

# SUSTAINABLE TRAVEL PLAN

*The Trust's plan to continuously improve access to healthy and sustainable modes of transport for all staff, visitors and patients.*

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## 1. ABOUT THIS SUSTAINABLE TRAVEL PLAN

Guy's and St Thomas' NHS Foundation Trust (the Trust) has developed this sustainable travel plan (travel plan) to help users make low carbon and active travel decisions when traveling to and from any of the sites within the Trust.

This travel plan is addressed to all users including staff, inpatients, outpatients, contractors and visitors to advise them on the most sustainable modes of transport to travel to and from the Trust.

This travel plan has been developed based on the following travel hierarchy:

1. Disabled people;
2. Pedestrians;
3. Cyclists and other wheeled vehicles;
4. Cars/Vans;
5. Lorries.

It remains a live document, and will be updated with changes as appropriate, including improvements to infrastructure, new Trust policies and updates on travel trends. The most updated version will be available on the Trust website and can be found by searching for "Guy's and St Thomas' NHS Sustainable Travel Plan".

## 2. CONTEXT

This travel plan supports the Trust's "Sustainability strategy and update 2016-2020" and '5 ways to a healthier you'<sup>1</sup>, the health and wellbeing programme for staff at the Trust, which includes fully equipped on-site gyms, a dedicated staff physiotherapy service and advice for smokers wanting to quit the habit.

This travel plan is also aligned with:

- The Trust's proposal for the Commissioning for Quality and Innovation payment framework (CQUIN)<sup>2</sup> to encourage and enable active travel for staff;
- Recommendations 3 and 4 on physical activity in the workplace<sup>3</sup>.

This travel plan aims to address two main issues: environment and individuals' wellbeing.

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<sup>1</sup> Guy's and St Thomas' NHS Foundation Trust [online] Available at: <http://www.guysandstthomas.nhs.uk/news-and-events/2014-news/20141001-5-ways.aspx> [Accessed 8 July 2016]

<sup>2</sup> The NHS Institute for Innovation and Improvement [online] Available at: [http://www.institute.nhs.uk/cost\\_and\\_quality/qipp/cost\\_and\\_quality\\_homepage.html](http://www.institute.nhs.uk/cost_and_quality/qipp/cost_and_quality_homepage.html) [Accessed 8 July 2016]

<sup>3</sup> National Institute for Health and Clinical Excellence (NICE) [online] Available at: <https://www.nice.org.uk/guidance/ph13/chapter/introduction> [Accessed 8 July 2016]

## 2.1 Environment

There is clear evidence that the world is getting warmer. According to the Intergovernmental Panel on Climate Change (IPCC)<sup>4</sup>, global warming is a consequence of climate change caused by human activities, such as burning fossil fuels.

In 2008, the UK government approved the Climate Change Act<sup>5</sup> to tackle climate change. This Act established a target to reduce the UK's emissions by at least 80% from 1990 levels by 2050. The Trust is committed to helping achieve this target by reducing carbon emissions in its operations and encouraging users to use sustainable modes of transport that will reduce carbon emissions and traffic congestion, which will improve air quality in London.

Air pollution, which is a problem derived from exhaust fumes from cars, domestic combustion or factory smoke, is a major health issue particularly in large cities such as London. According to the World Health Organisation (WHO)<sup>6</sup>, it is estimated that 3.7 million people died in 2012 as a consequence of outdoor air pollution. In the UK, it is estimated that 40,000 deaths annually are caused by air pollution according to the Royal College of Physicians<sup>7</sup>.

To improve air quality, reduce harm and costs, the Trust has begun a programme to promote cleaner air, which involves:

- Monitoring air quality and pollutants (specifically PM2.5);
- Reducing sources of pollution on site through driver training, staff empowerment and stringent contractor requirements;
- Advising vulnerable patients on how to reduce their exposure to air pollutants;
- Helping to develop an infrastructure to encourage the uptake of electric vehicles by installing rechargeable points at Guy's and St Thomas' Hospitals;
- Including the following anti-idling clause from section 10.8 of Contractors' Handbook (Revised 2015) in tendered contracts:  
*'The Trust is obligated and fully committed to improving localised air quality, minimising pollution, mitigating climate change and the associated adverse health effects. To support this, no contractor vehicles shall be left idling while on any Trust business or while on Trust property unless absolutely necessary. Vehicle idling is an offence against the Road Traffic (Vehicle Emissions) (England) Regulations 2002, but even more importantly, it is a significant and unnecessary cause of air pollution, which is harmful to human health. You are*

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<sup>4</sup> IPCC, 2014: Climate Change 2014: Synthesis Report. Contribution of Working Groups I, II and III to the Fifth Assessment Report of the Intergovernmental Panel on Climate Change [Core Writing Team, R.K. Pachauri and L.A. Meyer (eds.)]. IPCC, Geneva, Switzerland, 151 pp.

<sup>5</sup> The UK government. Climate Change Act 2008 [online] Available at: [http://www.legislation.gov.uk/ukpga/2008/27/pdfs/ukpga\\_20080027\\_en.pdf](http://www.legislation.gov.uk/ukpga/2008/27/pdfs/ukpga_20080027_en.pdf) [Accessed 8 July 2016]

<sup>6</sup> World Health Organisation [online] Available at: <http://www.who.int/mediacentre/news/releases/2014/air-pollution/en/> [Accessed 8 July 2016]

<sup>7</sup> Royal College of Physicians [online] Available at: <https://www.rcplondon.ac.uk/projects/outputs/every-breath-we-take-lifelong-impact-air-pollution> [Accessed 8 July 2016]

*required to bring this to the attention of any of your employees working for Guy's and St Thomas'. Drivers will be asked to switch off engines if running unnecessarily'.*

See Appendix A for the Trust's Air Quality programme hand-out.

## 2.2 Individuals' Wellbeing

According to the World Health Organisation (WHO)<sup>8</sup>, obesity has more than doubled since 1980. In 2014, there were more than 1.9 billion overweight adults worldwide and at least 600 million of them were obese. Obesity is a major public health problem as it is associated with many other maladies such as diabetes, coronary diseases, hypertension, stroke and certain forms of cancer.

By walking and cycling, individuals can improve their health and reduce body weight. The NHS<sup>9</sup> recommends adults take part in at least 150 minutes of daily physical activity to prevent being overweight and reduce risks associated with obesity.

The Trust provides the comprehensive **5 ways to a healthier you** programme, which addresses the following aspects:

- **Active body** focused in promoting physical activity including healthy walks, fitness and dancing classes, running and cycling;
- **Healthy eating** aimed at providing nutritional education as well as specialised dieticians at work who can provide dietary advice and wellbeing for staff who want to lose weight;
- **Work-life balance** to provide support including nursery/childcare, staff accommodation and annual leave information;
- **Healthy body** offers information and tools about all of the things that can be done to improve health, including smoking cessation and making choices to avoid illness and stay active;
- **Healthy mind** to ensure a good mental wellbeing.

