



East Suffolk and
North Essex
NHS Foundation Trust



East Suffolk and North Essex NHS Foundation Trust Travel Plan 2020-2023

COMPANY NAME

DATE

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Foreword

Climate change is frequently depicted as “the biggest global threat to health facing the 21st century” (WHO)

With the UK committing to an 80% reduction in carbon emissions by 2050, it is more important than ever to commit to more sustainable travel. With around 5.5% of deaths in Ipswich and Colchester linked to pollution now is the time to move away from single occupancy vehicles to a sustainable mode of travel such as walking and cycling. These modes of travel are also known to improve health and wellbeing along with reducing the strain on our services. Not to mention the vast improvements to reducing our carbon footprint.

INTRODUCTION

Formed on 1st July 2018, ESNEFT is the largest NHS organization in East Anglia with nearly 10,000 staff. Providing hospital and community health care services for Colchester, Ipswich and the surrounding areas. The trust also delivers care to six community hospitals along with community clinics and patients in their homes. ESNEFT provides services for a population of around 800,000 residents.

This travel plan will outline the progress the trust has made to date and identify ways in which the trust can assist patients, visitors and staff to choose more sustainable methods of transport and reduce our carbon footprint along with improving the health and wellbeing of those in our communities by reducing air pollution.

The shift away from single occupancy vehicles is in line with local and national policy. Along with the Green Plan this document will outline what we have achieved in the past, what we wish to achieve in the future and details about how we will achieve the goals set out in this Travel Plan. Throughout the travel plan there will also be details around goals that were previously set that have been affected by Covid-19 along with how we look to reduce the risk involved in travelling to and from our sites.

Travel plan 2017-2019

Throughout 2017-2019, ESNEFT have actively been encouraging healthier and more sustainable ways to travel to and from our sites. Progress has been made in terms of reducing single occupancy vehicles and encouraging staff

and visitors to pursue alternative methods of transport. There has also been noticeable shifts in the methods used by those coming to our sites during the Covid-19 pandemic. Working patterns and flexible working has led to a reduction in single occupancy vehicles with many members of staff working from home and travelling outside of peak hours. Having said this with the government actively encouraging the public to avoid public transport this may have also led to a rise in those choosing to drive rather than using public transport as they usually would. Schemes such as lift sharing have also temporarily been on hold due to government advice.

Achievements 2017-2019

Headlines

During the period of our previous travel plan there have been some significant changes and there have also been some categories that have remained at a constant. There is progress being made however with the support of staff, visitors and local authorities further progress can be made.

The main aims of the travel plan can be seen below

- Encourage healthier sustainable methods of transport to and from our sites
- Improve choices available to those travelling to our sites and establish safe and accessible modes of transport
- Reduce travel to our sites via single occupancy vehicles
- Encourage use of public transport through fare subsidy schemes

Progress Made 2017-2019

There have been aspects of travel that have improved during the duration of the previous travel plan.

Colchester Progress

- When the staff survey was carried out in 2016 83% of staff said they travelled to work in their own vehicle. In 2019 this had been reduced to 53%. A vast improvement although with further encouragement and incentives this could be further reduced.
- At Colchester hospital there has also been a reduction in the number of staff travelling to work by foot by 6%.

- There has also been an increase in those travelling to work by bicycle by 7% in Colchester. This is something that due to Covid-19 restrictions can be promoted to encourage bicycle use. Along with lots of government initiatives encouraging the use of bicycles throughout the country the trust should begin to see an increase in those using bicycles to travel to our sites.
- There has also been an increase of around 11% in those choosing to use public transport to travel to and from our sites.

Ipswich Progress

- Since the introduction of a Travel plan in 2004, single occupancy journeys by car have decreased by 17%
- There has been an increase of 10% in those choosing to walk to work since the introduction of a Travel plan
- An increase of 5% in people choosing to travel to work by bicycle since the introduction of the Travel plan

2017-2019 Initiatives

A number of schemes have been implemented since the introduction of the Travel plan 2004/2005. Since Colchester and Ipswich merged as ESNEFT in 2018 there is a lot of work that needs to take place to harmonize both sites to offer schemes throughout the trust to encourage sustainable travel throughout our sites. The following incentives have already been introduced throughout ESNEFT.

