

# Humber and North Yorkshire Health and Care Partnership



# Decarbonising general practice – Travel

Your guide to a net-zero action plan for non-clinical emissions





# Travel



# Addressing your travel footprint

Travel carries not only a high carbon cost, but a high health, social and environmental cost.

Petrol and diesel cars generate various pollutants contributing to asthma and respiratory disease, heart attacks and strokes and poor brain development and educational achievements in the young and dementia in the old.

The lack of physical activity due to cars contributes to diabetes and heart disease.

Mike Berners-Lee (the leading carbon footprint guru) in his book 'There is no planet B', calculated that for each mile travelled by a diesel vehicle across a town or city, it costs 12 minutes of life from the community. Each 5-mile trip to the GPs, or the school run, or the supermarket 'costs' the surrounding community one hour of life.

# No travel Active travel Communal travel Shared transport Private EV car Sinale occupancy

#### Why address your travel footprint?

- 1. Big non-clinical impact
- 2. Health benefits for the individual and surrounding community
- 3. Transport emissions contribute towards the 40,000 deaths in the UK from poor air quality each year.

#### **Overcoming barriers**



Patient travel accounts for around 25% of the primary care carbon footprint. A study into patient travel found that the majority (61%) was conducted by car or taxi because of 'convenience', 'time saving', and 'no alternative' for accessing the surgery.

# What is your staff's current travel usage?

Knowing the current travel footprint - and identifying those who generate most emissions - can help put plans in place to reduce this.

#### How to monitor and measure

- 1. Survey staff on their:
  - a. Monthly or weekly working patterns
  - b. Distance travelled
  - c. Mode of transport

(Downloadable form here)

- 2. Work out their annual mileage by multiplying their weekly or monthly journeys by how many weeks/months they work.
- 3. Calculate their carbon footprint with the DEFRA figures.



Influencing low carbon travel and reducing staff travel for work and patient visits will vary depending on your location.









# What is your patients' current travel usage?

#### How to monitor and measure

- 1. Benchmark your pre-pandemic patient travel footprint
  - Collate postcode data for a sample of appointments
  - Quantify the distance travelled for the sample and get an average
  - Times this by the number of appointments
  - Work out a % for car journeys.
  - Use the DEFRA car average figure to calculate the carbon footprint
- 2. Annually calculate the number (or ratio/proportion) of telephone and inperson appointments.
- 3. To get better data on people's travel choices poll people arriving in person on the check-in process asking how they travelled.

Travel	Total miles	Total emissions
Staff		
Patient		



## No travel



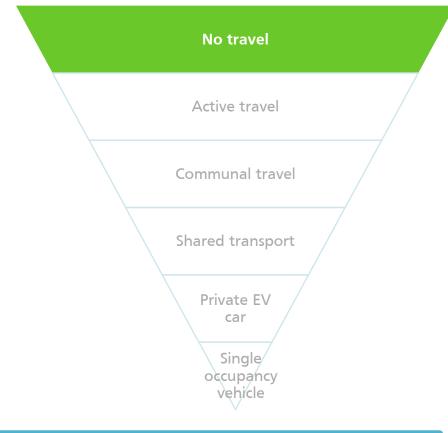
Can high quality healthcare be delivered without patients (or staff) having to travel at all?

The most effective way to change travel behaviour has been demonstrated by the pandemic - default telephone appointments and assessments.

Targets to offer telephone appointments as the default post-pandemic, although obviously not at the expense of patient health. NHSE provide updated guidance – for example. An implementation toolkit is available <a href="here">here</a> and guiding principles <a href="here">here</a>. These guides are likely to be continually updated.

Other options used during the response to Covid 19 includes video ward rounds of care homes, remote monitoring of patients' health in <u>virtual Covid wards</u>, using e-consultation tools such as AccuRx or similar.

Companies such as <u>BT</u> are working to reduce the carbon footprint of providing a telephone and WiFi network.



Could the practice have a no travel or active travel target for every staff member?



