



"Improving Public Health by Greening the NHS"



BHRUT Bicycle User Group - relaunched

The BHRUT Health & Well-being Team has relaunched the Bicycle User Group (BUG) to make the workplace more cycle-friendly, encourage staff to healthy modes of travel, promote, participate and organise cycling events.

Why Cycling is important?

Since 1985 cycling in the UK has declined by 58%. But, now it's importance is growing, cycling is the third most popular recreational activity in the UK. An estimated 3.1 million people ride a bicycle each month. Cycling reduces motorised journeys, reduces air pollution, is carbon-free and is good for health/exercise. The potential is definitely there, if there are sufficient encouragements and they are promoted. But time and again studies show there is always a potential, and can reduce the traffic levels. Check more under [NHS Choices](#).

Did you know?

Regular cycling can help you lose weight, reduce stress and improve your fitness.

BHRUT staff cycling potential

There is a big potential at BHRUT given that we are a healthcare organisation, we should be leading the way. BHRUT Travel Survey conducted in November/December 2012 showed the below promising results:

- 44% of staff live within 5 miles, a reasonable cycling distance.
- 30% own a bike.
- **Yet, only 3% currently cycle to work**

You can help realise the potential both Boroughs London Borough of Havering and London Borough of Redbridge are encouraging cycling in the areas, and improving the facilities like routes, maps, safety and security.

See more under:

[Havering Cycling info](#)

[Redbridge Cycling info](#)

Why not join BUG?

A BUG is a loose association of staff who cycle - or who would like to - and it works to improve conditions for cyclists and to persuade more people to give cycling a try. The BHRUT BUG is a way of focussing cyclists' views and coming up with a coherent plan.

What does a BUG do?

BUG is looking at ways to make the workplace more cycle-friendly, encourage staff to cycle more and promote, participate and organise cycling events. The group will also encourage sharing well used routes and provide a network to support each other. It also takes the requirements to enhance cyclists experience with local boroughs. To become a member contact:

Health&Wellbeing@bhrhospitals.nhs.uk



BUG Members

Photo Courtesy: Mark Digby, Trust Green Champion

Events

Cycle Crime Prevention and Awareness Stand

The Metropolitan police and a member of Havering Council's Transport Team will be in the **Queen's Hospital Atrium on Tuesday 26 November 2013 from 12pm - 2pm** to offer advice on crime prevention and promote awareness about cycling to work. Please take out few minutes to visit and know more about Cycling and BUG.

Sustainability Team's message

- **Please share** this message with your colleagues and help raise awareness.
- **Tell us if there is a problem!** – If you have an issue relating to **heating, cooling, lighting, water, or waste** please tell us about it. We may be able to sort it out for you. Email us: sustainability.BHRUT@bhrhospitals.nhs.uk
- **All ideas are welcome** - if you know a green tip, green image, heard/experienced a green story which could be published, please let us know by emailing: sustainability.BHRUT@bhrhospitals.nhs.uk
- **Why not become a Green Champion?** - It is an opportunity to learn about the sustainability and help the Trust and your colleagues become more sustainable. For more information contact: sustainability.BHRUT@bhrhospitals.nhs.uk Tel. Ext. (79) 6213