Colchester public transport initiatives

- A 50% discount on Colchester Borough inner and outer zone passes on all First/Arriva for staff travelling to work by bus
- A 10% discount on train season tickets for staff comprising a 1 month duration or more
- Flexi train carnet tickets offered to staff comprising 20 or 30 return tickets to be used over the course of 3 months
- Colchester park and ride service stopping directly outside the hospital site
- Hospital car parking survey undertaken in May 2019 (informing the revised travel plan targets)
- Hospital patient/visitor survey undertaken in May 2019 (informing the revised travel plan targets)

Ipswich public transport initiatives

- Direct links introduced from Martlesham and London Road services introduced to Woodbridge Road entrance
- Internal bus route access to Garrett Anderson Centre provided
- Additional covered bus shelters provided
- Real time electronic bus service information provided
- Hospital patient/visitor survey undertaken in May 2019 (informing the travel plan targets)

Colchester bicycle and motorcycle initiatives

- Provision of sheltered and secure cycle parking for staff and visitors
- Detailed maps and information available via intranet, newsletter and patient literature
- Free adult cycle training through Cycle Colchester project
- Cycle to work scheme offering up to 40% discount on new bikes and accessories
- Additional secure staff and visitors cycle/motorcycle parking as required

Ipswich bicycle and motorcycle initiatives

- New pedestrian/cycle link from the Woodbridge Road entrance
- 20% increase in provision of cycle parking introduced across the site
- Provision of 20 additional covered cycle spaces between 2005 and 2017
- Provision of 35 covered bicycle stands adjacent to the Maternity department since 2017
- 20 additional covered motorcycle spaces provided across the site and in addition, 8 existing spaces now covered

Colchester walk to work initiatives

- Needs based points system introduced to determine whether staff qualify for a car parking permit on Hospital site
- Cross site footpath improvements implemented

- Comprehensive 'you are here' signage strategy introduced
- Site maps introduced across parts of site

Ipswich walk to work initiatives

- Needs based points system to be introduced to determine whether staff qualify for a car parking permit on Hospital site
- Cross site footpath improvements implemented
- 'You are here' signage strategy introduced
- Considerable amount of lighting upgraded to LED across the site

Colchester car park management initiatives

- Needs based points system introduced to determine whether staff qualify for a car parking permit on Hospital site
- Staff car parking charges reviewed and increased in 2018
- Number of disabled visitor car parking spaces increased to in excess of 5% total visitor space provision
- Contractors parking provided for new and ongoing projects
- New directional signage introduced in 2018
- Staggered outpatient appointments and inpatient visiting hours to ease demand on car parks
- Introduction of 30 minute drop off areas free of charge at the Breast unit, Radiotherapy, and Maternity and Outpatients Departments
- 180 additional net new parking spaces provided across visitor areas in 2015
- Guaranteed free ride home service for car sharers in an emergency

Ipswich car park management initiatives

- Needs based points system to be introduced to determine whether staff qualify for a car parking permit on Hospital site
- Number of disabled visitor car parking spaces increased to in excess of 5% of total visitor space provision
- Contractors parking provided for new and ongoing projects
- New surface car park opened in 2014 (249 spaces)
- Comprehensive directional signage scheme implemented in 2014
- Allocation of 2 electric vehicle charging point parking spaces
- Staggered outpatient clinic hours and inpatient visiting hours to ease demand on car parks

- Introduction of 30 minute drop off areas free of charge at Maternity, Garrett Anderson and Fracture departments
- Flyers to nearby residents with a helpline telephone number to help manage on street parking
- Car park U opened in 2019 with 225 additional spaces

Car sharing – Colchester & Ipswich

Across both sites we will launch a Liftshare scheme whereby staff and visitors will be able to find a car sharing buddy. The app will assist with those working similar shifts and routes etc. There will be dedicated parking bays for those using the scheme at convenient entrance points to each site. The Trust has also implemented an emergency lift home for those car sharing if anything were to happen that the passenger will still be able to get home.

- Car sharing is one of the most difficult changes for staff to make and encouraging them to do so will lead to significant opportunities, along with a reduction in carbon emissions and single occupancy travel

Shower and changing facilities

Additional shower units and changing areas opened at both acute hospital sites in April.