Understanding what no travel or active travel can look like for each staff member and creating a bespoke plan, will have benefits for their health and wellbeing as well as their carbon footprint.



Reduce the need for travel by examining alternative business models for delivering high quality healthcare

## **Active travel**

Staff can be encouraged to decrease their individual (and therefore the practice's collective) carbon footprint with some simple common-sense schemes:

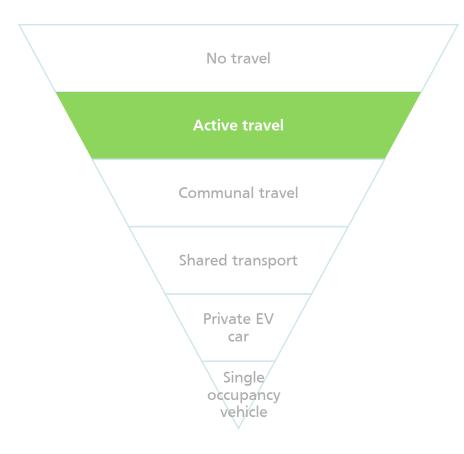
Walking to work would have the lowest carbon footprint and should be the first port of call for staff and patients.

Cycling to work schemes reduce carbon emissions, and also lessens the need for a car park. Provide secure bike storage and have shower facilities available to make this a good option for your staff. And an onsite bicycle puncture repair kit and pump helps too!

#### **Priming active travel**

For in-person appointments, patients can be primed with active travel information as part of their text booking reminder including:

- Cycle routes
- Walking routes to the surgery
- Bus timetables and location of bus stops including walking time





#### Cycle to work scheme

Government backed salary sacrifice scheme makes buying a bike for work tax free for employees. More details <u>here</u> or <u>here</u>.



Do you or your staff want to learn to cycle or gain confidence?

Bikeability scheme through local councils may offer 1:1 lessons (<u>bikeability.org.uk/</u>) or courses via Let's Ride at <u>www.letsride.co.uk/beachampion</u> to help champion the cycling cause

## **Communal travel**

Where cycling is not an option, encourage public transport. For example, offer a loan for yearly travel passes at zero interest, or facilitate flexible working patterns to accommodate for public transport timings.

Easy-wins include identifying opportunities to incentivise low-carbon travel:

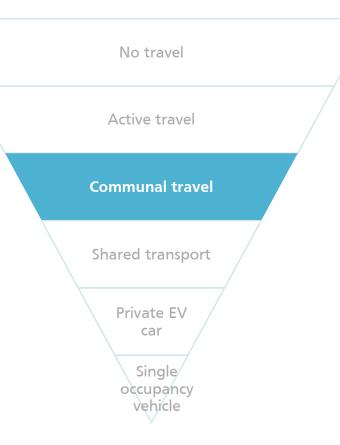
- Subsidising or loaning staff money for monthly or annual bus/travel passes.
- Publicise the bus routes and bus timetables on the practice website.
- Signpost the path from the surgery to the nearest bus stop.
- Default advice on the bottom of surgery letter to use the bus.

#### **Communal travel targets**

Could the practice have a communal travel target for patients?

Understanding what public travel can look like for each staff member and creating a bespoke plan, will have benefits for their health and wellbeing as well as their carbon footprint.







Personalised staff travel plans can be very powerful to help staff make changes to their commute.

# **Shared transport**

There are many options to increase the number of staff using shared vehicles.