Since November 2011, The King's Health Partners have been running the **happier@work programme**, aimed at improving staff wellbeing within the context of challenging realities of NHS working life. The programme is continually working with staff to co-design and create innovative and cost effective solutions to improve wellbeing at work. Some of these initiatives include free courses, workshops, activities and events, which focus on improving wellbeing across individuals, team and organisational levels. An example of the resources available to staff are stress awareness workshops, mindfulness training and master classes for managing staff wellbeing.

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<sup>8</sup> World Health Organisation [online]

Available at: <http://www.who.int/mediacentre/factsheets/fs311/en/> [Accessed 8 July 2016]

<sup>9</sup> NHS [online] Available at: <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx> [Accessed 8 July 2016]

### 3. BACKGROUND

The Trust comprises two of London's best known teaching hospitals, Guy's Hospital and St Thomas' Hospital. It also includes Evelina London Children's Hospital and both adult and children's community services in Lambeth, Southwark and Lewisham. The Trust will open a new cancer centre in autumn 2016 next to Guy's Hospital, that will serve as a hub providing cancer services to patients in south east London, as well as training for medical staff and research.

The Trust's key statistics for 2015/16 can be found below.

- 3 critical units: 1 at Guy's Hospital and 2 at St Thomas' Hospital
- 201,000 patients used the emergency services
- Over 1,200 beds
- 6,961 babies born
- About 15,000 staff
- 2.3 million patient contacts including:
  - Over 800,000 patients contacts in community services;
  - 96,000 day-cases;
  - 86,000 inpatients;
  - 1.15 million outpatients.
- Annual turnover of £1.3 billion

The Trust recognises its influence on these stakeholders and commits to help them increase mobility, improve wellbeing and reduce carbon emissions and traffic congestion.

### 4. OBJECTIVES

The overarching objective of this travel plan is to maximise the health, environmental and economic benefits of sustainable and active travel, whilst minimising the environmental and economic impacts of motorised vehicle journeys, including the Trust fleet.

The Trust aims to achieve the following:

- To improve wellbeing amongst staff, visitors and patients through active travel choices, including running, walking and cycling;
- To reduce traffic congestion and carbon emissions by minimising the number of vehicle journeys to and from the sites;
- To improve air quality and reduce pollution in the local area;
- To reduce organisational costs and encourage organisational change to flexible working arrangements;

- To promote the use of public transport over individual vehicle use;
- To develop and promote campaigns to encourage sustainable travel;
- To enable active travel by providing information such as walking maps and by encouraging healthy travel options in corporate inductions.

## 5. PRIORITISED MODES OF TRANSPORT

The Trust recommends walking, running, cycling and using public transport as the preferred modes of transport.

Walking is one of the most sustainable modes of transport and has a number of physical and psychological benefits. It features in most people's journeys, including those who use public transport. It offers reliable journey times and has an important role to play for journeys made to and from the workplace, particularly for short journeys.

The Trust has produced walking maps to encourage staff and visitors to walk between the two acute sites (Guy's and St Thomas' hospitals - Appendix B and C), as well as from nearby sites, such as the Education Centre and 200 Great Dover Street. Further information about walking routes between public transport hubs and main entrances can be accessed via the Direct Enquiries website<sup>10</sup>.

Cycling is becoming increasingly popular in the UK. According to the Institute for Employment Studies (IES)<sup>11</sup>, over three quarters of a million people cycle to work in England and Wales. The IES also confirms the healthy benefits associated to cycling based on a substantial range of international evidence. Cyclists can access Guy's and St Thomas' by following directions in Google maps as indicated in Appendix D and the cycle route between the two hospitals indicated in Appendix E.

The Transport for London (TfL) website provides detailed and updated information on cycling in London, including cycle guides, leisure routes and cycle superhighways. Printed local cycle guides, which show cycle routes around Greater London recommended by expert cyclists, are available to order free of charge through the TfL website.

The Trust currently undertakes the following measures to encourage sustainable modes of transport:

- Informing all users of sustainable travel options available through different channels of communications including the website, intranet and signage;
- Producing and distributing walking maps between the two acute sites and currently planning to include walking maps across key community sites;

<sup>10</sup> Guy's and St Thomas' NHS Foundation Trust [online] Available at: <http://www.directenquiries.com/information/Guy's%20hospital/733343/routes/information.aspx> [Accessed 8 July 2016]

<sup>11</sup> Institute for Employment Studies (2016). Impact of the Cycle to Work Scheme. [online] Available at <http://www.employment-studies.co.uk/resource/impact-cycle-work-scheme> [Accessed 8 July 2016]



- Taking part in the “London Cycle Challenge” initiative, which offers prizes to organisations, departments and individuals who cycle the most and encourage others to do the same;
- Providing fortnightly lunchtime led walks to foster mobility and socialisation during the working day. Over 600 staff annually participate on these walks;
- Actively supporting the Bicycle Users’ Group (BUG) across the Trust;
- Offering the “Ride to Work” scheme, which allows staff to purchase bicycles tax free;
- Promoting the “Try Before You Bike” scheme that allows individuals, who work, live or study in Lambeth borough, to borrow a bicycle and accessories for only £10 for four weeks;
- Organising regular “Doctor Bike” sessions, police security marking sessions and cycling proficiency training for all levels on both acute sites;
- Participating in the consultation on the expansion of the cycle superhighways under construction and the improvements to key junctions in Southwark and Lambeth;
- Informing of free BikeSafe training sessions provided by the Metropolitan police to all staff;
- Assessing air quality at Guy’s through monitoring emissions of air pollutants and carcinogen particulate matter from diesel engines to develop low cost measures, such as signage, increased contractor requirements and driver training to reduce unnecessary vehicle idling and lead behavioural changes;
- Providing changing and shower facilities for all Trust staff free of charge.

## 6. TRAVEL PLANNING IN CAPITAL DEVELOPMENT

### 6.1 The London Plan

This plan has been developed to support the wider principles of the Mayor of London’s [London Plan](#), and more specifically [Chapter 6: London’s Transport](#).

This plan supports the plan’s key transportation aim for London to be:

*A city where it is easy, safe and convenient for everyone to access jobs, opportunities and facilities with an efficient and effective transport system which actively encourages more walking and cycling, makes better use of the Thames, and supports delivery of all the objectives of the London Plan.*



## 7. GUY'S HOSPITAL

### 7.1. Site description

Guy's Hospital accommodates a wide range of public medical services, research and teaching facilities, King's College London (KCL), Guy's campus and student residences. Guy's campus accommodates KCL's School of Biomedical Sciences, the Dental Institute and the School of Medicine.

The Cancer Centre, scheduled to be opened in the last quarter of 2016, is adjacent to Guy's Hospital, and is therefore included in this section, which also includes Counting House.

### 7.2. Pedestrian accessibility

Guy's Hospital and the Cancer Centre are located near London Bridge, and they are very well served by public transport. London Bridge rail and underground station is within easy walking distance and the route is step free. They are situated in an area of Public Transport Accessibility Level (PTAL) 6b, the highest rating possible, which indicates "Excellent" access by public transport<sup>12</sup>.

The public transport and cycle accessibility maps for the Guy's campus are provided in Appendix F. The nearest stations are London Bridge served by Northern and Jubilee lines and national rail services (five minutes' walk from the hospital); and Monument with District and Circle lines (15 minutes' walk). London Bridge has lift access between street and platform.

