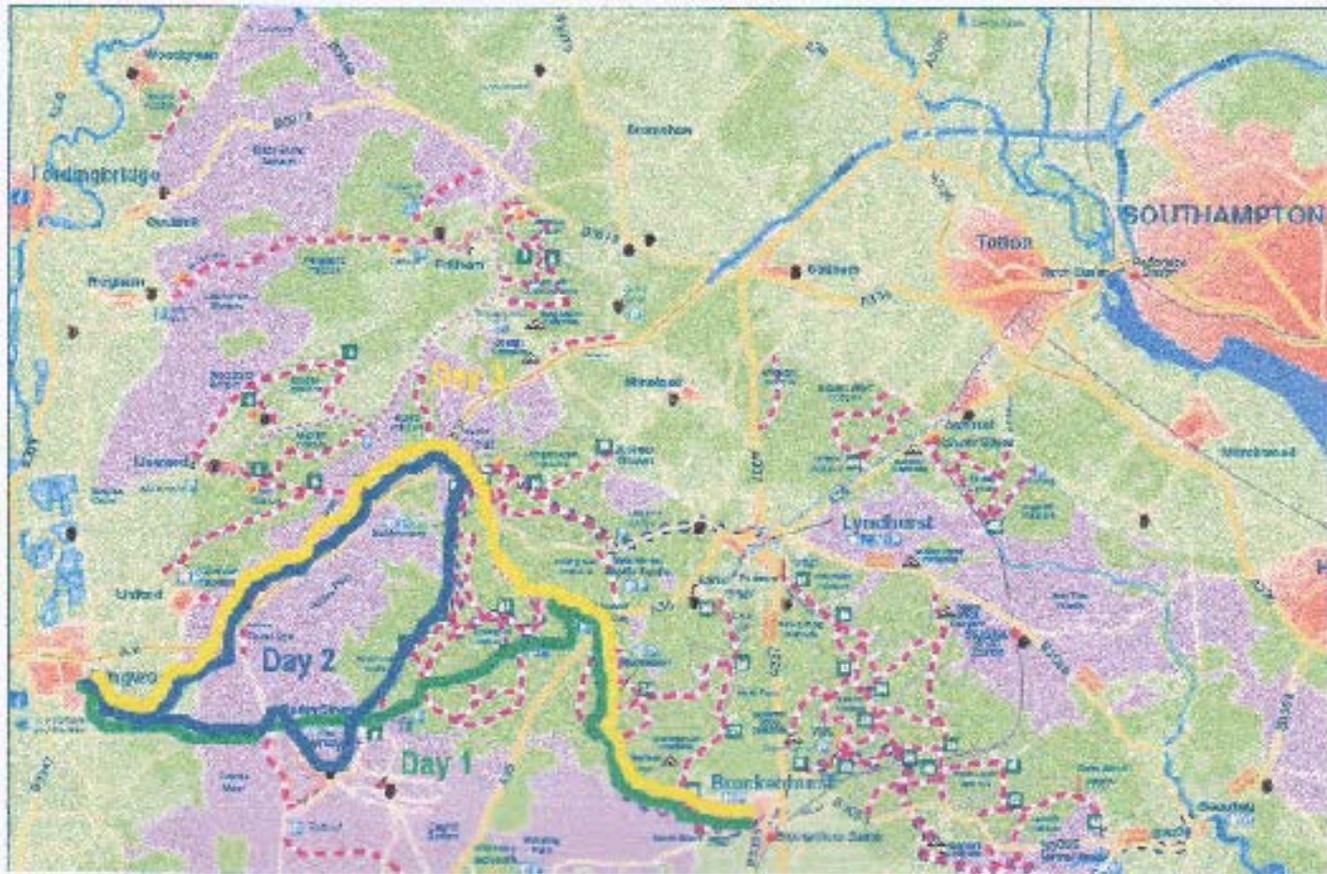






15/01/2014

New_Forest_Map_1.jpg (677x451)



Programme Management



- Cycles stored with Independent Hire Company
- NPA run 10 taster sessions per year, FOC
- Hire Company transport to venue
- Hired out by Company to individuals/small groups, taking profit.
- NPA fund running costs @ £2000 p.a.
- Hire Company Maintains

Learning from Experience



- Take time to research:

Equipment

Appropriate Venue(s)

Storage

Partners

Involvement of Potential Clients (Disability Groups)

Maintenance Costs

Storage

Useful Contacts 1



- Wheels for All: Established 1991
- Over 50 centres countrywide
- Consult with carers, physiotherapists, occupational therapists, Local Councils, Primary Care Trusts
- Trained staff

Useful Contacts 2



- Quest 88 (Manufacturers)
- Can provide technical advice, quotations, advice on choice of bike, maintenance costs





NEW FOREST COMMUNITY TOILET SCHEME



- A joint project with New Forest Access For All (NFAFA), and the National Park Authority (NPA)
- The aim is to encourage local businesses and community centres to allow visitors and residents to use their toilet facilities, without having to make a purchase.
- Many people need easy access to good toilet facilities, the disabled, the elderly and parents with small children

NEW FOREST COMMUNITY TOILET SCHEME



- How the scheme works:

- i) NFAFA approaches businesses, gives them information about the scheme and asks them to take part. If yes...
- ii) The business completes a contact form
- iii) NFAFA liaise with the NPA Chief Ranger
- iv) A Park Ranger visits the business to answer any questions and deliver window stickers
- v) NPA have a map on their 'visitor information' webpage which shows the location of premises and the webpage/details of business in the scheme

NEW FOREST COMMUNITY TOILET SCHEME REGISTRATION FORM

NAME OF PREMISES:

ADDRESS:

WEBSITE:

NAME of CONTACT:

TEL. NO:

E-MAIL:

FACILITIES AVAILABLE:

1. standard facilities
2. standard facilities + baby change
3. standard facilities + disabled toilet
4. standard facilities + baby change + disabled toilet
5. disabled facilities only

Please circle (or underline) appropriate number.

Businesses and other premises have the right to refuse entry in exceptional circumstances..

Contact for scheme: Joan Cundill

E-mail: enquiries@newforestaccessforall.org.uk.

Thank you for becoming a member of the New Forest Community Toilet Scheme.

NEW FOREST COMMUNITY TOILET SCHEME



New Forest
Community
Toilet Scheme



**you may use
our facilities**

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NEW FOREST COMMUNITY TOILET SCHEME



- At present, 21 premises are part of the scheme
 - So far, no adverse comments
- The business benefits from the publicity, increased foot-fall and hopefully increased trade
 - Hope to increase venues in 2014

THE FUTURE



- Increase the number of businesses in the scheme
- Persuade the local authority to pay a small annual retainer to businesses to cover any extra cleaning and equipment costs
- This would allow more control over scheme and enhance its value even further