

Good practices in HEPA

NAME OF THE ACTIVITY

Playstreets

LEADING ORGANISATION

PlayingOut

COUNTRY

 United Kingdom

HEPA-RELATED TOPIC

Physical activity among children and youth

TYPE OF ACTIVITY

Play

TARGET GROUP

Residential communities

OBJECTIVES

A parent- and resident-led movement restoring children's freedom to play out in the streets and spaces where they live, for their health, happiness and sense of belonging. A model where neighbours close their street to through traffic for a couple of hours, creating a safe space for children to play. The idea is called 'playing out' – it has also become known as 'play streets'.

ACTIVITIES

The project offers multiple tools: A playing out manual, playing out activator guide, editable playing out poster, template risk assessment, meeting invitation. All are available to download online. Several webinars have also been presented on how to organise a play street (aimed at residents), how to support others to do this (aimed at councils and community groups) and the impact of play streets on communities, children's health and active travel (aimed at decision makers).

RESULTS / EVALUATION

The information and resources have been written for UK residents and refer to local legislation which allows residents to apply to close their streets to cars in order to open them for play. However, these ideas have also been put into practice in other countries, including Germany, with the introduction of Spielstrasse in Berlin. Play streets have also spread all the way to Australia!



TIPS & TRICKS

The main top tip is that play streets should be resident-led, done by the people not for them. Some people will face barriers which make it harder for them to take action in their communities, resulting in them needing support to get started. But they should still feel that they are the ones in charge of their street play event. Decision makers need to make it as simple, easy and affordable (preferably free!) for residents to close their streets to through traffic. And everyone involved in promoting play streets should feel confident saying that play streets are for everyone, not just children. They bring communities together, strengthen connections and allow friendships and support networks to be formed.

WEBSITE

www.playingout.net

CONTACT

hello@playingout.net