The hospital is also served by a number of different bus routes. The bus routes map, including night buses for Guy's, can be found in Appendix G.

### 7.3. Cycle parking facilities

The Trust provides cycle parking facilities for both staff and the general public as shown in Table 1.

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<sup>12</sup> Scores for Public Transport Accessibility Level (PTAL) [online] Available at: <http://www.webptals.org.uk/> [Accessed 8 July 2016]

Table 1 Cycle parking facilities at all sites within Guy's Hospital

Guy's Hospital	Counting House	Guy's Cancer Centre
<b><u>For staff:</u></b> 68 cycle parking spaces in 34 two-tier racks located in a secure bicycle shed adjacent to the Urgent Care Centre entrance.  <b><u>For the public:</u></b> 14 cycle parking spaces located in 7 Sheffield spaces in the right side of the car parking area.	<b><u>For staff and the public:</u></b> 32 cycle parking spaces in 16 Sheffield stands alongside Counting House on Great Maze Pond.	<b><u>For staff:</u></b> 84 cycle parking spaces in 42 Sheffield stands in a secured area behind the building.

Additionally, KCL provides 102 secure cycle parking spaces, which can be used by the Trust's staff upon request.

A Santander cycle hire docking station is located on Snowfields, on the south side of Guy's site. The docking station provides space for 23 bicycles. Additional Santander cycle parking (18 spaces) is available on Long Lane, just outside the Guy's and St Thomas' Borough Kidney Centre. All Santander docking stations can be found on the interactive maps online<sup>13</sup>.

All these parking spaces have CCTV coverage controlled by Security.

#### 7.4. Car parking facilities

Over the years, the Trust has reduced the number of car parking spaces to create more pedestrian-friendly spaces and to give priority to disabled people. Thus, the car park provides:

- 13 disabled car parking spaces at the main hospital car park, called the "Tower Car Park", located in the western side of the main hospital entrance and accessed via Great Maze Pond. This disabled car park operates from 8 am to 4.30 pm and is free for blue badge holders with an appointment. From 4.30 pm to 8 am Monday to Friday and all weekend, the car park is available to all users at a rate of £2.50 per hour;
- Pick-up/drop-off services along the site's western frontage of Guy's Hospital (Great Maze Pond) and this area can accommodate 4 vehicles in total including non-blue light ambulance transport and general patient transport;
- 5 disabled car parking spaces in the new Cancer Centre.

<sup>13</sup> Santander cycles [online] Available at: <https://tfl.gov.uk/modes/cycling/santander-cycles> [Accessed 8 July 2016]

No additional car parking on-site will be provided in line with the London Plan and Sustainable Transport Policy guidance. The Snowfields NCP car park is located in the south of the campus in Kipling Street and the following parking charges apply:

**Table 2. Snowfields NCP car park tariff**

Time	Cost (£)
Up to 1 hour	4
Between 1-2 hours	8
Between 2-3 hours	12
Between 3-4 hours	16
More than 4 hours	20

All car park areas are covered by CCTV except the Snowfields NCP car park, which is not owned or managed by the Trust.

In addition, the car park provides **2 free electric vehicle charging points** at Guy's Hospital located outside the main entrance. They are rated at 7-22kW and charge most vehicles in 3-4 hours.

## 7.5. Additional information

The following infrastructure and services are also available at Guy's Hospital:

- **Shower and changing facilities.** These facilities are provided at the Thomas Guy Club, a sports and social club on site.
- **Enhanced Pedestrian Facilities** and public realm improvements through:
  - Reduction in the size of the existing on-site roundabout at the southern end of Great Maze Pond to accommodate the pick-up/drop-off facility at the building's main entrance;
  - Reduction of the Great Maze Pond carriageway to 5.5 m in the vicinity of the Cancer Centre, resulting in wider pedestrian footways (up to 8 m wide) and landscaped areas;
  - Provision of benches and cycle parking in conjunction with soft landscaping;
  - Improved width of footway along the southern side of the building.
- **Free cycle training provided by Southwark Council** for adults, who live, work or study in the borough, through the Cycle Confident programme, which includes on road training, maintenance courses and Dr Bike sessions. More information can be found [here](#).
- **The Security Team provides the following to ensure safety within Guy's premises:**
  - Management of the access control and CCTV equipment that covers all the cycle and car parking facilities at Guy's;
  - Support with abandoned bicycles in line with the Bicycle Storage Policy;
  - Regular patrol of the car and bicycle parking facilities, except Snowfields, as it is managed by KCL;
  - Investigation of crimes and liaison with the police in any investigation;

- Management of the car park, issuing car park permits and reporting any repairs needed.

## 8. ST THOMAS' HOSPITAL

### 8.1. Site description

St Thomas' hospital is located along Lambeth Palace Road, Westminster Bridge Road and the Thames, immediately opposite the Houses of Parliament. The hospital site accommodates a wide range of public medical services, research and teaching facilities in the form of King's College London (KCL), staff accommodation and research and pathology services provided by Viapath.

### 8.2. Pedestrian accessibility

St Thomas' Hospital is very well served by public transport. The hospital is situated in an area with the highest PTAL score of 6b, which indicates "Excellent" access by public transport<sup>14</sup>.

The public transport and cycle accessibility maps for St Thomas' are provided in Appendix H. The nearest tube and train stations are: Westminster with District, Circle and Jubilee lines; Waterloo with Bakerloo line, Jubilee and Northern lines and Lambeth North with Bakerloo line; all within a 10-minute walk from the hospital.

The three main train stations, Waterloo (and Waterloo East), Victoria and Charing Cross are about 10, 15 and 25-minute walk away respectively. The route from Waterloo train station to St Thomas' hospital is step free.

Bus stops are located close to the hospital on both Westminster Bridge Road and Lambeth Palace Road. These are about 5 minutes' walk away on average from the main hospital buildings<sup>15</sup>. TfL bus timetable screens are installed in the hospital to enable staff and hospital users to plan their journeys quickly and efficiently at all times. The bus routes at St Thomas' can also be found in Appendix H.

### 8.3. Cycle parking facilities

The Trust provides cycle parking facilities for both staff and the general public as shown in Table 3.

Table 3. Cycle parking facilities at all sites at St Thomas' Hospital

Gassiot House	Dunhill Fitness Centre
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<sup>14</sup> Scores for Public Transport Accessibility Level (PTAL) [online]  
Available at: <http://www.webptals.org.uk/> [Accessed 8 July 2016]

<sup>15</sup> Guy's and St Thomas bus routes maps [online] Available at:  
<http://www.guysandstthomas.nhs.uk/patients-and-visitors/getting-here/travel-st-thomas.aspx#na>  
[Accessed 8 July 2016]

<b>For staff:</b> 263 cycle parking spaces in: - 129 two tier-racks; - 1 tier-rack holder and; - 4 cycle parking spaces in 2 Sheffield stands. All in two secure bicycle sheds	<b>For staff:</b> 58 cycle parking spaces distributed in 58 vertical wall bicycle holders in a secure bicycle shed.
<b>For staff and the public:</b> 150 cycle parking spaces in: - 25 Sheffield stands at the front of the main reception; - 25 Sheffield stands by the main entrance on the ground floor of Gassiot House and; - 25 Sheffield stands on the lower ground floor of Gassiot House next to the Florence Nightingale Museum.	

