

Progress in Practice

Safe Routes to Healthcare

Sustrans has coordinated seminars and disseminated information to help NHS Trusts create sustainable travel plans for patients, visitors and staff, that reduce the need for car travel and promote walking, cycling and public transport as healthier and environmentally preferable alternatives.

Summary

The Safe Routes to Healthcare project works towards helping NHS Trusts create safe and sustainable means of accessing healthcare sites for patients, visitors and staff. As the NHS is a significant generator of journeys, helping people to choose sustainable methods of transport will have positive impacts on health and the environment.

The focus is on providing alternatives to car travel by making sites more accessible by public transport, cycling and walking. Walking and cycling are good forms of exercise and fewer car journeys means less pollution, noise and road traffic.

The project has been initiated by Sustrans, to help identify and overcome the barriers faced by people wishing to access healthcare services on foot, by bike and by public transport. Staff, visitors and patients are more likely to use alternative means of transport if they are given the opportunities to do so safely.

Strategic Learning

- Working in partnership with local authorities, neighbouring businesses and public transport operators makes the process of travel planning much easier for the NHS.
- Effective travel planning has a positive effect on patients, visitors and the working lives of healthcare staff.



Southmead and Frenchay Hospitals, Bristol

The North Bristol NHS Trust, in conjunction with Bristol City and South Gloucester Councils, is dedicated to improving cycle and pedestrian access to Southmead and Frenchay hospitals. The Trust aims to encourage the use of sustainable transport and provide information on travel options.

Measures taken include:

- Operating a car share scheme for staff to travel to work,
- A mileage allowance for staff using bicycles or public transport to work,
- Discounts on bus tickets and bicycles, and
- Providing modern changing facilities for cyclists at the hospitals.



a charity that works on practical projects to encourage people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects

Links and organisations involved: Sustrans www.sustrans.org.uk; Southmead and Frenchay Hospitals (North Bristol NHS Trust www.northbristol.nhs.uk); Bristol City Council The Council House www.bristol-city.gov.uk; South Gloucestershire www.southglos.gov.uk; Government Office for the South West www.gosw.gov.uk.

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