



'Walk In to Work Out' Initiative

The Government's 'Walk In to Work Out' initiative was recently launched by Yvette Cooper, Public Health Minister and Sally Keeble, Transport Minister. The initiative is aimed at providing more information to encourage more people to walk or cycle to work.

Research indicates that walking and cycling can improve health, including reducing the risk of coronary heart disease and some cancers, both key priorities in the NHS Plan.

The 'Walk In to Work Out' initiative includes a free information pack which comprises a co-ordinator's guide, posters, and booklets for staff. Piloted in Glasgow, research showed that the pack was effective in doubling rates of walking to work, and in contributing to improvements in physical and mental health.

Copies of the pack are available free, from:

Department for Transport Free Literature
PO Box 236
Wetherby
Leeds LS23 7NB

Tel: 0870 1226 236
Email: DfT@twoten.press.net

West Yorkshire Contacts and Assistance

Assistance and support is available from your local authority to help you address your travel needs:

Bradford Metropolitan District Council

Fiona Limb, Assistant Transport Planner, tel (01274) 437418, fiona.limb@bradford.gov.uk

Calderdale Metropolitan Borough Council

David Holdstock, Transportation Team Leader, tel (01422) 392160, david.holdstock@calderdale.gov.uk

Leeds City Council:

Louise Holliday, Travel Plan Officer, tel (0113) 3950276, louise.holliday@leeds.gov.uk

Kirklees Metropolitan Council:

Joanne Milner, Travel Plan Officer, tel (01484) 225506, joanne.milner@kirklees.gov.uk
Web: www.kirklees.gov.uk/transport/travel-plans/travel-plansmenu.shtml

Wakefield Metropolitan District Council:

Janet Ward, Project Assistant, tel (01924) 306698, jward@wakefield.gov.uk

Metro (West Yorkshire Passenger Transport Executive) can assist your organisation to address public transport options as part of the Travel Plan process:

Dorothy Sharp, Travel Plan Officer, Metro, tel (0113) 2517370, dorothy.sharp@wypte.gov.uk

If you would like more information on any of the articles in this issue, or have any comments or suggestions for future issues, we want to hear from you!

Please contact Joanne Milner on (01484) 225506 or Email: joanne.milner@kirklees.gov.uk

FREE Healthcare Travel Plans Seminar

An ideal opportunity to meet colleagues across West Yorkshire - to share information and ideas about healthcare travel plans.

Date: Wednesday 30th October 2002

Venue: Metro Offices, Wellington Street, Leeds (opposite Leeds train station)

Time: All morning (times to be confirmed)

The programme and line up of speakers is awaiting confirmation. The programme will be relevant to travel plan issues at healthcare sites.

To reserve your place, please contact Joanne Milner on (01484) 225506 or Email: Joanne.milner@kirklees.gov.uk

The event is being organised by the West Yorkshire Travel Plan Officers group on behalf of Yorkshire & Humber Travelwise.



HealthcareTravel

Issue 1 Autumn 2002

In West Yorkshire

Transport is crucial to the delivery of the NHS, yet traffic pollution and congestion is becoming an increasing problem. This is why we need to look at the way we travel and look at ways of reducing the impact of our travel.

The importance of tackling transport issues is reflected in the NHS' commitment to the development of travel plans. The National Service Framework for Coronary Heart Disease, the Controls Assurance Standard for Transport and the NHS Environmental Management System all place significant requirements on NHS constituent organisations. Also, sites where redevelopment is envisaged are usually required to develop travel plans as a planning condition.

The aim of this newsletter is to assist the development of healthcare travel plans locally, by sharing information about travel plan progress and initiatives within local organisations, such as NHS Trusts, Primary Care Trusts and Mental Health Trusts. This first newsletter introduces travel plan activities at 3 of West Yorkshire's Hospital NHS Trusts and highlights useful local contacts.

A message from West Yorkshire Health Authority...

The NHS in West Yorkshire is working hard to deliver the changes that will make it a better, modern service, in tune with the needs of local people. As part of this work, we need to ensure that patients, visitors and staff can easily, quickly and safely get to local surgeries, clinics and hospitals.

Patients, and their visitors, need to know the best ways to access local services whether by bus, train, car, bicycle, or on foot. There are already excellent examples of the NHS and transport organisations working together to address travel issues. We need to build on this work and ensure that thinking about access and transport is central to the working of all NHS organisations, and, in particular, where new services are being developed.

The NHS is also the biggest employer in West Yorkshire. The majority of staff currently travel to work by car, generating many thousands of road journeys every day. The challenge for the NHS as it grows and changes is to increase the number of staff travelling to and from work by public transport, bicycle or on foot.

The NHS has much to gain by developing Travel Plans. Reducing the number of car journeys can benefit the health of local people as well as reducing the overall traffic burden. Fewer car journeys means cleaner air, and fewer injuries and deaths through road traffic accidents. If people walk or cycle to and from NHS services, we may also see an increase in their overall level of fitness and health. A great result for the NHS and for health.

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Healthcare Travel is produced by the West Yorkshire Travel Plan Officers group on behalf of Yorkshire & Humber Travelwise. Editor for this issue, Joanne Milner, Kirklees Metropolitan Council



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West Yorkshire
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Healthcare Travel Plans

A travel plan is a package of practical measures aimed at reducing single-occupancy car use and promoting a wider range of travel options, such as public transport, walking, cycling, car sharing and flexible working.

Large organisations have a key role in this process, and workplace travel plans are the mechanism by which employers can make a positive contribution.