All these cycle parking spaces have CCTV coverage controlled by Security except the bicycle shed located at the Dunhill Fitness centre.

A Santander cycle hire docking station is located opposite St Thomas' Emergency Care department by Archbishop's Park on Lambeth Palace Rd, and another one is placed across Westminster Bridge Road on Belvedere Road.

#### 8.4. Car parking facilities

There is a car park located under Gassiot House, accessible via Lambeth Palace Road, with 131 car parking spaces. This leads into the lower ground level of both the North and Lambeth wings and Gassiot House. 15 car parking spaces are for disabled blue badge holders and parking space is free for them. The car park is open 24 hours a day and operates a "pay-on exit" system, costing £3 per hour. Undercover motorcycle parking is also provided on the lower ground level of Gassiot House. There is another car parking area in Carlisle Lane only available for staff.

All car park areas are covered by CCTV except the staff only car park on Carlisle Lane.

#### 8.5. Additional information

The following infrastructure and services are also available at St Thomas':

- **Shower and changing facilities.** The staff gym, the Dunhill Fitness Centre, located by Evelina London Children's Hospital, has shower facilities for all Trust staff free of charge.
- **Free cycle training is provided by Lambeth Council** for adults who live, work or study in the borough through the Cycle Confident programme, which includes on road training, maintenance courses and Doctor Bike sessions. More information can be found [here](#).  
Additionally, Lambeth Council introduced the '**Try before You Bike**' scheme. All St Thomas' staff and patients, who are residents within Lambeth Borough, are eligible to this scheme, which includes trying a bike at a cost of £10 for four

weeks, cycling safety and maintenance courses, helmet, lock and liability insurance. More information can be found [here](#).

- **The Security Team provides the following to ensure safety within St Thomas' premises:**
  - Managing the access control and CCTV equipment that covers all the cycle and car parking facilities at St Thomas' except the cycle shed located at the Dunhill Fitness centre;
  - Support with abandoned bicycles in line with the Bicycle Storage Policy;
  - Regularly patrolling all the car and bicycle parking facilities;
  - Investigating crimes and liaising with the police in any investigation;
  - Managing the car park, issuing car park permits and reporting any repairs needed.

## 9. PATIENT TRANSPORT

The Patient Transport Department provides free transport to patients with a medical need and no means to travel to the hospital or satellite clinics for appointments.

To access the service, patients' needs have to be assessed between five working days and 48 hours before the appointment. If the patient meets the eligibility criteria, a free journey will be arranged.

As of April 2016, the Trust has 17 in-house patient transport vehicles; nine five-seaters and eight seven-seaters, all of which can secure and accommodate a wheelchair.

In 2015/16 the Trust provided transport for over 300,000 patients to and from hospitals, and 90% of them rank the service as good or very good.

Please see Appendix K for sample wording for procurement tenders to encourage sustainable transportation and improve air quality.

## 10. COMMUNITY OVERVIEW

The Trust has 29 sites throughout south London, which account for over 37% of total patient contacts. Of these, the Trust manages the facilities and infrastructure of 13 buildings. A map of all the locations can be found in Appendix I.

The 13 managed community (non-acute) sites have secure space for over 50 bikes and another 50 open/public spaces. The Whittingdon centre based in Lambeth has two pool bikes for staff to make home visits and travel between sites.

Appendix J provides an approximate description of all the cycle parking and other facilities provided to incentivise sustainable transport at the community centres.

## 11. STAFF TRAVEL SURVEYS

Every year, a travel survey is conducted among staff to find out how they commute to work. In 2016, 757 employees responded the survey, about 5% of the total workforce. This represents a decrease since last year, when 10% (1,533 employees) responded the survey. Graph 1 shows the breakdown of modes of transport per respondents.

**Graph 1. Breakdown of modes of transport**

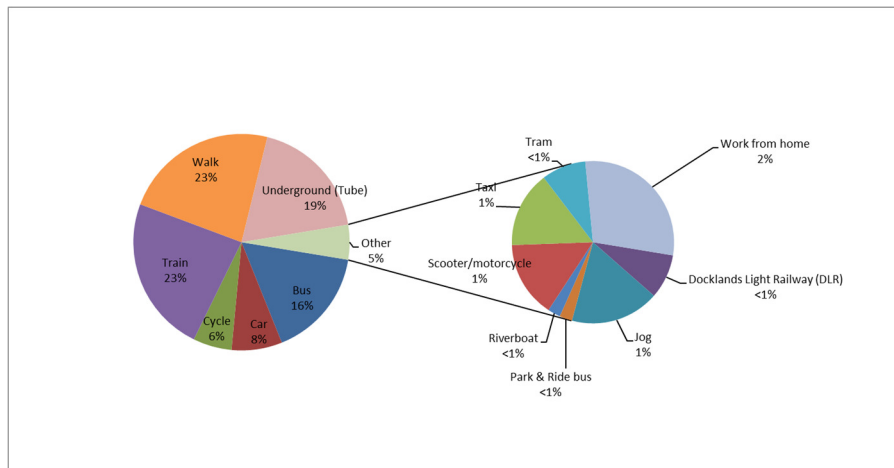


Table 4 shows a summary of the results from active travel covering from 2013 to 2016. Results from the **2016 travel survey** indicate that nearly 60% of the total respondents (737) walk, run or cycle as part of their commute to work, which, on average, involves a combination of two modes of transport for each respondent. Of these, 30% “travel actively” (i.e. cycling, running or walking) for over 1 mile, 17% travel actively for over 2 miles and 8% travel actively for over 5 miles. In the latter two cases, these percentages indicate an increase since 2013.



Table 4. Active travellers' comparison 2013-16

	2013	2014	2015	2016	% change 2013 vs. 2016
<b>% active travellers</b>	74%	77%	62%	<b>60%</b>	-18%
% cyclists	12%	14%	12%	12%	-1%
% joggers	2%	2%	2%	2%	6%
% walkers	60%	60%	48%	47%	-23%
% cycling over 1 mile	11%	13%	11%	11%	1%
% jogging over 1 mile	2%	2%	0%	0%	-84%
% walking over 1 mile	20%	18%	19%	18%	-12%
<b>% active travellers over 1 mile</b>	<b>33%</b>	<b>32%</b>	<b>30%</b>	<b>29%</b>	<b>-11%</b>
% cycling over 2 miles	10%	11%	9%	10%	0%
% jogging over 2 miles	1%	2%	1%	2%	29%
% walking over 2 miles	5%	4%	6%	5%	3%
<b>% active travellers over 2 miles</b>	<b>16%</b>	<b>17%</b>	<b>16%</b>	<b>17%</b>	<b>3%</b>
% cycling over 5 miles	6%	6%	4%	6%	6%
% jogging over 5 miles	1%	0%	0%	1%	19%
% walking over 5 miles	0%	1%	0%	1%	154%
<b>% active travellers over 5 miles</b>	<b>7%</b>	<b>7%</b>	<b>5%</b>	<b>8%</b>	<b>17%</b>

## 12. INFORMATION TECHNOLOGY<sup>16</sup>

The Trust needs integrated and reliable Information Technology (IT) to streamline processes and improve efficiency in all clinical and non-clinical hospital services. To achieve this objective, it developed the 'IT Strategy. Delivering The Digital Healthcare System and Culture'. When developing this policy, the Trust considered recommendations made by the government<sup>17</sup> that encourages using smarter technologies to reduce staff's need to travel and has envisaged implementing this suggestion through its Faster IT (FIT) programme.

