

Travel Plan

Western Elms

Surgery



Travel Plan

Western Elms Surgery

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Signature:

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Contents

1. Introduction

- 1.1 Travel Plans
- 1.2 Implementing a Travel Plan
- 1.3 The aim of the Travel Plan
- 1.4 The benefits of implementing a Travel Plan

2. Context

- 2.1 Type of organization
- 2.2 Staff Travel Survey
- 2.3 Travel to the site
- 2.4 Current measures in place

3. Targets and Measures

- 3.1 Walking
- 3.2 Cycling
- 3.3 Public Transport
- 3.4 Car sharing
- 3.5 Action Plan

4. Implementation

- 4.1 Roles and responsibilities
- 4.2 Marketing and promotion

5. Monitoring

- 5.1 How progress will be measured
- 5.2 Annual Review

1. Introduction

1.1 Travel Plans

Travel Plans are the Government's recommended way forward to widen travel choice, to promote more sustainable travel choices and to reduce single occupancy car travel.

A Travel Plan is a dynamic process, evolving and changing over time to reflect our organization, our employees and our site. It provides an ideal opportunity for us to evaluate and reconsider our current travel habits and will cover the following elements:

- Commuter journeys
- Business travel
- Visitor travel
- Deliveries and contractors travel
- Working practices.

1.2 Implementing a Travel Plan

Western Elms Surgery aims to promote the use of sustainable transport and to improve opportunities for and encourage travel by sustainable modes and to reduce unnecessary travel.

To raise awareness of the Travel Plan for staff and visitors.

1.3 The benefits of a Travel Plan

- Cost savings associated with reduced transport related costs
- Cost savings by reducing car journeys
- To minimise parking on site at Western Elms Surgery
- Quality of life improvements for staff related to reduced congestion and stress as well as improved health and motivation
- Improved community relations as a result of demonstrating commitment to reducing congestion
- Demonstrating environmental commitment due to improved local air quality and reduction of global pollutants, as well as reducing Carbon footprint.

1.4 The aim of the Travel Plan

The overall aim of the Western Elms Surgery Travel Plan is to seek to ensure that where possible staff and visitors use more environmentally friendly alternatives to driving to the Surgery and in particular in a vehicle as a single occupant.

2. Context

2.1 Type of organisation

Western Elms Surgery is committed to making environmental improvements and to lessening the impact we have on the environment. Our Travel Plan fits in with our aspiration to promote sustainability and ease of access and healthy lifestyles for our staff.

2.2 Employee Information

1. There are 44 employees on our site
2. their working hours range from full time at the surgery to part time - 990 hours per week.
3. they travel from Benson, Reading, Caversham, Thatcham, Newbury, Windsor and High Wycombe
4. our employees get to work by car, bus, train, cycling and walking

a) A survey was conducted

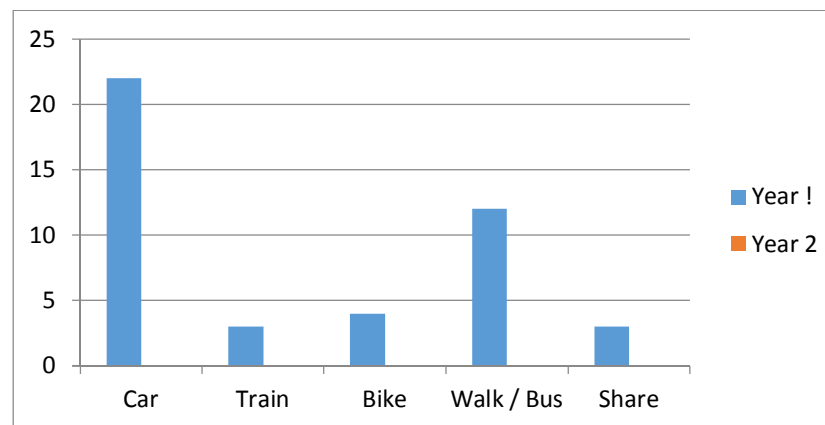
- to establish a baseline in order to set targets and monitor progress
- to quantify how staff currently travel to work
- to understand the barriers preventing staff from travelling by more sustainable means.

b) The survey was undertaken by Jackie Holmes

- the type of survey was paper based
- it was voluntary
- the response rate upon which the results are based was 100%

c) The results of the survey.

- the results of your survey, in tables, graphs or statistics
- This is the first survey and we aim to revisit again next year.
- The majority use a car at the moment. Some of these are duty doctors who need them urgently at any given time - we are looking for alternatives to this.



2.3 Travel to the site

Western Elms Surgery is based on the Oxford Road, Reading. There are several local bus routes and a local main line train station

Information and Promotion

Information about alternative travel choices is provided to staff at recruitment stage and discussed in induction. We try to discourage wherever possible cars and encourage car sharing which has only just started to take off.

