

North East Transport Connections Project Monthly Highlights.

The Project Partnership Group has been busy this month reviewing the Project Action Plan. With the Project Plan approved the Project Team can move forward with the implementation of the initiatives agreed to by the Partnership Group.

Over the next 2 years the Team will focus on supporting Community Transport, volunteers, Travellers Services, access to specialist services and education, linking communities and improved access to transport information. Transport Connections Projects have the ability to add value to the activities that are already taking place in the region and to assist to address the gaps in the way people travel and access services.

Whilst the Action Plan looks at the issues across the project area NTCP also provides the opportunity, through the Small Grants Program to assist local groups to address their transport and access needs.

A copy of the Project Action Plan and the Grant Guidelines are available from the NTCP Office 02 60492150 or can be downloaded from the Community accessibility website. www.communityaccessability.com.au

NTCP Welcomes Wodonga City Council as a Partner to The Project

City of Wodonga Joins the Commuter revolution for National Ride to Work Day

When: Wednesday 12 October 2011, 7am – 9am

Where: City of Wodonga will be hosting a free ride to work Day Breakfast at:
Woodland Grove (At the Water Tower)

What:

- Redback BBQ are cooking a FREE breakfast of bacon and egg muffins , sausages, onion and has browns. Fruit, water and Juice will also be provided.
- The first 30 riders will receive a free coffee
- There are prizes to be won on the morning. Best fitness Workout Award, Best Rider/Walker Outfit, Best Anti Magpie Outfit and First Rider to Arrive Award.
- The Wodonga YMCA will be running three FREE group fitness activities with classes at the following times.
7.15am Body Balance 7.45am Body Attack 8.15am Body Attack

Why:

- The risk of inactivity is 20 times greater than the health risk posed by a potential accident on a bike
- 3 hours of bike riding a week reduces the risk of heart disease and stroke by 50%
- A Regular bike rider can be expected to be as fit as a person 10 Years Younger
- Those that ride their bicycle to work each day showed a 39 percent reduction in the risk of all – cause mortality over 15 years
- Women who ride their bicycle 30+ minutes a day have a lower risk of breast cancer
- Every bicycle km ridden saves society 25 cents in the dollar, every car km driven costs 16 cent in the dollar



What's happening across the state?

Victorian Seniors Card Holders

Victorian Seniors Card holders are eligible for free travel on public transport across the state during the 2011 Victorian Seniors Festival. 8 days of free regional and metropolitan travel starting from Sunday 2 October to Sunday 9 October 2011.

Carpooling

In the age of Climate Change more and more people are taking the opportunity to carpool. Carpooling not only reduces the number of vehicles on the road it assists participants financially, spreading the burden of the cost of travel, not to mention the social aspect of the experience.

An innovation of **Northern Mallee TCP** has introduced a carpooling project via a Facebook page which has enabled women to use this page for carpooling to get to their breast scan appointments. The idea behind this page is to create an online opportunity for women to coordinate private cars for transportation.

Carpooling can be simple as a whiteboard in a neighborhood centre or as complex as a dedicated computer system. NTCP can help facilitate and fund this type of project. Feel free to call us if this is something that your community is interested in.

What's on?

Put the following dates in you diary.

Event	Date	Location
Taxi Industry Enquiry	29 Sept	Wodonga
Seniors Week	2 -9 Oct 2011	
Community Transport	4 Oct 2011	La Trobe University
Project Partnership Group	13 Oct 2011	
Regional Project Forum	24 Nov 2011	La Trobe University
Project Partnership Group	8 Dec 2011	
Regional Project Forum	22 Mar 2012	Wangaratta
Project Partnership Group	10 May 2012	



Melbourne Medical Companion Project.

Melbourne Medical Companion Project

Improving Access For All

TRAVELLERSaid **1300 700 399**

Volunteer companions are now available to accompany you from the Flinders Street Station and the Southern Cross Train & Bus Terminals to your health care appointments in central Melbourne. Bookings are essential.

Have You Got a Great Idea?

Can NTCP help?

Small Grants now open

Grants up to \$1000 available for projects that assist people to access

Services

Education

Health

Leisure and

Social Activities

Call NTCP now (02) 6049 2150

Project Update

NTCP's Project Update is released at the start of each month. If you would like to include something from your community please contact Karen (02) 6049 2150.



Useful Links

Carpooling Facebook Page

www.facebook.com/pages/Sunraysia-Car-Pool/150640511661164

National Ride to Work Day

www.ride2work.com.au

