

County Council Report **January 2022**

The County Council will be temporarily closing a section of the Guided Busway in one direction between Cambridge Railway Station and Addenbrooke's.

The inbound only track (closest to the maintenance track) will be closed – the busway will be used from the railway station to Addenbrooke's and then buses will use Hills Road on the return journey.

This follows ongoing communications with the Health and Safety Executive (HSE) and as part of our continuous review of safety on the busway.

We have taken the extremely difficult decision to partially close the southern section of the Guided Busway while we wait for the outcome of the independent safety review, following our ongoing communications with HSE.

“This is a temporary measure while the review we have commissioned is carried out. When we receive the recommendations of that review, we will carefully consider any future actions that are required. It wouldn't be appropriate for us to try and pre-empt the outcome of the review at this point. However, we continue in our duty to keep the safety of the Guided Busway under continuous review and to make any additional changes and introduce realistic temporary measures we feel able to take to reduce any risks further. We have already considered fencing and closing the maintenance track, and after weighing up all the risks we feel this partial closure is the most appropriate short-term, temporary measure that can be implemented while the safety review is completed.

“We want people to continue cycling, walking, running, and using the maintenance track and allow buses to operate, albeit in a slightly reduced way. We have been working closely with the bus operators.”

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From mid-January, expected to be 17 January, the temporary partial closure will come into effect for inbound buses only and further measures, such as painting new lines, installing signs and a temporary barrier to stop people from walking and cycling on the track that isn't being used will be installed.

Whilst part of the busway is shut, we would like to remind people they must not trespass on the busway and they must keep to the maintenance track for their own safety.

The independent safety review is expected to conclude in February.

Dry January – a public health campaign run by the charity Alcohol Change UK sees millions of people across the UK go alcohol-free for 31 days.

Just one month without alcohol can have positive benefits like better sleep, more energy, a calmer mind, and a fuller wallet, to name a few. This year Cambridgeshire County Council is encouraging residents and employees to sign up to Dry January and discover the many benefits of going alcohol-free, including the financial, physical, and medical benefits this can bring. Drinking alcohol is linked to more than 60 health conditions, including liver disease, high blood pressure, depression, and seven types of cancer. Every day in the UK, 20 people die as a result of their drinking.

People who have tried Dry January before have reported several benefits, including having more energy, saving money, and freeing up time and resources to spend doing things they love. Last year during Dry January, 86% of participants saved money, and 65% of people noticed generally improved health. The benefits of longer-term changes in drinking behaviours Independent research has found that up to 70% of participants continue to cut down their alcohol consumption and still drink more healthily six months later.

The Council is encouraging residents and employees to go Dry for January and use it as an opportunity to experience the positive

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benefits for themselves. More importantly, Dry January helps individuals 'reset' their relationship with alcohol and has the potential to lead to a longer-term, healthier approach to drinking alcohol."

Jyoti Atri Director for Public Health Cambridgeshire County Council said:

"Alcohol consumption is linked as a cause of cancer and other diseases. We know many residents want to reduce their risks and giving up alcohol, even for a short time, can have many benefits. January is the perfect time to sign up to a 'break' from alcohol following the festive season. It's also an opportunity to reflect on drinking patterns and take control of your relationship with alcohol. We know from previous years that people who do Dry January feel better, lose weight and save money. We also know it helps people experience the benefits of drinking less frequently which can lead to sustained commitments to a healthier lifestyle. I would encourage everyone to give it a go so they can experience these benefits first-hand."

So, if 'resetting' your relationship with alcohol, having a bit more cash, better sleep and reducing the risks of serious medical conditions sounds good to you, why not join the thousands of people Going Dry this January?

Alcohol Change UK have a free app, 'Try Dry', which can double your chance of being totally alcohol-free. The app allows you to track units, calories, and money saved over the month and set goals.

Dry January is not suitable for people who are alcohol dependent who may need help from local support services to come safely off alcohol. Please get in touch with the Councils commissioned drug and alcohol support service Change Grow Live if you need support.