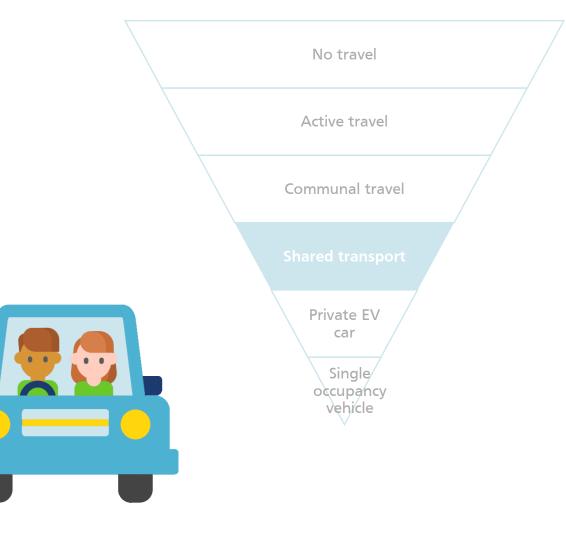
#### For example:

- Shared vehicles by practice staff (see Case study below).
- Staff car sharing can be incentivised by review shift start times for staff who are geographically close.
- Creating personalised staff travel plans.

#### **Case study**

One practice realised that 4 members of staff all lived close together but travelled in separate cars.

On asking, it was due to the start and finish times of their work being different. When synchronised, they shared cars meaning less fuel costs for them and better staff morale and camaraderie.





Watch this 7 min video on travel footprints for practices <u>here</u>.

### Car use

Single occupancy vehicles creates several problems:

- Space used on the road (The UK has around 250,000 miles of paved road!)
- Air pollution from exhaust fumes
- · Air pollution from tyre and brake dust

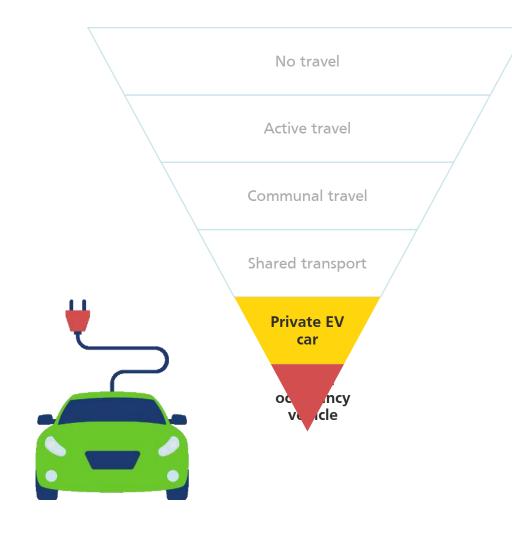
Where cars are used and can't be shared, reducing air pollution from exhausts can be achieved with electric vehicles.

Practices can help overcome barriers for staff and patients to 'go electric':

Install practice electric charge points for cars.

For larger organisation, deliverables for sustainable development include:

- signing up for a free <u>Green Fleet Review</u>
- cutting business mileages and NHS fleet air pollutant emissions by 20% by 2023/24.
   In 2020/21 organisations should:
  - · consider reducing air pollution from fleet vehicles,
  - ensure that any car leasing schemes restricts the availability of high-emission vehicles,
  - ending business travel reimbursement for any domestic flights within England, Wales and Scotland.





Install electric charge points for cars for staff and patients in the car park.

# **Changing behaviour**

#### **Modelling behaviour**

Staff are important positive role models for each other and patients.

Positive images are seeing staff arriving on foot or by bike, staff signing up and promoting local activities e.g., park-runs.

The practice can demonstrate its commitment by signing up to the <u>"Active practice" charter</u> and improving active travel infrastructure.

#### Improving behaviour

One in four people say they would be **more active** if it was recommended by a GP or nurse.\*



PEOPLE | PASSION | PLACES



Full Travel Plan

Wish Park GP Surgery, Portland Rd, Hove Wish Park Surgery

#### **Case study**

<u>Wish Surgery in Brighton</u> examined their modes of travel for staff and patients with the aim of reducing the environmental impacts of travel.

#### Actions included:

- Encouraging active modes of travel by producing, publicising and distributing 'Walking maps' and 'Cycle maps' showing locations of cycle parking,
- Providing information on cycle training and cycle to work schemes,
- Promotions on the benefits of walking and cycling,
- Public transport was encouraged through maps with walking route to bus stops and season ticket loans for staff.