The aims of this programme include:

- Introducing Skype for Business, which will allow staff to communicate with each other and patients without the need to travel;
- Making communication, collaboration and clinical assessments easy across different departments located across many sites;

<sup>16</sup> Guy's and St Thomas' NHS Foundation Trust (2011). I.T Strategy. Delivering The Digital Healthcare System and Culture.

<sup>17</sup> Department for Communities and Local Government (2012). National Planning Policy Framework [online] Chapter 4. Available at: <https://www.gov.uk/government/publications/national-planning-policy-framework--2> [Accessed 8 July 2016]

- On-going roll out of e-Noting, which ensures paper light and paper free processes;
- Improving timely access and consultation of clinical and non-clinical data repositories for greater efficiency;
- Fostering sustainability and productivity by reducing reliance on travel and travel time for staff and patients.

The Trust holds monthly team briefings where all staff are informed about important developments and achievements from the Chief Executive by using video conferencing tools. Similarly, video conferencing is used to stream Essentia's quarterly business briefings across four locations; St Thomas' Hospital, The Education Centre, Guy's Hospital and 120 The Broadway, Wimbledon.

**The implementation of remote access** enables borderless connectivity and access to the Trust's wide-ranging services and information via the internet for all staff and users across unlimited locations.

**The electronic Philips Intensive Care Unit (eICU) Programme** is a pioneering telehealth system using clinical software and tools such as two-way audio and high definition video to reduce mortality rates and hospital stays for critically ill patients at Guy's and St Thomas' hospitals. It is the first installation of this kind in the UK and provides real-time, 24/7 remote patient monitoring by critical care specialists in ICU areas.

**Telemedicine** is expected to save around 1,300 hours of consultants' and surgeons' time each year, which will be used to assist more patients. Technology used by cardiologists creates an image of the heart to diagnose problems. Through a video system, both heart consultants and heart surgeons can access scans and collaborate remotely during operations without the need to be physically present in the operating theatre. This ensures that patients receive the most efficiency and safe procedures, and spend less time under anaesthetic, aiding recovery and improving health outcomes.

The **GSTT staff app** provides general information about the Trust, 'Fit for the Future' programme and staff benefits as part of the **Showing We Care About You** programme.

## 13. COLLABORATION WITH EXTERNAL PARTNERSHIPS

The Trust fosters and develops partnerships with other local organisations to address local transport needs and promote sustainable modes of transport.

More precisely, the Trust works closely on urban development, air pollution projects and wider community collaborations with the following organisations:

- **Southbank Employers' Group** is a partnership of eighteen of the major organisations in South Bank, Waterloo and Blackfriars, including Guy's and St

Thomas'. SBEG has a long-term commitment to improving the everyday experience of the area for employees, visitors and residents.

- **Team London Bridge** is a Business Improvement District (BID) that works on services, projects and events that benefit businesses and employees located in the London Bridge area.
- **Better Bankside**, is also a BID, which has the mission of making Bankside a thriving place to work, live and visit. Better Bankside organises quarterly smarter travel meetings where attendees have the opportunity of exchanging information about the urban developments and sharing ideas to tackle issues such as sustainable modes of transport and air pollution within the area.
- **We are Waterloo**, the BID for the area in and around St Thomas', focused on creating a safer and more pleasant trading environment for businesses.

The Trust is in regular communication with TfL to know any change in the TFL network that may affect patients' travel to the hospitals. If any change, the Trust updates its different internal and external channels of communications to keep patients, visitors, contractors and staff updated.

## 14. FUTURE PROGRESSION

The Trust will continue to develop projects, plans, innovations and activities that can contribute to achieving the objectives of the Travel Plan.

The Trust will continue to educate staff and visitors of the benefits of sustainable and active travel and support them in maximising the health, environmental and economic benefits.

More precisely, the Trust will focus on the following:

- **Improving Air Quality**
  - Continual monitoring of air quality which allows the Trust to identify and target areas with poor air quality;
  - Shifting Trust vehicles from petrol/diesel to hybrid/electric;
  - Encouraging walking and cycling as an alternative to vehicle use;
  - Collaboration with organisations such as the local BIDs to find ways to tackle air pollution;
  - Anti-idling campaigns.
- **Improving cycle parking facilities and capacity**
  - Reviewing potential to increase cycle racks, particularly for visitors;
  - Reviewing of the facilities surrounding the bike racks such as shelter, security, lockers and showers.

## 15. APPENDICES

### Appendix A – Air quality programme

# Air quality around the Trust



Vehicle exhaust emissions constantly degrade the air we breathe, raising health issues that just cannot be ignored; each year more than 9,000 deaths in London are caused by poor air quality.

**To improve air quality, reduce harm and costs we've begun a programme to promote cleaner air at the Trust.**

This involves:

- Monitoring air quality and pollutants.
- Reducing the sources of pollution.
- Advising vulnerable patients on how to reduce their exposure to air pollution.

