

CCHC Call for Evidence

Response ID	Start date	Completion date
[REDACTED]	[REDACTED]	[REDACTED]

1	Title	[REDACTED]
1.a	If you selected Other, please specify:	

2	First Name(s)	[REDACTED]
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3	Surname(s)	[REDACTED]
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4	Contact email address	[REDACTED]
4.a	Additional email address (please complete this if you are submitting evidence on behalf of someone else)	

5	Location	United Kingdom (GB)
5.a	If you selected Other, please specify:	
5.b	City	Oxford

6	Institution/Company/Organisation	University of Oxford (retired)
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7	Summary of evidence	My personal experience and outlook show me the importance of better planning for cycling, taking into account the fact that it rains a lot in the UK, and that I have learned from Covid the importance for vulnerable people (including essentially all older people) of the dangers of catching potentially fatal respiratory diseases in crowded indoor spaces, especially crowded public transport, and that I expect this to affect long-term my willingness to enter such spaces.
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8	Please select which exposure(s) your evidence relates to. Further explanation on these exposures can be found on a PDF file here. Please select all that apply.	Planning (e.g. density, green spaces, housing, transport, urban design etc.)
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9	Please select which outcome(s) the submitted research relates to. Please select all that apply.	<ul style="list-style-type: none"> • Wellbeing • Health (physical): (e.g. non-communicable diseases, communicable diseases, behaviours etc.) • Quality of Life • Lived experiences: (e.g. social health, social wellbeing, social behaviour etc.)
10	Method of evidence submission: If you need to provide further evidence, please submit this either digitally via email or hard copy via post.	Digital (via email to gchu@kellogg.ox.ac.uk)
11	How did you hear about the Commission on Creating Healthy Cities and the associated call for evidence?	Oxford Alumni talk on 13 Sept.

[REDACTED]

From: [REDACTED]
Sent: 13 September 2021 18:02
To: Kellogg Centre - GCHU
Subject: submission to CCHC - Call for Evidence

In your talk for Oxford Alumni today, you said you were also interested in submissions from individuals about their own experiences, so after some troubles* I filled in your online form and am in this email submitting my evidence.

[REDACTED]

My summary as given on website: My personal experience and outlook show me the importance of better planning for cycling, taking into account the fact that it rains a lot in the UK, and that I have learned from Covid the importance for vulnerable people (including essentially all older people) of the dangers of catching potentially fatal respiratory diseases in crowded indoor spaces, especially crowded public transport, and that I expect this to affect long-term my willingness to enter such spaces.

Further details:

Cycling:

In order for cycling to be really usable as a significant mode of transport, provisions for it need to take account of the unpredictability of the UK weather, which means it may rain on your return journey even if it looked OK when you set out. You can protect yourself somewhat with rain gear but are still subject to the difficulties of the surfaces you are travelling on. The bad condition of the roads and cycle paths in Oxford means there are frequent puddles. Riding through a puddle can be dangerous as it might conceal a pothole or other obstacle. Diverting around it can put you dangerously in the path of an overtaking car or cycle. Puddles on the side of the road can really splash you badly when you are riding on a cycle path near the side of the road and a car goes through the puddle. Also visibility is reduced in the rain especially in the dark, so that places where you have to ride in the road are even more dangerous than usual.

When I first moved to Oxford and was still working, I initially cycled to work and back but soon gave it up as it just felt too dangerous in the rain, so I used the bus instead when it was raining for those particular journeys, especially in the winter when it gets dark early. Then I too often found I had left my cycle in the other place for the previous journey so had to use the bus for the second journey as well. Now that I am retired, I would like to be able to cycle to evening concerts but then the return is always in the dark and leaving my cycle there if it has started to rain isn't a realistic option.

I used to live in Germany and conditions were much better so that this was rarely a problem. Here in Oxford I find it very bad. In fact it also affects walking, in particular for getting splashed by passing cars or stepping in a puddle not visible in the dark.

Lessons from Covid: I get quite ill from just a cold, but before Covid, I hadn't really realised it was possible to avoid catching it by avoiding crowded places. Now that I know, and have gotten used to doing all my shopping online and enjoying concerts online, I don't expect to return to my previous habits of frequently taking the train into London and travelling on the underground. Nor do I expect to use the bus in Oxford. This focuses my attention on my local "15 minute" neighborhood. I suspect that a significant fraction, even if a minority, of elderly or vulnerable people will feel similarly, leading to a long-term change in habits for that subset of the population.

[REDACTED]