More information here.

<sup>\*</sup>Source: Health Survey for England 2008: CVD and risk factors adults, obesity and risk factors children

# **Setting targets**



Setting targets can help you deliver the strategic changes that are needed to reduce carbonised travel and carbon emissions.

Regarding travel, practice staff can set their own targets to achieve their goal such as:

- Increase active staff travel by 25% within 3 years,
- Offer all staff loans for public transport passes and/or cycle to work scheme by the end of the year with targets for increased take up,
- Promote active travel for all patients who attend the surgery (see <a href="here">here</a> for ideas).

#### **Example**

Route to reduce		Aim/target					
Area	Current footprint	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Staff travel	200,000 miles = 46,000 kg CO <sub>2</sub> e	25% in carbonised transport 25% inc in active commute	Incentivise those closest to walk or cycle	50%	Actively encourage bike to work scheme, e-bikes, install facilities	75%	Install EV charge point at surgery, encourage those who travel most to EV
Patient travel	35000 miles = 6500 kg CO <sub>2</sub> e	20% in use	Promote walking scheme, actively push active travel	80%	Look at practice boundary, install EV charge point for patients.	100%	Arrange with local bus service re requirements

# **Example of activities to promote active travel**

Proposed measure	Description	Potential level of impact	Implementation cost	Patients	Staff
Staff Cycle Parking	Provision of long term secure and covered cycle parking and shower facilities	High	Medium	X	1
Patient Cycle Parking	Provision of short term cycle parking conveniently located and accessible with the potential to secure bikes using self provided locks	High	Medium	1	×
Cycle to work scheme	Providing staff with a loan to purchase bicycles at a discounted cost	High	Medium	X	1
Public Transport Route Maps and Timetables	Making timetables and route maps for buses and trains available on the surgeries website and by providing relevant links	High	Low	1	1
Public Transport Season Loans	Travel loans to be offered to interested staff while raising staff awareness of the financial benefits that can be achieved using public transport	High	Medium	×	1
Walking and Public Transport Map	Distribution of tailored maps in order to increase local knowledge of the area and encouraging walking and public transport usage while reducing the perceived need to drive.	Medium	Low	1	✓
Promotion of Walking as a Healthy Way to Travel	Raise awareness of the health benefits associated with regular walking and encouraging its uptake	Medium	Low	1	1
Cycle Maps	Increase local knowledge of the area encouraging cycling while reducing the perceived need to drive.	Medium	Low	1	1
Promotion of Cycling as a Healthy Way to Travel	Raise awareness of the health benefits associated with regular cycling and encouraging its uptake	Medium	Low	1	1
Promotion of Public Transport Benefits	Promotion of benefits that can be gained by public transport use	Medium	Low	1	1
Taxi Services	Promotion of taxi services for patients when travelling to and from the surgery	Medium	Low	1	×
Cycle Training	Promotion of cycle training courses through the practice website	Low	Low	1	1
Car Sharing Scheme	Promotion of car sharing for staff making similar journeys and who are looking to cut the financial cost or environmental impact of car use	Low	Low	×	1
Accessibility to the Rail network	Promotion of routes between the surgery and nearby railway stations	Variable by location	Low	1	1
Source: Wish Park Surgery, <a href="https://wishpark.gp">https://wishpark.gp</a>	osurgery.net/wp-content/uploads/sites/331/2015/12/160222_Travel-Plan_Final.pdf				

# How to convert distance travelled into carbon emissions



Staff mileage and calculating the carbon footprint using government conversion factors.

Blank sheets are downloadable here.