They are behind the Education Centre, near the Renal Unit, at Ipswich Hospital – look out for these grey portable cabins (pictured below).



At Colchester Hospital, the new showers and changing areas are on the first

floor of the main hospital block – they can be accessed through the new set of double doors at the Critical Care Unit and Boxted Ward T-junction (pictured below).



Towels and shower gels will be provided for colleagues. Dirty towels must be put into the linen boxes within the changing areas and should not leave the shower and changing facilities. Lockers are available at both sites.

Covid-19

There have been a number of targets and actions that were looking to be implemented since the 2017 Travel plan although since the outbreak of Covid-19 and the recent changing in guidelines set out by the government, this has greatly changed the landscape of how people are travelling at this current time. It is worth considering throughout this travel plan the implications that Covid-19 will inevitably have on trends and considering alternatives throughout so staff can travel to and from our sites safely. It is also more important than ever to consider working arrangements such as flexible working hours and working from home.

Driving forces behind the Travel plan

Colchester Travel Plan Club

ESNEFT have a great relationship with Colchester Travel Plan Club who actively work alongside Colchester Borough Council and Essex County Council. They have helped the hospital achieve many targets in the past and we will continue to work with them to encourage more sustainable methods of working and travel. Alongside this we will continue to strive to make journeys to work for staff a stress free procedure. Below are some initiatives the CTPC have gratefully helped us to secure recently.

- ECargo bikes have been introduced at Colchester Hospital and will be used to transport goods around the hospital and off site. Bicycle training is being carried out amongst staff and will continue to do so through CTPC
- Dr Bike has been introduced at Colchester
- This autumn Colchester Borough Council will be launching a campaign to encourage drivers in Colchester to switch off their engines when they are stuck in traffic or waiting at lights. This is because stopping unnecessary idling can cut pollution by up to 30%
- Discounted fares on public transport in Colchester with up to 50% off bus tickets and 10% train tickets. 35% of the discounted bus tickets is subsidized by the trust with 15% discounted by the bus providers.

Green Plan

The Green plan at ESNEFT has now been finalized and published and outlines the key areas to continue to improve. The vision for the green plan is set out below.

Our vision to become a Leader in Sustainable Healthcare will not come without its challenges. ESNEFT values the importance of protecting our natural environment for the benefit of the physical and mental health and well-being of our community, patients and staff, both now and in the future.

- Become a class-leading Trust with best practice CO2 emissions
- Comply with all sustainability legislation and guidance
- Minimize unnecessary expenditure on energy, water and waste, to allow resources to be redirected towards patient care

- Encompassing the time matters philosophy by transforming the services of today in order to secure a sustainable future
- Clearly articulate the Trusts sustainability ambitions to staff, patients and visitors

The green plan will be constantly monitored using the Sustainable Development Assessment Tool. This is a national scale of reference, utilized by Public Health England and NHS England to help establish the focus of our Green Plans action strategy, through measuring sustainability progression across the healthcare system.

The green plan will very much run alongside the travel plan as the two documents share core values and beliefs that need to be passed on to staff, visitors and patients.

