



Sustainable Travel

The Western Health and Social Care Trust is a major employer with up to 12,000 staff, all of whom are based at Trust facilities across the Western geographical area. A significant number of staff travel to their workplace by car and this tends to add to traffic volume on the public roads and Health and Social Care sites, which has a number of attendant issues such as: Traffic flows, air quality and potential road traffic incidents

The Western Trust has a responsibility to encourage sustainable or “green” travel which addresses these issues and encourages a more active and healthy lifestyle for all its employees.

Your Guide to Sustainable Travel

Car Travel

- **Park and Share** has many benefits. There are Park and Ride facilities available nearby to Altnagelvin ([Drumahoe](#) and [Duke Street](#)), to Omagh Hospital and Primary Care Complex / Tyrone and Fermanagh Hospital ([Crevenagh](#)) and in [Strabane](#).
- **Trust Car Sharing:** This is when two or more people travel together by car for all or part of a trip. The passengers usually make a contribution towards the driver's fuel costs and/or take turns in driving and can benefit from a designated parking space. The Trust's Car Sharing Scheme is a formal process using the new www.carsharing.ie website. For further information on sharing please contact: louise.connor@westerntrust.hscni.net

Car Parking:

The South West Acute Hospital: site currently has 990 car park spaces across 11 car parking areas, 75 of these spaces are disabled. Car parking at the Emergency Department and two tier car park are paid. Click [here](#) to view the map of the car parks at South West Acute Hospital

Altnagelvin: has a number of car parking areas on site providing 2294 car park spaces with 127 of these being disabled. Paid Car parks are the Multi Storey Car Park which is protected for patients use; other paid car parks are at the Emergency Department and New North West Cancer Centre. Click [here](#) to view the map of car parks at Altnagelvin

Omagh Hospital and Primary Care Complex: has 863 Car Parking spaces across 8 Car Parks with 59 of these being disabled spaces. There will be paid parking at the main car park close to the Main Hospital Entrance and Urgent Care Entrance Click [here](#) to view maps of the car parks at Omagh Hospital and Primary Care Complex.

The above three sites have a number of pay stations located throughout the site and you must pay BEFORE you return to your car. Altnagelvin has pay and display machines at the southwing car park, tickets must be purchased in advance and displayed on the dashboard before leaving the vehicle.

Car parking at Tyrone and Fermanagh Hospital, the Gransha site and all other Western Trust locations are currently free with dedicated disabled car parking spaces close to the main entrances.

The new car parking operational arrangements were introduced in October 2016 to ensure that all site users have appropriate access to the site and that spaces are used effectively. The main aim of the new operational procedures is to protect blue light routes, disabled parking bays and general access around the site. To support the Traffic Management arrangements the Trust has contracted a licenced operator who can apply and follow up on Parking Charge notices. The Trust has retained overall operational management and control of car parking on all Hospital sites.

For further details on the procedures and information on the managed/unmanaged areas of the sites. **New Car Parking Procedures** <http://whsct/intranetnew/noticeboard.asp>

Car Share

What is car sharing?

Car sharing is when two or more people travel together by car for all or part of a trip. The passengers usually make a contribution towards the driver's fuel costs and/or take turns in driving. The Trust's Car Sharing Scheme is a formal process using the www.carsharing.ie website.

Car Share Criteria

To be eligible to apply for a car-share space drivers must:

- Be a staff member of the Western Trust
- be insured to drive the vehicle (proof of insurance to be provided)
- share their vehicle with at least one other Trust employee.
- travel with their passengers at least 3 days per week
- ensure each passenger signs the declaration on form CS 2 confirming that they travel with them at least 3 days per week

Benefits of Car Share

- reduced fuel costs and parking fees
- increased personal security - company when you walk to and from the car park
- better air quality and lower carbon emissions due to reduced traffic fumes
- less congestion and shorter journeys due to fewer cars being on the road
- an increased chance of finding a parking space, because fewer cars means less competition for spaces
- journeys being more pleasant due to having company

If you are interested in car sharing or would like further information please contact louise.connor@westerntrust.hscni.net

Quote from a member of staff who is car sharing

“Car sharing for me has been invaluable. Mandy and I travel together nearly 4 times a week. When we first discussed the option, it was because I was in between cars so had issues getting to work- which is not easy when you live where there are no alternative means of transport. So when I reached out to Mandy, who I knew would be passing my way on her way to work, she helped me out. After a few trips it led us to think “why had we never done this before?” it seemed daft us following each other to work every day so why not share. So we have now been car sharing for 3 years. It takes good communication and flexibility but it works for us. Car sharing save us money on fuel and most importantly I have gained a wonderful friendship with Mandy”. **Celia**

Walking:

- Some staff will live with reasonable walking distance to work, however, there are options where staff can park in nearby ‘Park and Ride’ facilities and walk the short distance to work. This not only saves money but will also provide you with health and wellbeing benefits.

