

## **6 CITY OF RYDE 'PLAY STREETS' COLLABORATION - A HEALTH AND RECREATION STUDY AT MACQUARIE UNIVERSITY - Councillor Penny Pedersen**

**File Number:** CLM/19/1/1/6 - BP19/846

### **BACKGROUND:**

Dr Josephine Chau is a Senior Lecturer at the Department of Health Systems & Populations in the Faculty of Medicine & Health Sciences at Macquarie University. Dr Chau's main interests are in promoting physical activity and reducing prolonged sitting in adults and children in different settings and works in promoting health across the community.

She is currently working on evaluating the concept of Play Streets. A 'Play Street' is an outdoor play space created by temporarily closing off the street to through traffic so that children and adults can play outside. They have been trialled in the UK, US and Belgium with good evidence of community acceptance. The purpose of the trial is to evaluate evidence about health and wellbeing impacts (e.g., physical activity, mental health, social connectedness). This will be increasingly important to high density residential communities of the future.

She is working with another Sydney LGA and wishes to develop the Play Street initiative further across Sydney.

Given the increase in high density living and increasing incidence of social isolation the data gathered through this collaboration and the opportunities for community consultation on other issues would be beneficial to City of Ryde.

### **MOTION:**

That a report be brought back to the City of Ryde Works and Community Committee that:-

- (a) Identifies a street in the City of Ryde, with a broad cross section of ages and abilities, who would like to trial a Play Street.
- (b) Includes the input of Dr Josephine Chau, Senior Lecturer at the Department of Health Systems & Populations – Faculty of Medicine & Health Sciences at Macquarie University, who has offered to assess the impacts of the trial and provide high quality data to inform future planning.
- (c) Identifies other community consultation/ education that can be conducted during Play Street trial.

Council, dated 19 July 2019, submitted on 23 July 2019.

**NOTICE OF MOTION 6 (continued)**

- (d) Identifies how the 'Play Street' might become a regular event moving around the LGA.
- (e) Includes for consideration in the trial a portable street soccer court and go-cart building/racing workshop.