Expected Trends and Influences

Covid-19

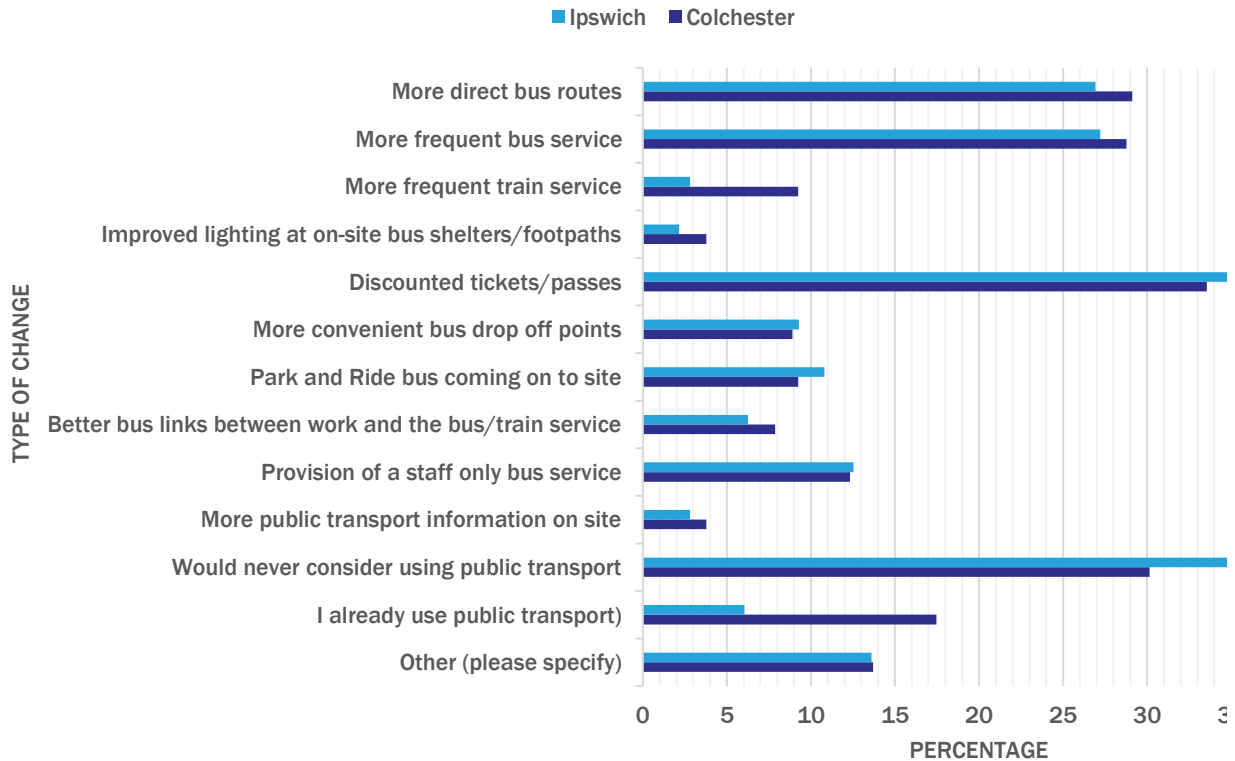
In the coming years and in the coming months due to Covid-19 there are sure to be lots of particularly challenging scenarios faced by staff, patients and visitors travelling to sites. These will undoubtedly have an impact on the Trust. Some impacts will have a negative impact in the shorter term although they may also present opportunities in the long term. This report will look to identify the effects that Covid-19 has had and what the trust itself can look to do to optimize the potential for sustainable travel in future. The safety of staff travelling to and from work has been paramount throughout the pandemic. Prior to the pandemic

Public transport incentives

With staff at Colchester benefiting from discounted bus and rail services it is a high priority for the trust to extend these to Ipswich staff. The Trust is currently working closely with Suffolk county council along with transport providers to actively negotiate staff discounts and use this as an incentive for staff to use more sustainable methods of transport rather than single occupancy vehicles.

The table above shows that there certainly is an interest in using public transport and with the use of the Green plan and Travel plan this is something

Which of the following changes would most encourage you to use public transport for your journey to work? (Please select all that apply)



that the Trust could work at to increase the number of people regularly using public transport.