Public Transport:

- **The Translink Interactive Journey Planner website** can help you explore the public transport options available to you by entering your starting and destination location. The website also provides transport updates and timetable information.

[Visit the Translink Journey Planner website for more information.](#)

Bus Routes:

Altnagelvin Hospital has a bus stop in the hospital grounds, which is serviced by the Foyle Street to Altnagelvin Service FY04 and FY05. Other buses also stop at the bus stop on the main road outside the hospital. **Click [here](#) to view the full timetables**

At the **South West Acute Hospital**, the 397A route offers 6 services, Monday - Saturday. Starting from Enniskillen Bus Centre, the route goes via Down Street, Drumcor Hill, Derrin Road, Hillview Road to the South West Acute Hospital and then returns to the Bus Centre. Currently (June 2017) 10 journeys on a prepaid Translink Smartcard costs £11. **Click [here](#) to view the full timetable.**

The **Omagh Town Service** 384E runs regularly from Omagh BusCentre to Omagh Hospital and Primary Care Complex. Currently (June 2017) 10 journeys on a prepaid Translink Smartcard costs £11. Click [here](#) to view the full timetable

- You can also be reimbursed for public transport costs when you travel by bus or train for business use at work.

Cycling:

- All three hospital sites have dedicated cycle **parking sheds/ racks**.
 - South West Acute Hospital - located beside the main entrance and at the Energy Centre.
 - Altnagelvin Hospital site - located at Outpatients entrance, southwing entrance and also in the in the underground car park at the Northwest Cancer Centre.
 - Omagh Hospital and Primary Care complex - located at the main entrance

For all other locations, bicycles can be left securely chained to railings, ensuring they are not blocking emergency exit routes, or impeding access routes into buildings. There is dedicated staff changing areas, showers and lockers in the South West Acute Hospital and in Altnagelvin Hospital South Wing.

- Bicycles are permitted free of charge on **buses and trains** after 09:30 Monday-Friday. For more information including a 'bicycle friendly map' visit the ['Bike it with Translink' service website](#).
- **Cycle to Work scheme:** The Western Trust Cycle to Work Scheme administered by Halfords allows you to sacrifice (give up) part of your salary and in return the Trust purchases a bicycle and/or safety equipment up to the value of £1000 and leases it to you provided the bicycle is used to cycle to work on a regular basis. The Cycle to Work Scheme will save you money through tax and national insurance exemptions.

To register and apply for Cycle to Work, visit <https://www.cycle2work.info/> or contact 0345 504 6444 and quote your employer code **WHSC2W**.

For a step by step guide to registration and application visit <http://sharepoint.westhealth>.

- All staff within the Western Health and Social Care Trust can save 10% on the purchase of Halfords Gift Vouchers further information can also be found at the link above.
- If you use a bicycle to travel to meetings or for work purposes you can claim mileage allowance.

Sustrans has over 30 years' experience of developing and delivering practical, cost-effective initiatives that enable many more people to travel by foot, bike or public transport. [Visit the Sustrans website for more information.](#)

Leading the Way: The Western Trust is participating in Leading the Way, a three year sustainable travel project in partnership with Public Health Agency and Derry City & Strabane District Council which is being co-ordinated by Sustrans. The project is encouraging staff to consider more sustainable travel options such as walking, cycling, carsharing and public transport with Altnagelvin as the main pilot site for the Trust. Leading the Way is also encouraging staff to build more physical activity into their daily routine.

We are seeking 'Travel Champions' to support the promotion of the project.

A Travel Champion should already travel sustainably at least once or twice a week and will be asked to commit to:

- Meeting with the Leading the Way Co-ordinator 3-4 times per year for project updates;
- Help promote events in Altnagelvin by emailing or chatting to staff directly and encouraging them to take part;
- Help with events such as information stands, lunchtime walks or walk to work day;
- Feedback on sustainable travel issues that are affecting staff;
- Signpost staff who are considering sustainable travel options to the Project Co-ordinator.

If you are interested in becoming a Travel Champion or would like more information on Leading the Way, please contact: Michele.Murphy@sustrans.org.uk or 07825681920.

Travelwise NI is an initiative to encourage the use of sustainable transport options such as walking, cycling, public transport or car sharing.

Visit the travel wise NI Website for more information

Travel smarter, live better. [Visit the Travelwise NI website for more information.](#)