**29-Nov-22    Green Travel**
Sent on behalf of Vasu Siva, GP Partner & Clinical Lead for Green Agenda

Dear Colleagues,

After prescribing, active travel is the next big carbon hotspot for primary care. Supporting staff and patients (if appropriate) to walk or cycle to the surgery instead of driving, is a major way of reducing the practice’s carbon footprint and helping to improve the local air quality.

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

Don’t forget to watch the interesting Short video on ‘FEET’!

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| **ACTIVITY: Green Travel** |
| **What is the activity?** | * Take time to encourage patients to reduce car use travelling to the practice
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| **What are the benefits of the activity?** **(GP surgery, staff, patients, community, environment)**  | * Improves holistic patient well-being (mental & physical)
* Reduces air pollution
* Car parking spaces available for those in need of travelling by car
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| **How to carry out the activity?**   | * Discuss the plan with the clinical team & document
* Promote active travel in patients (explain the cardio/respiratory benefits)
* Encourage patients to walk, cycle to work, public transport or car share where possible
* Display information on active travel (e.g. surgery website, waiting room)
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| **How would this be measured?**  | * Staff/patient feedback
* Patient survey/audit (optional)
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| **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
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| **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
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Consider signing up to the Active Practice Charter and become one of the national networks of practices making positive changes in staff and patient welfare1.

**Helpful Resources:**

1. Physical Activity Hub: Active Practice Charter (rcgp.org.uk)
2. Short video on ‘ FEET’ https://www.youtube.com/watch?v=SvGhnhEctPk