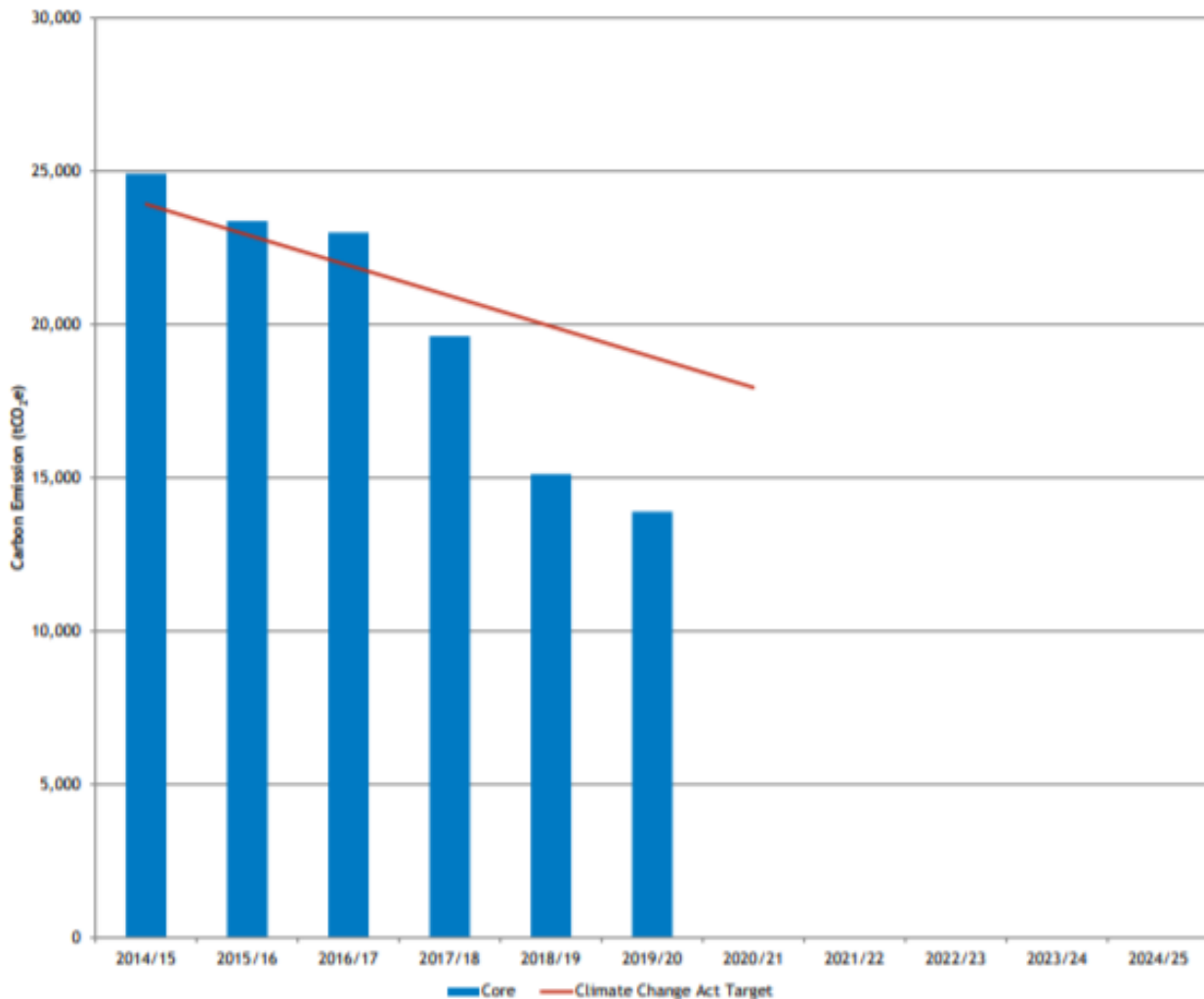
Electric vehicle ownership

Electric vehicle ownership is constantly on the rise with the demand for electric vehicles ever increasing. The government set out the Road to Zero Strategy outlining how it will support the transition to zero emission road transport. This strategy includes an ambition for at least 50% and as many as 70% of new car sales to be to be ultra-low emission by 2030 along with 40% of new vans. There is also a recommendation from the Committee on Climate Change for EVs be 100% by 2035 at the latest to meet the new 2050 net zero target.

- ESNEFT has transitioned away from diesel and petrol powered vehicles to hybrid and electric powered vehicles.
- ESNEFT currently operate 3 hybrid vehicles with 2 electric vehicles. These vehicles can be used for transporting goods to and from Ipswich and Colchester sites, along with staff who are commuting between the

two in their working day. Using electric vehicles will reduce the carbon emissions used for essential journeys between sites. Below is a graph detailing the carbons emissions emitted between 2014 and 2020. ESNEFT is currently below the Climate Change Act target although there is a lot more work that can be done in this field to further reduce carbon emissions.

