



## IN BRIEF

### New road layout 'easing flow'

EARLY signs show that a new one-way system is easing traffic flow in Lincoln.

A six-month trial of the system began on Sunday in Clasketgate, Corporation Street and part of West Parade.

The system means traffic can run only from east to west off Broadgate towards Beaumont Fee. The alternative for eastbound traffic is via Beaumont Fee, Mint Street and Silver Street.

The county council's divisional highways manager Alan Aistrup said that the first morning rush-hour yesterday appeared to show improved flows at the Broadgate junction.

But he conceded rush-hour road use was down 20 per cent during half-term and said further studies would have to be done when the schools reopen.

Tanya Chadderton (34), owner of Happy Appetites cafe in West Parade, said: "It will make deliveries easier and customers may be able to park."

### Three injured

A LORRY ploughed into the back of a car in fog, shunting it into the back of a car ahead.

One lane of the A15 near Blyborough, north of Caenby Corner, shut for two hours following the collision just before 10am yesterday.

The occupants of the three vehicles suffered minor injuries.

### Training cash

TRAINING for hospital staff caring for cancer patients will get a cash boost.

The Lincoln Minster Townswomen's Guild is handing over £600 to the oncology department at Lincoln County Hospital which was raised from various events.

## SNAP IT!



Found yourself in the midst of a major news story? E-mail your digital camera or mobile phone pictures to [pix@lincolnshireecho.co.uk](mailto:pix@lincolnshireecho.co.uk) or 07843 295860

# Are kids today prisoners in their own homes?

## Well, here's a raft of ideas to get them out and exercising

**YOUNG people who are not getting enough exercise are 'prisoners in their own homes', according to a new report.**

The Scout Association reckons that 89 per cent of Britain's eight million seven to 18-year-olds are not active enough.

In response, it has launched the Kids Outdoors campaign to encourage youngsters to exercise an hour a day as advised by the Department of Health.

Helen Burt (14), of the Sentries Explorer Unit in Waddington, said: "Doing activities outdoors is really good for your body and excellent fun. You get the feel-good factor and there is no reason why you should not."

"You can be doing a tough hike or just having a kick around in the park with your mates, or maybe doing something more adventurous like climbing or caving."

"There is no excuse to sit in front of a TV screen all day."

The report, based on a survey of 2,000 children and parents, also revealed that problems faced by youngsters in accessing activities included lack of outdoor space, lack of cash and concern for personal safety along with school work.

Not surprisingly, television, computers and games consoles are the most popular pastimes.

But the Scouts' campaign aims to change this by encouraging parents and young people to engage in activities, providing more information

by Louise Wallace  
[louise.wallace@lincolnshireecho.co.uk](mailto:louise.wallace@lincolnshireecho.co.uk)

on what is going on in local areas and raising more than £10m to invest into facilities. Mother of four Wendy Marshall (38), of Shakespeare Street, off High Street, Lincoln, said she thought it was important to get young people out and about.

"We do not have a car so if we want to go anywhere we use our bikes or walk," she said.

"I know some of my friends' kids do not do a lot because they get driven everywhere. "The lads go out more than the girls because they like to kick a football about."

"I could play outside more when I was young because I lived in a village where we felt more secure."

Other charities are being encouraged to support the Scouts.

British Heart Foundation spokesman David Barker said: "With predictions that one in four children will be obese by 2050, it is essential that we get young people more active. Physical activity can help build a healthy heart, develop strong muscles and bones and may help reduce the risk of some chronic diseases in later life."

"The Scout Association's Kids Outdoors initiative is a

**ACTIVE LIFE:** Outdoor fun was to the fore last spring when a weekend Scout camp at Sudbrooke featured challenges including tree climbing, bridge crossing and rafting.

great campaign and will help young people to get the recommended daily dose of at least one hour of moderate intensity exercise each day."

■ Echo comment ... Page 10.



## EXPERT VIEW

**Sam Small,**  
neighbourhood youth sports  
co-ordinator for Lincoln City  
Council



This is an excellent initiative that has the potential to benefit millions of children across the country.

In Lincoln there are a number of Scout groups so I am sure we will see the impact of this scheme locally.

The city council realises that too many children get too little exercise and we help to tackle this with extra school coaching, our holiday activity

**ON THE BALL:** Sam Small teaching youngsters rugby skills.

programme and Lincolnshire Youth Games to name a few. We welcome any project that combines fun with exercise and encourages children and their families to get involved.

We would like to hear from residents, regardless of age, who would like to get involved in local sporting activities. Just contact the council's sports development team on (01522) 873621 or visit the council's website at [www.lincoln.gov.uk](http://www.lincoln.gov.uk)

**DO YOU KIDS GET ENOUGH EXERCISE?**

E-mail yourview@lincolnshireecho.co.uk