



Travel and Transport

Context

Reducing unnecessary travel and transport and changing travel and transport modes not only contribute towards carbon reduction but also improve air quality and therefore health. Promoting active travel has additional health co-benefits by increasing regular physical activity.¹²

In South East London, staff commuting and patient and visitor travel accounts for around 6% of the five NHS Trusts' carbon footprints, varying between 4% and 11%. For general practice, patient travel contributes 8%, and staff commuting 14%, a total of 22%.

Over 50,000 staff work at the five NHS Trusts and in primary care. There are 3.45 million outpatient attendances a year and 1.9 million patients registered with SEL GPs. Reducing and decarbonising their travel can have a substantial impact on lowering GHG emissions.



Achievements to date

The majority of NHS Trusts have started to implement initiatives that reduce travel and transport-related emissions, including:

- Installing electric vehicle (EV) charging points
- Initiating decarbonisation of the business fleet
- Delivering pathology samples between acute sites by electric cargo bikes
- Promoting active travel, in particular bike-to-work schemes
- Introducing an anti-idling campaign
- Consolidating patient transport and deliveries (see Case-study 2)
- Have developed or are currently developing sustainable travel plans

GSTT are piloting a riverboat delivery service that could replace three delivery trucks which cover around 1,500 miles a week. Each truck removed from the road could save approximately 708 kgCO₂e a week.

Case-study 2



Consolidation of deliveries

In 2019, a new consolidation centre was opened by GSTT in Dartford eliminating 35,000 truck deliveries (90%) to two hospital sites. Deliveries from the consolidation centre are undertaken by electric trucks. There are plans to scale up this new delivery model across SEL ICS partner organisations, with the aim of removing 100,000 truck deliveries a year.

Commitment

- **We will reduce and decarbonise our travel and transport while supporting safe and active travel for staff, patients, and visitors**



Actions for Year 1

1. NHS Trusts and CCG/ICB, for new purchases and lease arrangements, to solely purchase and lease cars that are ultra-low emissions vehicles (ULEVs) or zero emissions vehicles (ZEVs)*
2. NHS Trusts and CCG/ICB to assess the use of flights for business, and ensure these are used appropriately
3. CCG/ICB and NHS Trusts to implement travel surveys, measuring patient, visitor, and staff travel to gain an understanding of travel patterns and any barriers preventing staff, patients, and visitors from using active travel
4. CCG/ICB to support active travel for NHS organisations with the training of champions, confidence training, and other measures
5. CCG/ICB with primary care to develop and deliver an education package for primary care health professionals to enhance the dialogue with patients and service users about the benefits of active travel
6. ICS to promote apps that promote safe cycling and walking routes
7. ICS to identify additional mechanisms to incentivise active travel for staff

Aim 1: To reduce fleet and business travel related GHG emissions

Actions for NHS Trusts and CCG/ICB

- For new purchases and lease arrangements, solely purchase and lease cars that are ULEVs or ZEVs from April 2022*
- Conduct those business/operational meetings that do not necessitate travel virtually/remotely using appropriate technology (ongoing)
- Assess the use of flights for business, and ensure these are used appropriately by March 2023

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Aim 2: To reduce travel emissions by increasing active travel and the use of public transport by staff, outpatients, and visitors

Actions for NHS organisations (coordinated by the CCG/ICB)

- Explore whether additional facilities to support active travel are needed (e.g., bike racks, showers) by March 2024

Actions for NHS Trusts

- Develop a Sustainable Travel Plan by March 2024*

Actions for ICS

- Promote apps that promote safe cycling and walking routes by March 2023
- Identify additional mechanisms to incentivise active travel for staff by March 2023
- Promote and increase uptake of inclusive bike hire schemes, e.g., Wheels4me, an equitable, affordable, and accessible scheme to enable as many disabled people as possible to benefit from the opportunity to hire a bike by March 2024
- Work with partners to advocate for improvements to public transport connections to healthcare sites by March 2025
- Identify and promote walking and cycling routes between healthcare sites by March 2025

Actions for the CCG/ICB

- Support active travel for NHS organisations with the training of champions, confidence training, and other measures by March 2023
- Implement a travel survey for NHS organisations, measuring patient, visitor, and staff travel to gain an understanding of travel patterns and any barriers preventing staff, patients, and visitors from using active travel by March 2023
- Develop and deliver an education package for primary care health professionals to enhance the dialogue with patients and service users about the benefits of active travel by March 2023

Actions for primary care

- Offer patient-focused cycling sessions from general practice surgeries by March 2025

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Aim 3: To reduce travel emissions associated with deliveries

Actions for NHS Trusts

- Consolidate deliveries to and between sites by March 2025
- Use EVs or electric cargo bikes for as much inter-site transport as possible by March 2025
- Work with suppliers to decarbonise the transport fleet by March 2025

Actions for CCG/ICB

- Work with local pharmacies on decarbonising home deliveries by March 2025



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