ESNEFT Carbon Emissions (CO2) 2014-2020



Measures of potential

Liftshare Scheme

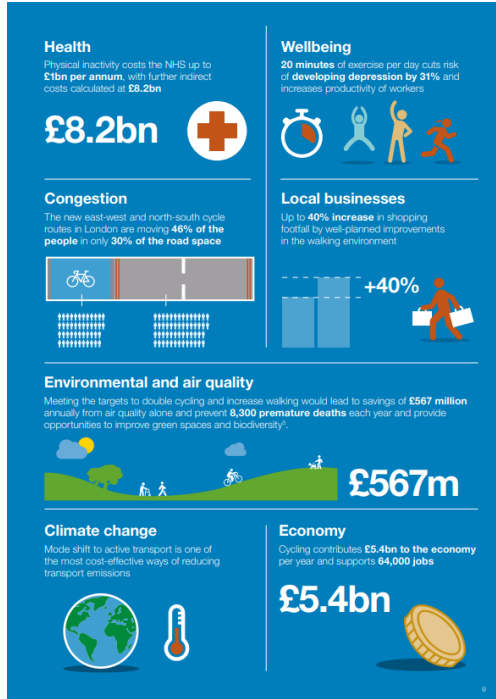
ESNEFT has commissioned Liftshare which is a car share app that can be used by staff to find alternative more sustainable method of transport. Whether this be through finding a suitable lift share partner working the same

shift, or through the My PTP function which can suggest alternative modes avoiding single occupancy vehicles. In September 2020 this scheme will be rolled out in conjunction with current government guidelines. With staff being actively told to avoid public transport there may be an opportunity for those who have no choice but to use public transport to travel using safer means of transport. In this case rather than using public transport where they may share a bus with 10 strangers they can share a car with one other person only. Track and trace will also become more effective using this method as there is only going to be one other person in the vehicle at any time. Liftshare currently have information regarding how to safely share a car with one another.

25% ESNEFT staff live within 2 miles of work

Government funding

With the recent announcement from the government regarding the 'Gear Change' vision that there will be £2 billion of new funding towards cycling and walking there will be huge opportunities for growth in this form of transport.



Physical inactivity is responsible for 1 in 6 UK deaths

Physical activity like walking and cycling can help prevent over 20 chronic conditions and diseases

Physical inactivity is estimated to cost the UK £7.4 billion annually

Above is some of the benefits of choosing a more active mode of transport.

Vision and Objectives

The aim of this Travel plan is to reflect the objectives set out in the UN Sustainable Development Goals with progress being assessed through SDAT. The travel plan will apply to all of those who visit our sites so will include staff, patients, visitors as well as any other organizations. This document will work alongside the Green plan set out by ESNEFT with the vision of becoming a Leader in Sustainable Healthcare.

Goals – Covid adjusted

In this section the Travel plan will evaluate the goals that had previously been set out prior to Covid-19 and look into their feasibility and risks involved with the current pandemic.

Below is a table of the targets set out in 2019 for 2020. Staff surveys are due to be carried out in September. Due to the Covid-19 pandemic some of these targets may have been missed whereas in other departments they may well have been exceeded. For example with government advice advising against using public transport we predict we will have seen an decrease in those using public transport. Single occupancy car journeys may well have increased along with cycling and walking. Once staff and patient/visitor surveys are carried out this should give a clearer picture. Having said this with advice remaining as it currently is there is a deterrent to using public transport. There is also significant opportunity to encourage physically active travel such as cycling and walking.

	Colchester		Ipswich	
	2019	2020 Target	2019	2020 Target
Car – Single Occupancy	53%	50%	55%	50%
Car Sharing	4%	7%	4%	7%
Cycle	10.27%	15%	14.47%	20%
Motorcycle	0.68%	2%	1%	3%
Bus	12%	15%	16%	20%
Walk	12%	15%	16%	20%

Actions – Covid adjusted

Public transport

Target 1: Increase the number of staff regularly travelling to work at the Hospital by bus to 13% at Colchester & 7% at Ipswich by 1st August 2020

Target 2: Increase patient and visitor use of Park and Ride to 2% at both sites by 1st August 2020

