



Rosewell House- Travel Plan

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1. THE NHS GRAMPIAN TRAVEL PLAN: RELATIONSHIP TO ROSEWELL HOUSE

This document sets out the progress NHS Grampian has achieved with travel arrangements at Rosewell House, Aberdeen, in support of the NHS Grampian Travel Plan.

Transportation is an important part of the operation of many large organisations. As a public sector organisation NHS Grampian has a statutory commitment to encourage and enforce efficient, effective and sustainable transport associated with its operations. The Climate Change (Scotland) Act 2009 places duties on public bodies relating to climate change and states:

“The duties require that a public body must, in exercising its functions, act in the way best calculated to contribute to the delivery of emission reduction targets, in the way best calculated to help deliver any statutory climate change adaptation programme, and in a way that it considers is most sustainable.”

As a health body, it also has a commitment to improving the health of the public and as such has a duty to lead the way in healthy transport options. To meet Government targets NHS Grampian must effectively manage travel through the creation and implementation of a travel plan.

NHS Grampian is also committed to the visions of the Health and Transport Action Plan (HTAP), which has been developed through partnership working between NHS Grampian, North East Scotland Transport Partnership (Nestrans), Local Authorities within the NHS Grampian area, Health & Social Care Partnerships, third sector partners and Scottish Ambulance Service.

The vision for transport and public health is:

oFor people in Grampian to choose to travel by active modes such as walking and cycling whenever appropriate and to have the ability to do so conveniently and safely, in order to improve activity levels and public health;

oFor everyone in the region to live without unacceptable risk to their health caused by the transport network or its use.

The vision for access to health and social care is:

oFor everyone in the region to be able to access the health and social care they need and if transport is required for this to be appropriate, convenient and affordable;

oFor the environmental impacts of journeys to be minimised



What is a travel plan?

A Travel plan is a package of measures produced by an organisation to promote good site management, accessibility for all users and encourage consideration of sustainable forms of travel where possible. Such a plan typically includes promotion of walking and cycling; a commitment to improve cycling facilities; promotion of car sharing schemes; public transport information; car park management or opportunities for remote access via video conferencing.

Travel plans can offer real benefits not only to the organisation, employees and visitors but also the community that surrounds it. It may help to relieve local parking or congestion problems or improve public transport connections across the area.

Each Travel Plan should be specific to the particular site under consideration, the needs of those requiring access the site and promote sustainable travel. A Travel Plan is regarded as a living document to be monitored and developed over time.

The Purpose of a Travel Plan

A Travel Plan can be produced and developed by any organisation wishing to promote sustainable travel, accessibility and site management.

Travel Plans can often be a condition of a planning application for a new development. This may be as a result of a Transport Assessment of the application. A Travel Plan is produced by the developer and submitted to Planning departments. Often this will mean that the document is passed to transport professionals for review to ensure it meets the local authority standards for a Travel Plan.

Unlike Travel Plans for residential and workplace developments the Travel Plan for a health and social care site needs to give consideration to the access and transport issues of a more diverse and vulnerable user group.

The overall purpose of the Travel Plan being to manage the transport needs of a site in a sustainable way.

Common elements that occur in travel plans include:

- Commuter travel
- Visitor travel
- Business travel

While measures to manage transportation in these areas can include:

- Encourage walking
- Providing bicycle storage
- Working with public transport operators



- Providing flexible working
- Managing car parks

The purpose of this Travel Plan is to detail the various means by which NHS Grampian will effectively manage transportation associated with Rosewell House.

The Travel Plan encourages every user of NHS Grampian facilities to think carefully and considerately about the mode of transport they use to get to NHS Grampian sites and to ensure that the mode of transport used does not have a detrimental effect on our local and global environment and, consequently, our own health.

How a Travel Plan benefits Health & Social Care organisations?

- Understand the transport and access issues of staff and visitors.
- Reduce Did Not Attend statistics.
- Seek to reduce health inequalities through consideration of access to transport.
- Ensure good site management, including car parking.
- Promote well-being and healthy lifestyles through supporting active travel.
- Good neighbour reputation.
- Develop links between health and social care providers and transport partners.
- Support organisational commitments to sustainability.

2. BACKGROUND



Rosewell House is a 60-bedded unit on Summerhill Road in Aberdeen, constructed approximately 10 years ago. The building had been operated as a Care Inspectorate registered care home by Bon Accord Care (BAC). In January 2021, agreements changed with the main purpose of Rosewell being an integrated, intermediate care facility, providing intermediate and rehabilitation care.

The site provides 16 parking spaces plus 2 disabled spaces and is served by the No.13 Bus operated by First. There are approximately 60 on-site staff per shift, supported by visiting colleagues.

3. VISION AND OBJECTIVES

This Travel Plan adopts the NHS Grampian Travel Plan's primary objectives:

1. To promote and encourage greater use of sustainable transport through increased awareness.
2. To assist patients and staff in adopting sustainable transport methods by improving facilities.
3. To increase the number of sustainable transport options that are available by adopting successful initiatives used elsewhere in the UK and abroad and to make the transport options safe and accessible.
4. To reduce single occupancy car use by encouraging, assisting and enforcing a modal shift to sustainable transport.