	A	В	С	D	Е
	Daily distance travelled return trip (miles)	Yearly distance travelled (miles) (a x days worked x weeks worked)*	Car type and size (petrol/diesel; S/M/L)	Emissions per mile (see table to the right)	Carbon emissions (kg CO <sub>2</sub> e) (b x d)
Staff					
Anne	5	1,150	Petrol, small	0.239	275 kg
Bill	15	3,450	Diesel, large	0.329	1,135 kg
Claire	25	5,750	Electric	0.00	0 kg



Fuel type**	Engine size	Emissions	
		(kg CO <sub>2</sub> e/mile)	
Petrol	Small	0.239	
	Medium	0.300	
	Large	0.448	
Diesel	Small	0.221	
	Medium	0.268	
	Large	0.329	
Hybrid (PHEV)***	Average	0.113	
Electric (BEV)***		0.00	

<sup>\*</sup> assume works 5 days a week, 46 weeks a year

<sup>\*\*</sup> Source: <u>www.gov.uk/government/publications/greenhouse-gas-reporting-conversion-factors-2020</u>

<sup>\*\*\*</sup> BEV - Battery Electric Vehicle; PHEV - Plug-in Hybrid Electric Vehicle

## Resources



#### **Staff data recording form**

• Carbon Footprint of staff travel

#### No travel

• Does telemedicine reduce the carbon footprint of healthcare?

#### **Active travel**

- Physical Activity and Lifestyle Toolkit
- Cycle to work scheme
- The green commute initiative

#### **Green travel planning**

- Scotland and NI
- Travel plan

#### **Examples of green travel plans**

- The Christie Hospital
- Walton Community Hospital
- NHS Travel Planning Forum

#### Clean air posters and resources

- Business action on clean air
- Clean air hospital framework

#### **Carbon conversion factors for transport**

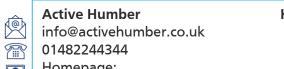
• Greenhouse gas reporting conversion factors 2020

#### Travel **Active Travel**

#### Travel Sustainable Travel Plans Resources

#### Travel **Bike Rack Resources**

sales@lockit-safe.co.uk



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Homepage:

activehumber.co.uk/#2

Active design in environments:

activehumber.co.uk/programmes/active-

environments

Active Travel: activehumber.co.uk/blogpost/2020-09-22/three-ways-to-make-active-

travel-part-of-your-weekly-routine

https://www.iie.uk.com/news/travelplanning/ National **?** 

Paths for All National **Q** www.pathsforall.org.uk/mediaLibrary/oth er/english/walk-at-work-toolkit.pdf

National **Living Streets** www.livingstreets.org.uk/workplaces



ciltuk.org.uk/About-Us/Professional-Sectors-Forums/Sectors/Active-Travel-Travel-Planning

**Transport for Greater Manchester** assets.ctfassets.net/nv7y93idf4jq/4TrmhSr 8JGEyEquWI8eakU/00aeb128e1fce188064 a01fe2f9bf65a/TfGM-Walking-workplaces-National Toolkit.pdf

#### Travel Walking Routes

Yorkshire **? GPS Routes** www.gps-routes.co.uk/routes/home.nsf/county-

cycling/Yorkshire



**Think Adventure** Hull https://www.thinkadventure.co.uk/walking-

the-humber-bridge-circular-route/

**People's Panel Survey Results** Hull data.hull.gov.uk/wpcontent/uploads/PeoplesPanel38Septemb er2021InfographicFINAL.pdf

#### **Travel Bus Passes**

Hull 9 **Hull City Council** www.hull.gov.uk/parking-andtransport/public-transport/bus-passes



Turvec

Lockit Safe

info@turvec.com 08002465484

https://turvec.com/



www.sustrans.org.uk/our-blog/getactive/2020/everyday-walking-and-cycling/how-toimprove-bike-storage-for-offices-and-employees/



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**(Harris)** 

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The Bike Storage Company **National** hello@thebikestoragecompany.co.uk

03714542738

https://www.thebikestoragecompany.co.uk/

#### Travel **Electric Bike Resources**

#### **Sustrans**

www.sustrans.org.uk/our-blog/get-active/2021/everyday-walking-and-cycling/whereto-start-with-electric-bikes-all-vou-need-to-know/