Colchester Hospital	Ipswich Hospital
Evaluate payment methods for bus services and publicise them to patients, visitors & staff	
Liaise with local bus services to enable both Northbound and Southbound services coming onto site	Extend electronic bus system to main Out-Patient Reception Area
Continue to develop incentives via fare subsidy scheme for use of buses and trains by staff including consideration to be given to an interest free loan for the purchase of season tickets	Consider introduction of a shuttle bus (principally for staff) between Ipswich Rugby Club and the Hospital and/or allocating 50 spaces at Martlesham Park & Ride to provide discounted fares for staff and explore possibilities at the London Road (Copdock) Park & Ride
Explore the potential for a shuttle bus (principally for staff) between the Ipswich and Colchester Hospital sites	
Liaise with the Park and Ride operator to explore the possibility of the bus coming onto our Hospital sites	
Publicise the Park and Ride among patients and visitors, for example using outpatient letters to advertise the service	
Consideration to be given to the introduction of a travel centre on the Hospital site in the future for publicising public transport information to patients, visitors and staff	
	Develop incentives via fare subsidy scheme for use of buses and Park & Ride by staff

Cycling & Motorcycle

Target 1: Increase the proportion of staff travelling to work by bicycle to 16% at Colchester & 20% at Ipswich by 1st August 2020

Target 2: Increase the proportion of staff travelling to work by motorcycle to 2% at Colchester & 3% at Ipswich by 1st August 2020

Colchester Hospital	Ipswich Hospital
Implement annual cycle promotion events, and incentive measures such as Dr Bike cycle schemes and training on bike repair and maintenance such as the Cycle Colchester project and Bikeability training through Colchester Travel Plan Club	Resurrect annual cycle promotion events, and incentive measures such as Dr Bike cycle schemes and training on bike repair and maintenance
Provide additional cycle repair stations on site should a demand be identified and ensure the existing provision is regularly maintained	Provide cycle repair stations on site and provide training to staff on its operation
Progress plans for dedicated male/female changing/shower/drying facilities now that funding has been obtained	Progress plans for dedicated Welfare Building in Block 16 with separate male/female changing/shower/drying facilities
Review the demand for covered/secure cycle spaces and provide more if demand exists	Review the demand for cycle storage boxes and provide more if demand exists
Promote Bicycle User Group further	Re-establish Bicycle User Group
Ensure detailed cycle and motorcycle information such as local maps and schemes are provided within a future Travel Centre at the hospital site	
Review the demand for covered / secure motorcycle spaces and provide more if demand exists	
Provide cycle training courses for staff who cannot presently ride a bike	
Hold 'Bike to Work Week' on an annual basis	
Liaise with LPA to improve cycle routes on main roads surrounding the hospital	
Promote bike loan/salary sacrifice scheme already in operation at the Trust and extend this to include the grant scheme for electric Bicycles	

Investigate Extending CCTV to cover cycle parking areas

Walking

Target 1: Increase the proportion of staff walking to work to 15% at Colchester & 18% at Ipswich by 1st August 2020

Colchester Hospital	Ipswich Hospital
Introduce annual 'Walk to Work Week'	Resurrect annual 'Walk to Work Week'
Introduce regular walking promotion and incentive measures, such as walk to work 'buddy' programme	Continue regular walking promotion and incentive measures, such as walk to work 'buddy' programme
Review access to bus stops close to the site to ensure they are legible, secure and accessible for patients/visitors. (This could include a pedestrian footway improvement plan for visitors and providing clear directions to and around the hospital, signposted walking times, and updated maps published in key hospital entrance points, on the website and via a Travel Centre in the future)	Review access to bus stops close to the site to ensure they are legible, secure and accessible for patients/visitors. (This could include a pedestrian footway improvement plan for visitors and providing clear directions, signposted walking times, and updated maps published in outpatient communications and on the website)
Progress plans for dedicated male/female changing/shower/drying facilities now that funding has been obtained	Progress plans for dedicated Welfare Building in Block 16 with separate male/female changing, shower, drying facilities
Liaise with Essex County Council to promote the establishment of designated walking routes connecting the Hospital site to the town centre	Liaise with Suffolk County Council to promote the establishment of designated walking routes connecting the Hospital site to the town centre
Introduction of staff walking boundary for determining the issue of car parking permits	
Consideration to be given to staff walking groups during lunch periods	

and weekends in areas such as Highwoods Country Park	
Ensure continued maintenance of on-site footpaths suitable for walking and disabled access	
Monitor lighting provision across the hospital campus and particularly along walking/ cycling routes	
Ensure accessibility and footpath linkages form part of ongoing Estate Strategy proposals	