5. To reduce the environmental impact that travel associated with NHS Grampian business has by adopting best practice for business and encouraging the use of environmentally friendly forms of transport.

4. CURRENTSITUATION

The original travel plan was written in October 2021.

As is common of many workplaces the vast majority of staff travel to work by car (single occupancy) reflecting a trend for private car ownership and longer commuting distances.

A NHSG Shuttle Bus, continues to, in the majority, be suspended, except for support to renal dialysis patients. There has been discussions with the lead for the shuttle bus service who is willing to include Rosewell in the circular route linking staff with greater public transport networks via the ARI transport hub/interchange, staff parking etc.

For those staff who live within a mile or two of Rosewell House opportunities to encourage behaviour change to health promoting active travel for some trips is possible. There is a bike store installed at the site.

A proportion of staff require access to a car to perform their role. While there is also travel between ARI and Rosewell House.

It is noted that some staff park on nearby residential streets and new yellow lines on the road to reduce the opportunity for on street parking.

The Travel Plan continues to promote alternatives to taking a single occupancy car onsite on every occasion. Promoting the benefits of alternatives, such as walking and cycling, use of public transport and car sharing within the available parking capacity is the essence of all policy across transport, climate change and health promotion.

The overall picture continues to suggest Rosewell House is facing a challenge around onsite parking demand being greater than available spaces, assumptions around provision of workplace parking and a need for culture change to promote small changes.

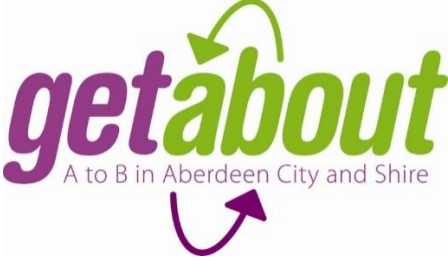
5. MEASURES

Travel Plan measures are often about changing individual and organisational culture, attitudes and behaviour.

The standard approach is to disincentivise driving by car and promote the positive incentives of making changes for some or all of a journey. The site management

team will be responsible for promoting and encouraging staff to consider other modes of travel to get to Rosewell House.

WALKING	
Promotion of the health benefits of walking to work via participatory initiatives, health promoting literature and internal communications.	Lunchtime health walks, Walk to Work Week, pedometer challenges. Make links with Paths for All, Healthy Working Lives, etc
CYCLING	
<ul style="list-style-type: none"> Investment in quality, covered cycling parking (£20K). Promote the NHSG Bike Users Group (BUG) 	Funding available from Cycling Scotland, Sustrans, Nestrans and Climate Change funds.
PUBLIC TRANSPORT	
Promotion of Traveline Scotland, bus timetable information on display. NHS Grampian staff can be directed to Traveline Scotland for free 24 hour information on public transport. 0871 200 22 33. Ensure new members of staff are given information on bus services to the site.	Mobile apps Traveline Scotland
CAR SHARING	
Promotion of Getabout Liftshare, the benefits of car sharing some of the time.	<p>COVID-19 Guidance: The Scottish Government are advising against car sharing with people outside of your own, or extended, household. Read the full car sharing advice from the Scottish Government.</p> <p>The team at Liftshare have produced the following guidance:</p> <ul style="list-style-type: none"> Safer commuting guidance for workplaces Safer travel guidance for commuters
SINGLE OCCUPANCY CAR USE	
<p>Change can be promoted around the final part of a journey, car sharing once a month, etc Travel Plans also promote eco-driving techniques to reduce emissions.</p> <p>Training provided by Energy Savings Trust. Eco Fuel Efficient Training - Eco Driving - Pass Drive Driving School (pass-drive.co.uk)</p>	Eco Fuel Efficient Driving is a way of driving your vehicle that helps to improve fuel efficiency. Estimates suggest that uneconomical drivers use 30% more fuel on average, which has implications for your business and the environment. By driving in a more fuel-efficient manner, your employees can help your business save money and lower your carbon footprint. Eco Fuel Efficient Training can help you achieve this.

ROAD SAFETY	
Promote winter road safety campaigns, Give Me Cycle Space campaigns aimed at drivers etc	RoSPA – The Royal Society for the Prevention of Accidents - RoSPA
GENERAL	
<ul style="list-style-type: none"> • Promote the Getabout website and brand. GetAbout Aberdeen City and Shire by... Getabout • Ask staff to be Travel Plan champions (useful for various reasons, including opportunities for good news stories and wider visibility of health and care promoting health lifestyles and sustainability. • Involve staff in the Travel Plan, publicize activities and make the Travel Plan part of how Rosewell House reports on climate duties, etc 	 <p>Make links with Nestrans to source Getabout giveaway items to use in promotion.</p>