**National** 

**National** 

 www.sustrans.org.uk/our-blog/get-active/2021/everyday-walking-and-cycling/how-tolook-after-vour-e-bike-battery-charging-and-maintenance/

**NIU Hull** 

info@niuhull.co.uk

01482697864

https://www.niuhull.co.uk/



National **Q** 





National 9

#### **Travel Cvcle Routes**

Sustrans

#### reception@sustrans.org.uk 01179268893 https://www.sustrans.org.uk/ Yorkshire **?** Sustrans www.sustrans.org.uk/find-otherroutes/?location=Yorkshire+and+the+ Humber&routetype=null&distance=nu ||&p=1 **North Yorkshire County Council •** www.northyorks.gov.uk/local-cyclingand-walking-infrastructure-plans-**North Yorkshire Icwips North Yorkshire County Council** https://maps.northyorks.gov.uk/conn ect/analyst/mobile/#/main?mapcfg= North Yorkshire♥ Out and About **Hambleton Council** Hambleton • www.hambleton.gov.uk/sportphysical-activity/cycling-routes/2 National 9 **Cvcle Streets** Interactive map of cycle information:

www.cyclestreets.net/photomap/

www.cyclestreets.net/journey/

Cycle journey planner:

#### Travel **Cycle Training**

National **? Bikeability** https://www.bikeabilitv.org.uk/ North Yorkshire **9 NYCC Bikability** road.safety@northyorks.gov.uk

https://www.northyorks.gov.uk/bikeability-

and-safe-driving-and-cycling-tips

Hull 9 **R-evolution** info@r-evolution.org.uk 01482844422 https://www.r-evolution.org.uk/bikeproject.html

#### Travel **Bike Support Groups**

National o **Cvclina UK** https://www.cyclinguk.org/groups-listing

- **R-evolution** Hull 0 info@r-evolution.org.uk 01482844422
- https://www.r-evolution.org.uk/events.html https://www.r-evolution.org.uk/bikeproject.html

## **Google Maps**

You can change the settings to highlight the cycle routes on the map. Go to 'Lavers' and click on 'Cycling'.

#### Travel **Local Bus Companies**

Discover Yorkshire Coast Wrkshire East Coast https://www.discoveryorkshirecoast.com/information /product-catch-all/east-yorkshire-buses-p1283701



Scarborough 9 **Get Down** http://getdown.org.uk/bus/search/scar **•** borough-district.shtml

https://www.eastvorkshirebuses.co.uk/

- **Get Down** York 9 http://getdown.org.uk/bus/maps/vork. pdf
- **East Yorkshire** Scarborough **? •** https://www.eastyorkshirebuses.co.uk/ scarborough-town-buses
- **Get Down** North Yorkshire **9** http://getdown.org.uk/bus/realtime/





https://www.itravelvork.info/buses

- https://www.hull.gov.uk/travel-andtourism/parking-and-transport/buses
- **Get Down** Whitby 9 http://getdown.org.uk/bus/maps/mo ors-east.pdf

# **Travel**Bike Shops

Brompton National National

CP Cycles Hull 
info@cpcycles.com

01482228293
https://www.cpcycles.com/

Ken Ellerker Cycles Hull Someone shop@kenellerkercycles.co.uk
01482446341
https://www.kenellerkercycles.co.uk/

Minster Cycles Hull/Beverley 
info@minstercycles.co.uk

https://www.minstercycles.co.uk/

Vive le Velo Hull ♀
sales@vivelevelo.cc

01482632024

https://www.vivelevelo.cc/

(i) To locate a bike shop near you:

Green Commute Initiative
<a href="https://www.greencommuteinitiative.uk/gci-registered-bike-shops/">https://www.greencommuteinitiative.uk/gci-registered-bike-shops/</a>
Bike Shops Guide
<a href="https://bike-shops-quide.co.uk/">https://bike-shops-quide.co.uk/</a>

# **Travel**Cycle to Work Scheme Resources

Sustrans

www.sustrans.org.uk/our-blog/getactive/2019/everyday-walking-and-cycling/thecycle-to-work-scheme-explained/