By car

Target 1: Reduce the proportion of staff who travel to work by car alone to 50% at both Colchester & Ipswich by 1st August 2020

Target 2: Increase the proportion of staff who travel to work by car share to 7% at both Colchester & Ipswich by 1st August 2020

Colchester Hospital	Ipswich Hospital
Review the current car permit scheme for staff to ensure that it provides sufficient incentive for staff not to park on the site and introduce staff walking boundary to determine the issue of staff car parking permits	Review the current car permit scheme for staff to ensure that it provides sufficient incentive for staff not to park on the site
Re-introduce dedicated car share car park and increase number of spaces if involvement in car share scheme improves	Increase number of dedicated car share spaces to 10, if involvement in car share scheme improves
Continue to provide an emergency ride home scheme for those who regularly car share	Explore possibility of providing an emergency ride home scheme for those who regularly car share
Introduce and promote new lift-share scheme for staff and review market possibilities for car-share apps to assist staff in finding a car share partner	
Annually review the demand for electric and plug-in hybrid cars and provide sufficient electric vehicle charging spaces on site to meet identified demand	
Monitor and if necessary, further increase the number of on-site disabled car parking spaces	
Consider introducing pool car system and/or shuttle buses between campuses to reduce staff reliance on their own vehicles to undertake their work	

Work patterns & Communication Methods

Target 1: Appoint a member of staff to join the Energy and Sustainability department with acknowledged responsibility to take forward and monitor the success of Travel Plan measures

Target 2: Maintain and enhance communication and working practices available to staff and visitors in relation to sustainable travel and transport information

Colchester Hospital	Ipswich Hospital
Establish a sufficiently staffed team within the Energy and Sustainability department through the appointment of a staff member to take forward travel plan measures	
Continue to develop existing Transport Strategy Groups and Forums	
Review and improve the quality of travel information provided in patient/visitor communications; for example, outpatient letters and quality of website content	
Consider the introduction of a telephone appointments system where appropriate for patients in order to avoid the necessity to travel to the site	
Review and research alternative methods to encourage sustainable travel among staff; for example, through liaison with staff who have been influenced by sustainable transport modes to develop case studies as incentives for future use along with consideration for the Trust to offer contributions / incentives for staff changing to more sustainable transport modes	
Review and research alternative methods to encourage sustainable travel among staff; for example, utilisation of emerging smartphone applications and increased publicity using the staff intranet platform	
Seek to improve and encourage telephone conferencing and electronic meeting facilities, particularly through the use of Microsoft Teams	
Seek to improve video conferencing for all staff	
Encourage flexible working hours to accommodate sustainable forms of travel	
Establish and monitor a reporting procedure to gather information on the use of private vehicles for Trust mileage	
Establish and monitor a reporting procedure to gather information on the use of pool vehicles	
Travel plan and carbon reduction information included at staff inductions	
Extend Travel plan to include/consider all Trust sites	

Monitoring and Measurement of Travel Plan

SDAT

Transport and travel along with the ESNEFT Green Plan will be monitored using SDAT.

Green Plan

The Travel Plan will run alongside and be informed by the ESNEFT Green Plan. This Green Plan sets out East Suffolk and North Essex NHS Foundation Trust's (ESNEFT) commitment to sustainable development, a vision of where we want to be, and an action plan for how to get there.

Sustainability Steering Group

The Travel plan is informed by the Sustainability Steering Group. This is a recently established group looking into the implementation of the targets within the Green Action Plan.

Travel Surveys

Various travel surveys are currently carried out annually. Our travel to work survey and Patient/Visitor surveys were previously carried out in 2019. These are due to be carried out in October 2020. These surveys will then inform future travel plan documents. Although they may only provide a snapshot of information regarding travel they are essential to informing future Travel Plans.

Conclusion

Much like the recently published Green plan this travel plan sets out the actions required to become a leader in sustainable healthcare. Through cooperation with external influences such as Local Authorities, patients, visitors, staff, contractors and supply chain we will understand the necessary steps that will need to be taken to achieve and surpass the Climate Change Act target of reducing carbon emissions by 80%.

