

National Green Theatres Programme Action for Adoption

Active Travel

December 2023

About

This information raises awareness about this carbon-saving action. There is no formal requirement to report on this action through the National Green Theatres Programme, however Boards are encouraged to consider how they are adopting this action ensuring they are connected with any relevant initiatives or national work streams.

Background

Active travel is a journey with an element of being active: walking and cycling of course, but also using public transport, as this usually includes a walk or cycle too. Lift sharing is also a great way to reduce car use and make parking easier.

Active travel currently sits within the Scottish Governments Climate Emergency and Sustainability strategy¹ aiming to reduce the number of journeys made by car. The Scottish Government will work with local authorities and other organisations to link our NHS facilities to safe, direct, inclusive, and convenient active travel routes and networks in the wider community.

Transport is Scotland's biggest contributor of carbon emissions². To achieve net-zero not only do we need to decarbonize our national fleet, we all need to drive less and choose sustainable travel options, where possible.

In 2021, 41% of transport emissions in Scotland came from cars. Currently half of short journeys of 1 or 2 kilometres are made by car and two thirds of all car journeys are made alone³.

As of March 2022 NHS Scotland had a total headcount of 181,723 making the health service the largest employer in Scotland. As such we have an obligation to reduce our carbon footprint to help improve the health of the Scottish people.

Why active travel?

Being physically active for everyday journeys:

- Is good for your mental and physical health, exercise prevents and treats many diseases and helps you get better outcomes from medical treatments you receive.
- Is good for your pocket, walking and cycling are much cheaper than running a car.

¹ [Executive Summary - NHS Scotland climate emergency and sustainability strategy: 2022-2026 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/strategy-2022-2026/pages/summary.aspx)

² <https://www.netzeronation.scot/take-action/travel-less-car>

³ <https://www.nhshighland.scot.nhs.uk/your-services/related-services-and-accessibility/travel-and-transport/active-travel/#:~:text=Active%20travel%20is%20a%20journey,a%20walk%20or%20cycle%20too.>

- Is good for your community, fewer car movements makes our streets cleaner and safer for everyone.
- Leaves parking spaces free for essential car users, staff, visitors and patients who need to drive.

Useful links and further information

E-bike trial

[Home Energy Scotland](#) offers NHS workers free use of electric bikes for a trial period of up to 1 month to help staff get active and consider making their commute both better for their health and the environment. E-bikes are a great edition for the experienced rider to the novice, offering assistance for those steep hills or just to take some strain off the legs.

For more information on the e-bike trials please contact:
michael.mcginley@sc.homeenergyscotland.org

Cycle to Work Scheme

Cycle to Work schemes are government approved salary sacrifice initiatives meaning you don't pay tax or national insurance on the purchase of the bike or its accessories.

GoSEStran mobile application

This application is available on all smartphones and tablets and aims to deliver mobility as a service (MaaS).

Users can plan, book and pay for journeys by different transport modes and see the carbon emissions associated with each journey type.

Travel Know How

[Travel Know How](#) is a great resource that offers organisations across Scotland easy access to a wide variety of travel planning solutions in one place.

Sustrans Places for Everyone fund

Do you have an idea to inspire walking, wheeling and cycling within your Board?

[Places for Everyone](#) is Sustrans' permanent infrastructure fund for Scotland.

Supported by Transport Scotland, they provide funding and expertise to help deliver, walking, wheeling and cycling improvements across the country.

Contact us

If you have any questions about this action, please contact the National Green Theatres Programme by emailing gjnh.cfsdgreentheatres@gjnh.scot.nhs.uk.