Pedestrian Access

Western Elms Surgery is a 5 minute walk from Reading West train station. Pedestrians are well provided for in this area with high quality pavements, crossings and other infrastructure.

Cycling

Reading has a growing cycle network. Cycle storage is provided close to the main entrance to the building and lockers/ changing facilities are available for employees using active modes of travel. We have planned for a shower room in our new extension to enable us to encourage this further.

Bus links

Reading buses run a number of services which stop a 2 minute walk away from Western Elms Surgery. Real time information is available at the stop.

Rail links

Reading West train station is a short walk from Western Elms Surgery which is served by local and mainline train services and three staff currently use the train on a regular basis.

Journey Sharing/Car Sharing

We don't currently have a formal car sharing scheme however we do encourage them to share wherever possible and see this as an opportunity to be incentivised.

Motorcycles and other Powered Two Wheelers

There is currently 1 dedicated motor cycle space at Western Elms Surgery.

Driving

Car parking is available throughout the West Reading. The Duty Doctors currently have two allocated spaces on site as they may need to leave immediately. We have an additional 13 car parking spaces which are allocated on a first come first served basis which is incentive enough not to bring your car!

2.4 Current measures in place

Western Elms is currently affiliated to a sacrifice scheme called Busy Bees. They provide a scheme for cyclists. We have at least four members of staff who cycle to work daily and others who do ad hoc.

We have ample bicycle spaces with a view to increasing them in the new plans.

Western Elms has participated as a team in the Beat the Streets campaign twice. North and West Reading CCG and the Public Health team at Reading Borough Council funded Beat the Streets to encourage healthy life styles and increase activity.

Our staff also participated and went on walks with the Patient Group to get them mobile as well. We would hope to get these walks underway again this summer.

To note: We do allow the local population to use our car park during times when we are closed to alleviate parking pressures in the side streets when residents are all home.

3. Targets and Measures

3.1 Walking

Western Elms Surgery promote walking by:

- Participating in the Beat the Streets campaign
- Supporting Reading Health Walks

Western Elms Surgery have set the following targets:

- For staff living within 1 mile of work, increase the percentage of staff that walk by 10% in the next 12 months.

3.2 Cycling

Western Elms Surgery provides:

- Promotion of cycle routes to the site
- A cycle to work scheme offering discounted bike purchase.
- Cycle storage facilities are available
- Raise awareness of the health benefits of cycling

Western Elms Surgery has set the following targets:

- For staff living within 2 miles of work, increase the percentage of staff who cycle by 10% in the next 12 months.

3.3 Public Transport Use

Western Elms Surgery has the following measures in place:

- Bus and rail timetables are available on the intranet
- Season ticket loans

Possible targets could include:

- Increase the number of staff using public transport to travel to work by 5% over the next 3 years

3.4 Car Sharing and Reduction of Car Use

Western Elms Surgery has set the following targets:

- To achieve a 5% increase in the number of staff car sharing over the next 3 years

Western Elms intends to look at the opportunity of buying an electric car that can be kept on site so that the Emergency Doctors can use this instead of their cars. This would encourage GPs to walk or use public transport in the future. Obviously this is quite a big project.

3.5 Action Plan

The following Action Plan is to be implemented.

Area	Action	Person responsible for implementation	Timescale/Date	Current Status
Active travel	Promotion of walking and cycling	Sarah Botting HCA	Short term	Ongoing - information provided to all new staff
Public Transport	Promotion of public transport e.g. routes, timetables	Angie Gardiner Reception Manager	Short term	Ongoing - information provided to all new staff
Reduction in Duty cars	Purchase of an electric car	Jackie Holmes Assistant Practice Manager	Long term	Not started - the GPs have only just bought in to!

4. Implementation

4.1 Roles and responsibilities

The Partners at Western Elms are committed to encouraging staff and themselves to use other ways of getting around. We have been discussing this for a while and are looking to see how realistic it is to offer incentives.

The person responsible for overseeing this plan and reporting back to the partnership is the Practice Manager.

4.2 How the plan will be marketed to staff

We will continue to use local and national campaigns to change people's behaviours. For example:

National Cycle to work day
Beat the Streets
Health Walks

We have an in house newsletter and a patient newsletter in which we will continue to promote exercise and wellbeing

Emergency lifts home will be guaranteed should they be needed.

5. Monitoring

5.1 How progress will be measured

The plan will be reviewed on a six monthly basis. Targets will be monitored and progress recorded and reported to staff.

5.2 Annual review

The travel plan will be reviewed annually. The review will be conducted by the Practice Manager and will include:

- a snapshot survey asking for mode of travel
- a comparison of survey results against targets
- revision to targets where necessary
- setting out new measures where required.