



Derby Hospitals Travel Plan

Transport

Hospital parking is a challenge across the country and was absolutely the case when Derby's two former hospitals merged onto the new Royal Derby Hospital site in 2008. With car parking problems overshadowing the otherwise positive new hospital experience of staff and patients' a tremendous effort was put into developing innovative ways to encourage alternative transport use through the Trust's first ever Travel Plan.

Despite endless calls from staff and the public to 'build' a multi-storey car park and simply address the problem by creating more car parking, the Trust set out to work in partnership with Derby City Council and local transport providers to influence and support sustainable behaviour change by encouraging staff and patients to choose the healthy option and reduce their carbon footprint by using more sustainable modes of transport.

Since 2008, we have gained a detailed understanding of the starting point, by auditing staff travel and current transport arrangements through annual staff travel surveys and have achieved many significant and positive changes in the area of sustainable travel which is presented in our annual Travel Summary.

We have made a difference to how staff and patients travel and also staff travel to meetings. We have listened to the comments and have worked hard putting the ideas into a reality.

As a result our annual programme has been running for over 4 years incorporating cycle to work, public transport, and walk to work incentive weeks. In addition to these, in partnership with local bus companies we hold monthly public transport road shows, as well as hosting a travel hub and waiting area with live bus wait times and bus information available at the hospital's main entrances.

Initiatives have included;

- Strong links with the 'Connected' team at Derby City Council, securing a £10,000 grant to update and refurbish staff changing facilities at the London Road Community Hospital
- Incentives for staff using alternative modes of transport include 12 free parking entries over the year for staff who cycle but may need to use their car in an emergency, win a new bike, free cycle servicing, free walker breakfasts, pedometers, and goodie bags, and much more!
- Bike maintenance lessons, bike donations and bike sales.
- Working with Wheels to Work to get our staff £100 voucher towards a new or reconditioned bike.



- Secure bike shelters and staff changing facilities introduced for staff
- Negotiated with local travel service providers, discounted travel passes and hold monthly road shows promoting cheapest ways to travel on public transport
- Staff and patients now have access 24 hours a day, 365 days a year to our travel kiosks which show real time information and gives everybody access to all travel information who comes to the hospital. In 2011 we opened our Travel Zone area which is located in the main entrance of the Royal Derby Hospital, this is an area that provides staff, patient and visitors up to date travel information, maps and travel events happening around Derby and Derbyshire.
- 36 dedicated spaces for our 'Parking Partners' in house car share scheme.
- Our WiFi for patients and visitors hosts a dedicated transport tab on the home page and our staff intranet site hosts a wealth of information on travel and transport choices for staff.

In early 2014 Derby Hospitals won the award for Large Employment site of the year and achieved Gold accreditation for sustainable travel at the 'Connected' Business Awards, organised by 'Connected' Derby's brand for promoting sustainable travel. We were also highly commended in two other categories including Travel Initiatives. Derby City Council has praised the hospital for keeping our travel plan active.

Not only focusing on local sustainable transport we have also developed innovative ways to reduce rail and air travel. This has included the development of skype consultations for a range of patients who otherwise would have travelled from further afield for specialist care; and video conferencing for clinical education involving live streaming of specialist procedures to both national and international students.

Our aim has and continues to be to improve staff and patient travel experience and to do this sustainably we have focused on engaging individuals to build personal responsibility for how their actions and travel habits impact on the environment and the day-to-day operation of the hospitals clinical services and care

How has your project demonstrated sustainable change within your organisation or community setting?

Over the last 4 years the Trust has been successful in reducing car dependency. This has been shown in the most recent 2014 Travel Survey results by the increase in staff walking, cycling and using public transport to work. This also shows the Trust's Travel Plan is working effectively and we are committed to building a sustainable future in reducing congestion and greenhouse gas emissions and promoting health benefits too.



The impact of this change has been demonstrated with reduced sickness absence of staff, achievement of the Carbon Trust Standard and long lasting partnerships within the local community.

We recognised that sustainable change could only be achieved through strong partnerships and networks with local transport providers and Derby City Council. These relationships were forged and have been nurtured and have resulted in the range of options now available providing staff and patients with a real choice and realistic alternatives.

The Trust has over 12,000 staff and treats over one million patients every year. The positive impact we can therefore have on the local community and environment as well as individual's lifestyle choice and wellbeing is tremendous. In 2012, 63% of our staff travelled to work alone in their car. This reduced to 49% of our staff travelling alone in their cars in 2014, thus giving a reduction of 14%. In addition a further 5% increase has been achieved in staff walking to work, which has exceeded our travel plan target. Public transport usage has increased by 7%. Cycling has increased by 2%.

Over the past 4 years we have sustained our campaign to influence behaviour change through staff travel incentive weeks which help promote all modes of sustainable transport options.

We have integrated our travel initiatives into our overall all staff health and wellbeing programme called 'Get Healthy Stay Healthy'. Staff have said by walking and cycling to work they are more energised and ready to start their day. This year more than 500 staff participated in our awareness weeks.

In addition to local transport sustainability, Derby Hospitals has significantly reduced its business travel by rail and air over the last 3 years. We have not only focused on applying more stringent procedures for travelling to meetings or conferences but clinical teams have transformed patient care identifying opportunities to utilise technology to improve patient consultations and experience through skype in many areas, as well as video conferencing for clinical education involving live streaming of specialist procedures to both national and international students. Between 2010 and 2013 domestic flights reduced from 32 journeys to 2 journeys a travel difference of 15,310 miles. Long haul flights over the 3 years have reduced by 100,199 miles a year and short haul by 22,422 miles a year. Rail travel decreased by 203,862 miles over a three year period. From the reduction of miles travelled by both air and rail, this has seen a considerable reduction in the Trust's carbon footprint.

By 2026, the City of Derby has a vision to keep Derby moving sustainably and seamlessly and Derby Hospitals is proud and committed to be a key partner in delivering this vision.