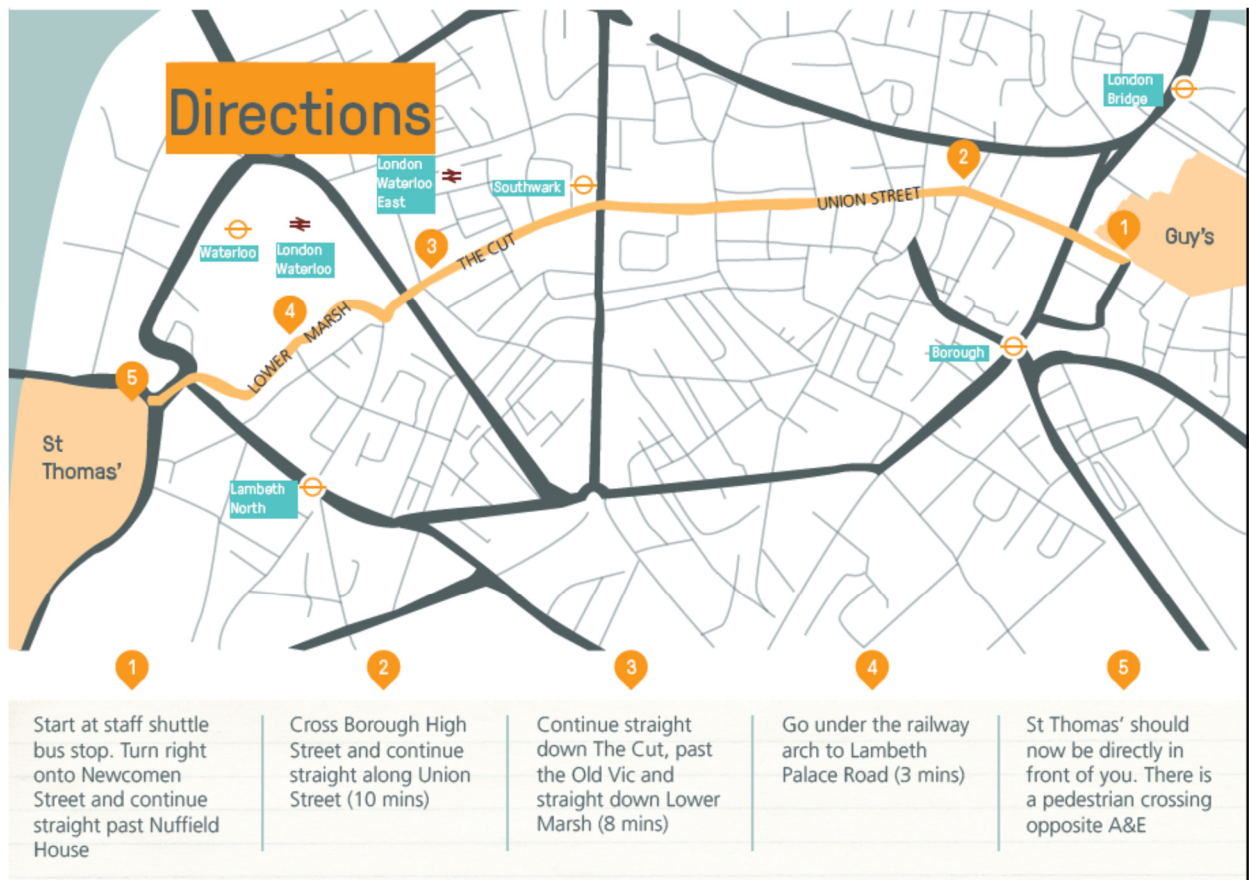
**You can make a difference.**

- Ask drivers to switch off their engines when stationary. If these are drivers on Trust business, it's a win-win as an idling engine wastes fuel and money.
- Walk, cycle or use public transport wherever possible.

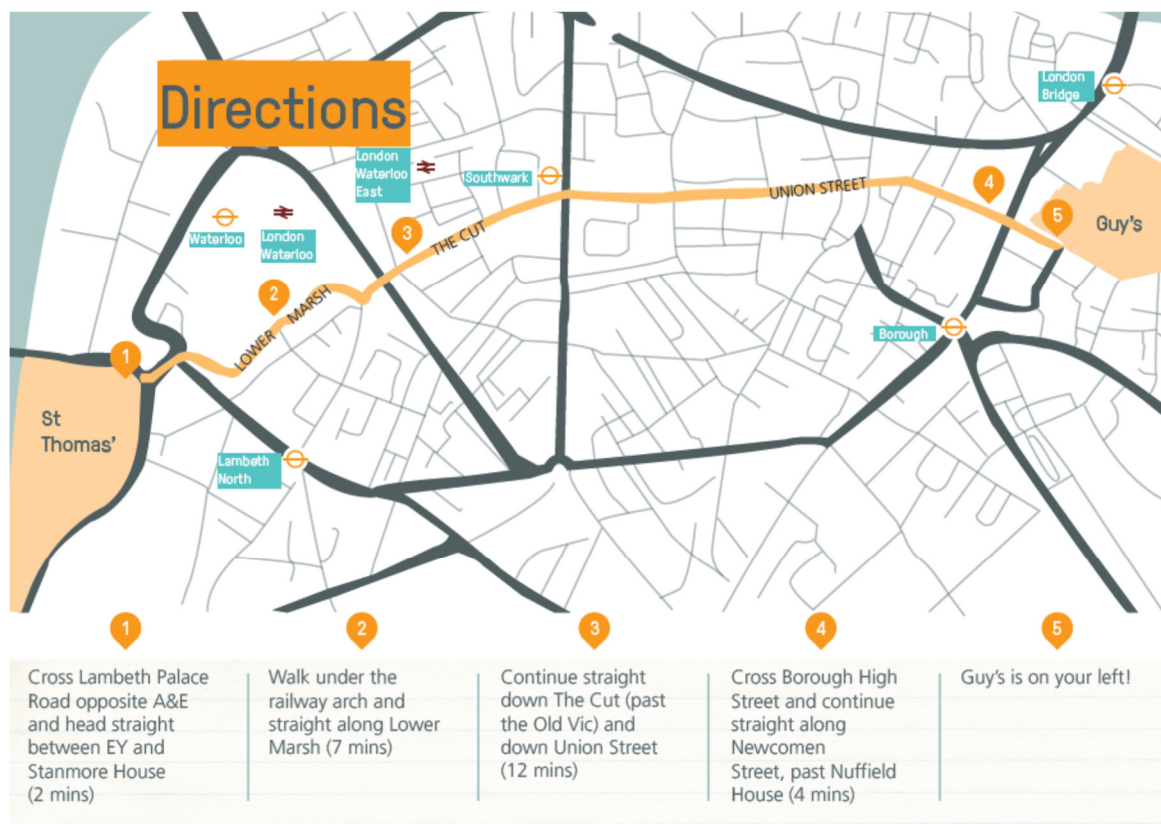
For more information please contact [environment@gstt.nhs.uk](mailto:environment@gstt.nhs.uk) or ext 51573