Cycle Scheme National ♥

https://www.cyclescheme.co.uk/

Green Commute Initiative National https://www.greencommuteinitiative.uk/

Halfords National 
cycle2.work@halfords.co.uk
https://www.cycle2work.info/

# **Travel**Bus Route Planning Resources

First Bus National 

https://www.firstbus.co.uk/

Arriva Bus

https://www.arrivabus.co.uk/arriva-uk-bus-app

Transdev North Yorkshire ♥

<a href="https://www.transdevbus.co.uk/">https://www.transdevbus.co.uk/</a>

# Travel Community Travel Services

Ryedale Community Transport CIO

01653699059 Ryedale 
https://www.ryedalect.org/

Bedale Community Minibus

Bedale Community Minibus

https://www.bedaleminibus.org.uk/home

■ Indicate the Community Minibus

Bedale ♀

Bedale ♀

Easingwold District Community Care Association info@edcca.org.uk Easingwold •

01347822875

https://edcca.org.uk/

Hambleton Community Action
admin@hambletoncommunityaction.org
01609780458
https://hambletoncommunityaction.org/

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enquiries@stokesleycca.org.uk 01642710085 https://www.stokesleycca.org.uk/about/services/communit

https://www.stokesleycca.org.uk/about/services/community-transport/

Dial a Ride scarborough 

admin@scarboroughdialaride.org

01723354434

http://www.scarboroughdialaride.org/

To locate community travel services in North Yorkshire:

Go Local

http://www.golocal-northyorks.community/find-your-local-provider/

#### Travel Car Share Schemes

Liftshare York o https://liftshare.com/uk/com munity/vork

Liftshare Harrogate https://liftshare.com/uk/com munity/harrogate

National **Q** Liftshare 01603389321 https://business.liftshare.com/

#### **Travel** Renting Electric Vehicles

Harrogate **?** Co Wheels info@co-wheels.org.uk 01913751050 https://www.co-

wheels.org.uk/harrogate

**Enterprise** National 9 https://www.enterprisecarclu b.co.uk/gb/en/about/howcar-club-works.html

#### Nationwide map for electric vehicle charging points:

Zap Map National O https://www.zap-map.com/

**Charge Your Car** National o https://www.chargeyourcar.org.uk/# **(4)** map

> National 9 **Open Charge Map** https://map.openchargemap.io/#/sea rch

#### Travel **Purchasing Electric Vehicles**

Fleet Solutions National enquiry@nhsfleetsolutions.co.uk 03448118228

https://www.nhsfleetsolutions.co.uk/

#### Travel **Electric Vehicle Charging Point Installers**

Yorkshire 9 **Utley EV** mychargepoint@utley-electrical.com 01937541444 https://utley-ev.com/ **(** 

North Yorkshire **Car Charge Company** info@carchargecompany.co.uk 01723563352

https://www.carchargecompany.co.uk/ **(** 

National 9 **Eco Plug** 01909567541

https://www.ecoplugg.co.uk/

**Alec Quarton Electrical** 

enquiries@alecquartonelectrical.co.uk 07960754935

North Yorkshire https://agecp.co.uk/

Head-On East Yorkshire/Hull office@head-onelectrical.co.uk 01482213177

https://www.head-onelectrical.co.uk/

**Elite East** Yorkshire/Hull/ North Lincs 01482770550

https://www.elitesq.co.uk/



Yorkshire Energy Systems HNY Region info@yorkshireenergysystems.co.uk 01423529144

https://www.yorkshireenergysystems.co.uk/

**East Riding Energy HNY Region** info@eastridingenergy.com 01482210089 https://eastridingenergy.com/

**Green Building Renewables** York 9 info@greenbuildingrenewables.co.uk 01904946609

https://www.greenbuildingrenewables.co.uk **(** 

Northallerton **? Energi North East** chris@energinortheast.co.uk



