

How Sustrans can support the NHS

Active Travel



What we do

Our work aligns with the Greener NHS programme and NHS Net Zero ambition. We help NHS trusts and Integrated Care Systems to implement Green Plans through active travel.

Replacing car journeys with walking, cycling or wheeling, plays an important part in reducing carbon emissions and improving health and wellbeing.

What activities do we run?

- **Cycle confidence training**
- **Learn to ride sessions**
- **Bike try outs**
- **Engagement pop ups**
- **Bike maintenance**
- **Dr Bike**
- **Staff cycle clubs & staff buddy system**
- **Development of comms**
- **Identification of local walking and cycling routes**
- **Identify areas of poor cycle Infrastructure**

Our methods

Our team of active travel experts use behaviour change theory to ensure long-term and maximum impact.

- **Raise awareness and encourage people to try walking and cycling**
- **Enable and empower people to walk and cycle - knowledge, skills and confidence**
- **Motivate people to build new habits**
- **Monitor progress and impact**

We draw on knowledge and experience from across Sustrans, including Infrastructure Design and Engineering, Collaborative Design, Research and Monitoring.

Our dedicated officers work with you to create a bespoke project

- **Identify unique barriers to active travel and answer specific needs by co-designing your programme with local NHS staff**
- **Provide equipment, resources and a broad range of activities**
- **Establish and grow an internal network**
- **Embed active travel in core NHS management and activities**
- **Design and deliver a unique monitoring plan**
- **Identify project champions, provide training and resources enabling them to continue progress long term**

Current Data



14% of NHS carbon emissions come from motor vehicles



Switching to active travel for short motor vehicle trips could save £17bn in NHS costs over 20 years.

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

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Our current work with the NHS



Barts NHS Trust

Working with Barts NHS Trust to establish an active travel culture across 6 main sites. Our dedicated officer is facilitating set-up of a long-term project and handing over to Barts Sustainability Lead.

- **Monitoring plan to measure outcomes, including annual survey on NHS staff travel**
- **Engagement with staff to identify barriers and co-design solutions**
- **Creation and delivery of programme, linked to Green Plan and Active Travel Plan**
- **Representation on Air Quality Steering Group**
- **Linking with local cycle training providers to support NHS staff long term**
- **Establishment of champions and champion training**

NHS Scotland

Sustrans have been working with NHS Health Boards in Scotland since 2017 to deliver the Active Travel Workplace Engagement programme, increasing the active and sustainable travel of NHS staff and creating a culture where this is normalised.

We support NHS staff directly over a 3-year period to become more active and to choose sustainable ways to travel. We embed legacy by supporting policy development and funding applications for facilities, while integrating active travel into core management and estates meetings.

NHS South East London ICS

Working with Primary Care Networks (PCNs) in South-East London to support implementation of the ICS Green Plan, by supporting safe and active travel for staff, patients and visitors.

Establishing 6 GP practices as Active Travel Hubs, with pool bikes for use by a cluster of local practices.

- **Monitoring plan to measure outcomes, including annual survey on GP staff travel**
- **Engagement with staff and patients to identify barriers and co-design solutions**
- **Design and delivery of programme for each hub**
- **Establishment of champions and champion training in each hub**
- **Working with GPs Link Workers and local groups to facilitate social prescribing**

Impact in Scotland



67% of NHS staff who attended a Sustrans activity said they were more likely to walk or cycle as a result.



Participation in cycling increased from 22% in 2018 to 37% in 2019.



Where E-bikes were introduced, NHS staff saved an average of 539.5kg in CO2 over a 9 months period*

*journeys made using e-bikes instead of using cars

For more information contact london@sustrans.org.uk