## Appendix B – Walking from Guy's to St Thomas'

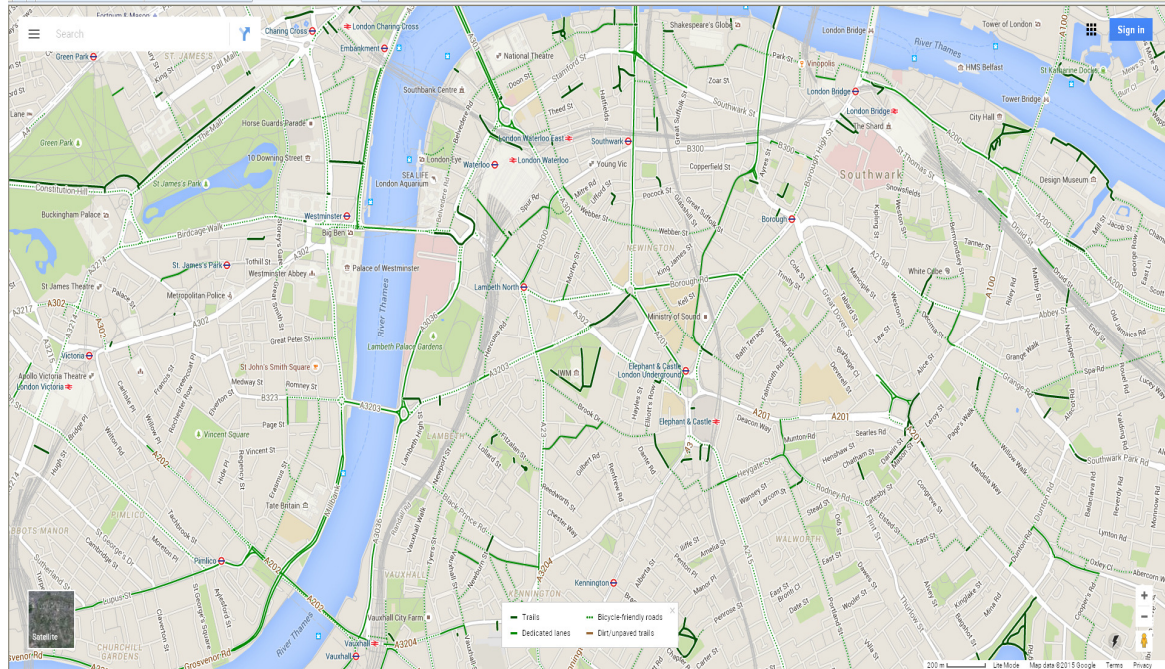


## Appendix C - Walking from St Thomas' to Guy's





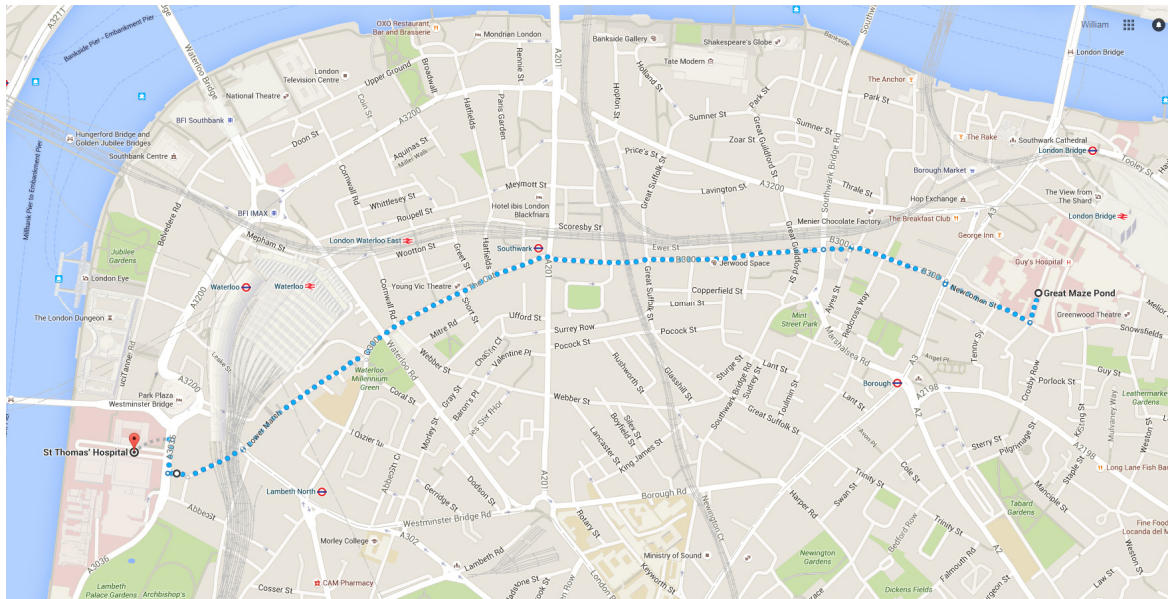
## Appendix D - Cycle accessibility around Guy's and St Thomas' Hospitals<sup>18</sup>



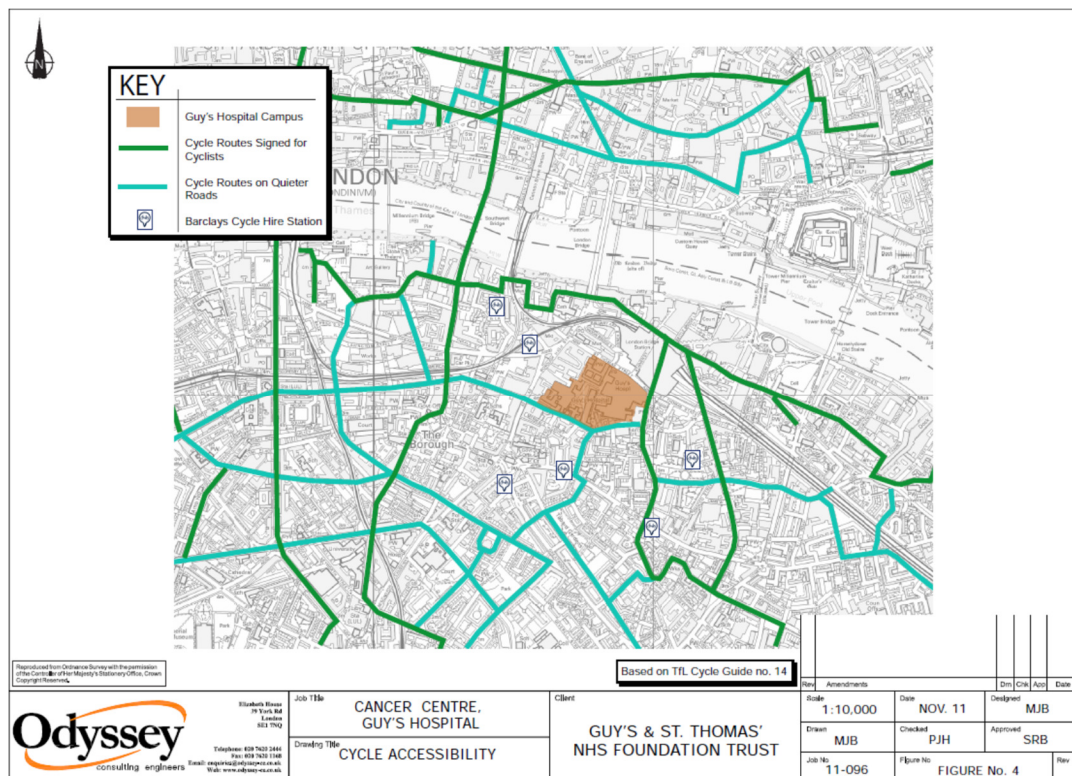
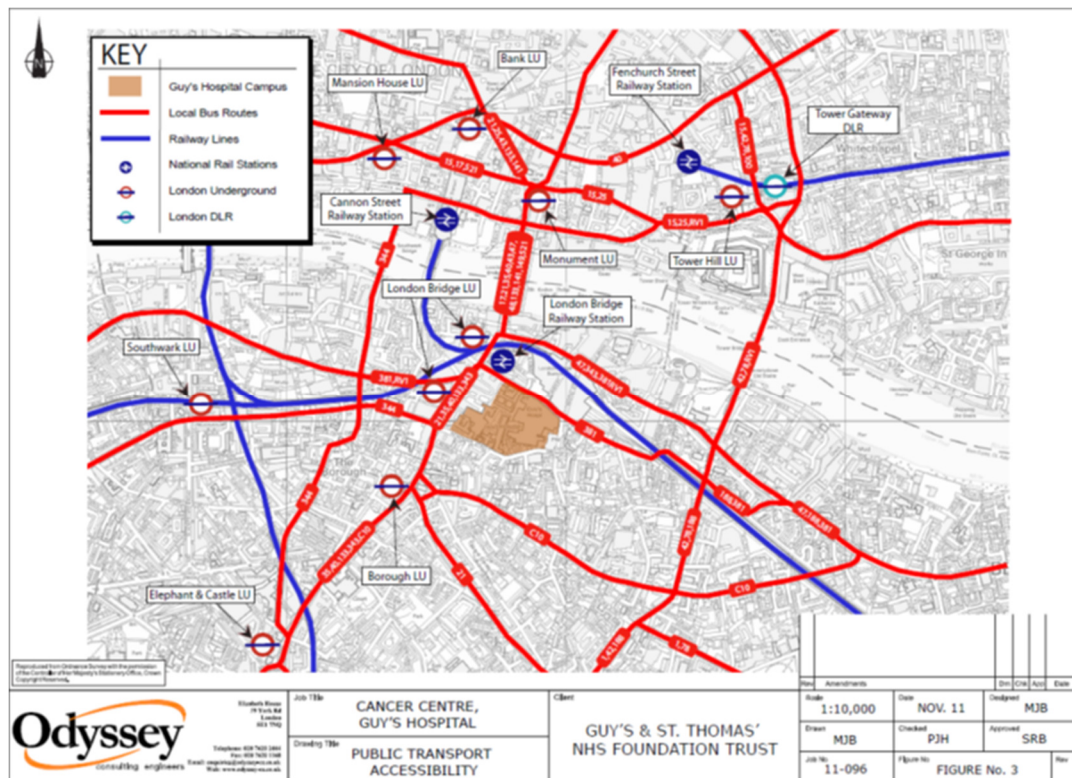
<sup>18</sup> Google maps (2016) Southward and Lambeth Boroughs, London, the United Kingdom [online]  
 51°30'05.1"N 0°06'47.9"W  
<https://www.google.com/maps/@51.5024345,-0.1158269,15z/data=!5m1!1e3>  
 [Accessed 8 July 2016]



