**06-Dec-22    Active Staff Travel**   
Sent on behalf of Vasu Siva, GP Partner & Clinical Lead for Green Agenda

Dear colleagues,

Active travel is a way of incorporating physical activity into necessary journeys, so you help your own fitness and the planet at the same time. Cyclists are exposed to less pollution than car drivers or bus passengers, and have the added benefit of keeping fit as they travel to work.

*Our focus this week is on one of the ‘Bucket List’ items, Green Travel.*

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| **ACTIVITY: Green Travel** | |
| **What is the activity?** | * Take time to encourage alternative forms of transport (e.g. walk, cycle) for staff in the practice or possible car share if needed. |
| **What are the benefits of the activity?**  **(GP surgery, staff, patients, community, environment)** | * Improves holistic staff well-being * Reduces air pollution * Car parking spaces available for those in need of travelling by car |
| **How to carry out the activity?**  C:\Users\Gpuser\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A178FFAD.tmp | * Promote active staff travel & explain the cardio/respiratory benefits - practice/clinical meeting * Display information on active travel (e.g. surgery website, waiting room) * Give the staff an option of wearing appropriate trainers/more comfortable shoes to work to encourage extra activity while at work * Join the government-supported “cycle to work scheme”1 * Install secure bicycle storage &   changing facilities if required   * Consider installing electric vehicle charging points for cars & bikes at the practice |
| **How would this be measured?** | * Staff feedback * Staff travel survey2 (optional) |
| **What are the benefits/award once you have completed the activity?** | * GP practices would have completed one of the ‘Bucket list items’ mentioned in the ES 25 Green Initiative |
| **How will this be reported?** | * Annual submission of the evidence of participation of this Bucket list item mentioned in the Delivery section of ES 25 Green Initiative |

**Avoid, shift, improve3**

“If you can avoid the trip, you do that; if you can shift to transport that is less polluting, that’s good; and if you can’t, you try and improve efficiency” – such as using electric cars, e-bikes

Why not sign up to the RCGP Active Practice Charter and become one of the national networks of practices making positive changes in staff and patient welfare4.

**Helpful Resources:**

1. Department of Transport. Cycle to Work Scheme Guidance for Employers. 2019.

2. [https://www.greenerpractice.co.uk/information-and-resources/organisational-considerations/travel-transport/](about:blank)

3. [https://www.bmj.com/content/379/bmj.o2385](about:blank)

4. [Physical Activity Hub: Active Practice Charter (rcgp.org.uk)](about:blank)