Healthcare travel plans provide an innovative approach to changing travel habits by addressing staff travel to work, outpatient visits, supply deliveries, care at home and visitor access.

Healthcare organisations face particular challenges when introducing travel plan measures, as they have to meet the needs of different target groups including patients, visitors, staff and suppliers.

Patients may find it difficult to use alternatives to the car due to disability or illness. Staff may prefer to drive if their working hours involve travelling at night. Many healthcare sites already face acute pressure on car parking spaces and major redevelopment issues. In extreme cases, congestion around the site may cause delays to emergency vehicles. Reducing car use and encouraging walking and cycling can play a key role in promoting better health.

NHS Travel Plan activity in West Yorkshire

Airedale NHS Trust

The Trust's main activities are centred at Airedale General Hospital, near Keighley. The Hospital is within West Yorkshire but is close to the North Yorkshire boundary. The site is relatively well served by public transport with some services coming on site. Travel plan activity at the site commenced 2 years ago, steered by the Healthy Transport Group.

The Healthy Transport Group is facilitated by the Operational Services Manager who has designated responsibility for the Trust's travel plan, and benefits from good staff and management support, including the Head of Commercial Services, Assistant Director of Estates and Quality Assurance Manager. The group is also supported by Bradford Council, Metro and Walking for Health representation.

Staff travel surveys were initially undertaken to provide baseline data and snapshot surveys are conducted annually to monitor progress. Numerous travel plan initiatives have been implemented:

- Promotion of cycling and walking.
- Parking charges introduced.
- Additional bus shelter installed.
- Public transport timetables and route information displayed.
- Cycle storage improvements.
- Video-conferencing facilities.
- Dual fuel vehicle in use.
- Investigation of pedestrian access improvements.



Travel Plan progress has recently been reviewed by the free consultancy service provided by the Energy Efficiency Best Practice Programme (see below for information on how to access this free service). The review and its recommendations are currently being considered.

For more information, contact Marjorie Tindale, tel (01535) 292656 marjorietindale@anhst.nhs.uk

FREE Consultancy Service

The Government-funded **Energy Efficiency Best Practice Programme** offers a free consultancy service to help organisations to develop an effective Travel Plan.

The offer of assistance is open to organisations of any size to benefit from free, impartial site-specific advice.

A number of organisations in the region have already started to take up this offer.



For further details, call the Environment & Energy Helpline on (0800) 585794 or visit: www.energy-efficiency.gov.uk/transport

Mid Yorkshire Hospitals NHS Trust

The hospital services at Dewsbury Healthcare, and Pinderfields & Pontefract NHS Trust merged in April 2002 to form the Mid Yorkshire Hospitals NHS Trust, employing approximately 6,000 staff. Travel surveys were distributed to 4,500 staff at the Pinderfields & Pontefract sites in September 2001, and revealed that:

- 79% travel to work by car.
- 10% walk.
- 8% already car share.

The Healthy Transport Group was established to guide a healthy travel strategy, chaired by the Non-Clinical Services General Manager and facilitated by the Wakefield Healthy Transport Project. The group meets regularly, and is attended by clinical staff, union and staff side representatives, managers, and representatives from the South West Yorkshire Mental Health NHS Trust, Metro and the local authority.



A recent initiative 'Bike It or Hike It' provided 10 staff from Pinderfields & Pontefract Trust with cycles on a free loan basis with training and monitoring for a 6 month period. 50% bought their bikes at the end of the trial intending to continue to cycle, and a further 40% purchased their own bike during the trial.

The Healthy Transport Project supplied 10 cycle lockers with a further 12 purchased by the Trust. Walking routes to the Pinderfields & Pontefract sites have been mapped out and it is intended to initiate a walking group during 2002.

A draft Healthy Transport Strategy has been developed, with a number of travel plan measures already initiated:

- Public transport timetables displayed.
- Investigation of new bus waiting facilities.
- Promotional activities, such as 'Bike to Work'.
- Bicycle User Group established.
- Car parking charges and staff permit system.
- Showering and changing facilities for cyclists.

For more information, contact Kath McDaid, Kmcdaid@wakefield.gov.uk tel (01924) 306089



Leeds Teaching Hospitals NHS Trust



The Trust employs approximately 14,000 staff across eight sites, including Leeds General Infirmary and St James's University Hospital.

Travel surveys were distributed to all staff across the sites in January 1999. The data revealed that:

- 66% travel to work by car.
- 20% use public transport.
- 4% walk.

Travel surveys of outpatients and visitors were also undertaken in 1999.

The data revealed that:

- 78% of visitors travel to the hospital sites by car. 15% use public transport and 3% walk.
- 56% of outpatients travel to the hospitals by car. 24% use public transport and 3% walk.

The Trust is involved in the 'Civic Precinct Group' - a travel plan network forum to share information and develop partnership working. The group is facilitated by Leeds City Council and includes representatives from the Trust, University of Leeds, Leeds Metropolitan University and Metro.

A number of travel plan measures have been implemented:

- Bus timetables displayed.
- Discounted annual public transport travel cards via the Company Metrocard scheme.

- Shuttle services introduced, serving Seacroft, St James's and Leeds General hospitals, and Leeds rail and bus stations.
- £10,000 grant for cycle storage facilities awarded from 'Improving Working Lives'.
- Parking charges introduced.
- Car-parking permits re-distributed on a needs basis.
- 10 dual fuel delivery vans in use.

For more information, contact Bob Bilton, tel (0113) 3926587 Email: robert.bilton@leedsth.nhs.uk