## Appendix E - Cycling between Guy's and St Thomas'



## Appendix F - Public transport and cycle accessibility at Guy's



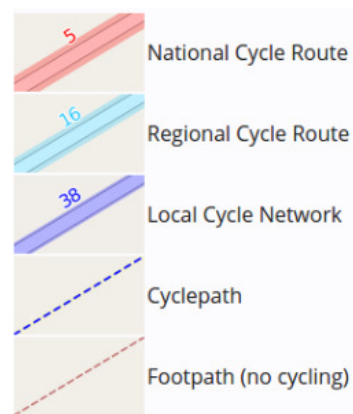
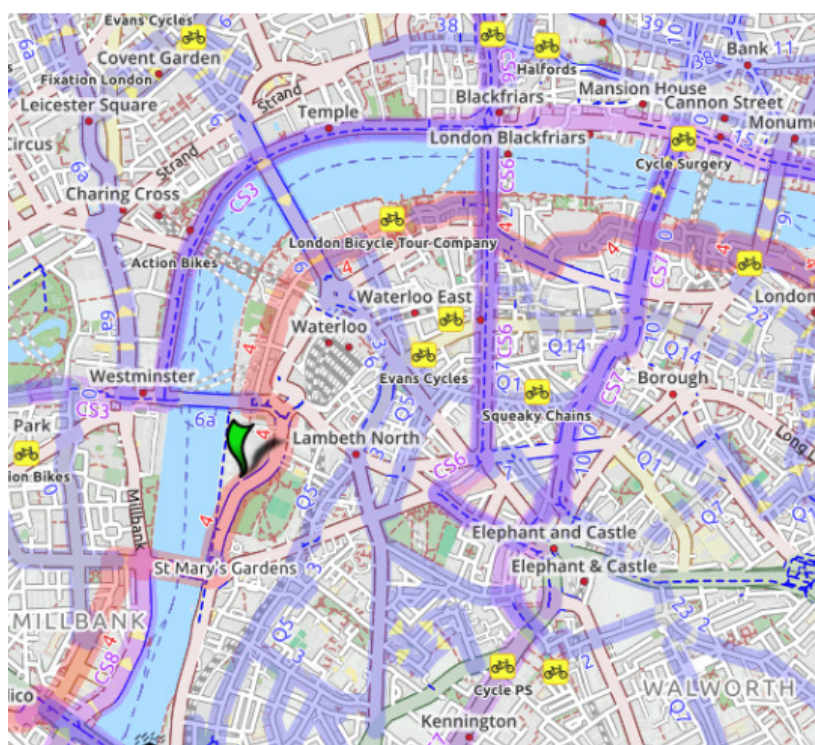
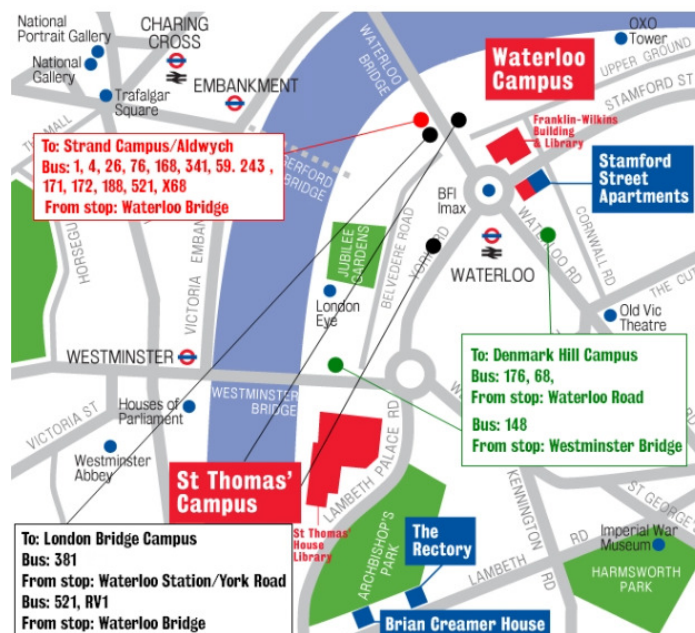
## Appendix G – Bus routes at Guy's



Bus route	Towards	Bus stops
17	Archway	M
21	Lewisham	Y
	Newington Green	M
35	Clapham Junction	Y
	Shoreditch	M
40	Dulwich	Y
	Fenchurch Street	M
43	Friern Barnet	C, M
47	Bellingham	Y
	Shoreditch	M, S
48	Walthamstow	M
133	Liverpool Street	M
	Streatham	Y
141	Palmers Green	C, M
149	Edmonton Green	D, M
343	New Cross Gate	S
344	Liverpool Street	S, M
381	County Hall	S, S
521	Waterloo	S
RVL	Covent Garden	S, S
	Tower Gateway	S, M



## Appendix H- Public transport<sup>19</sup> and cycle accessibility<sup>20</sup> at St Thomas'



<sup>19</sup> King's College London [online]

<https://www.kcl.ac.uk/ImportedImages/CampusMaps/2013/WlooStT-Bus-Map.jpg>

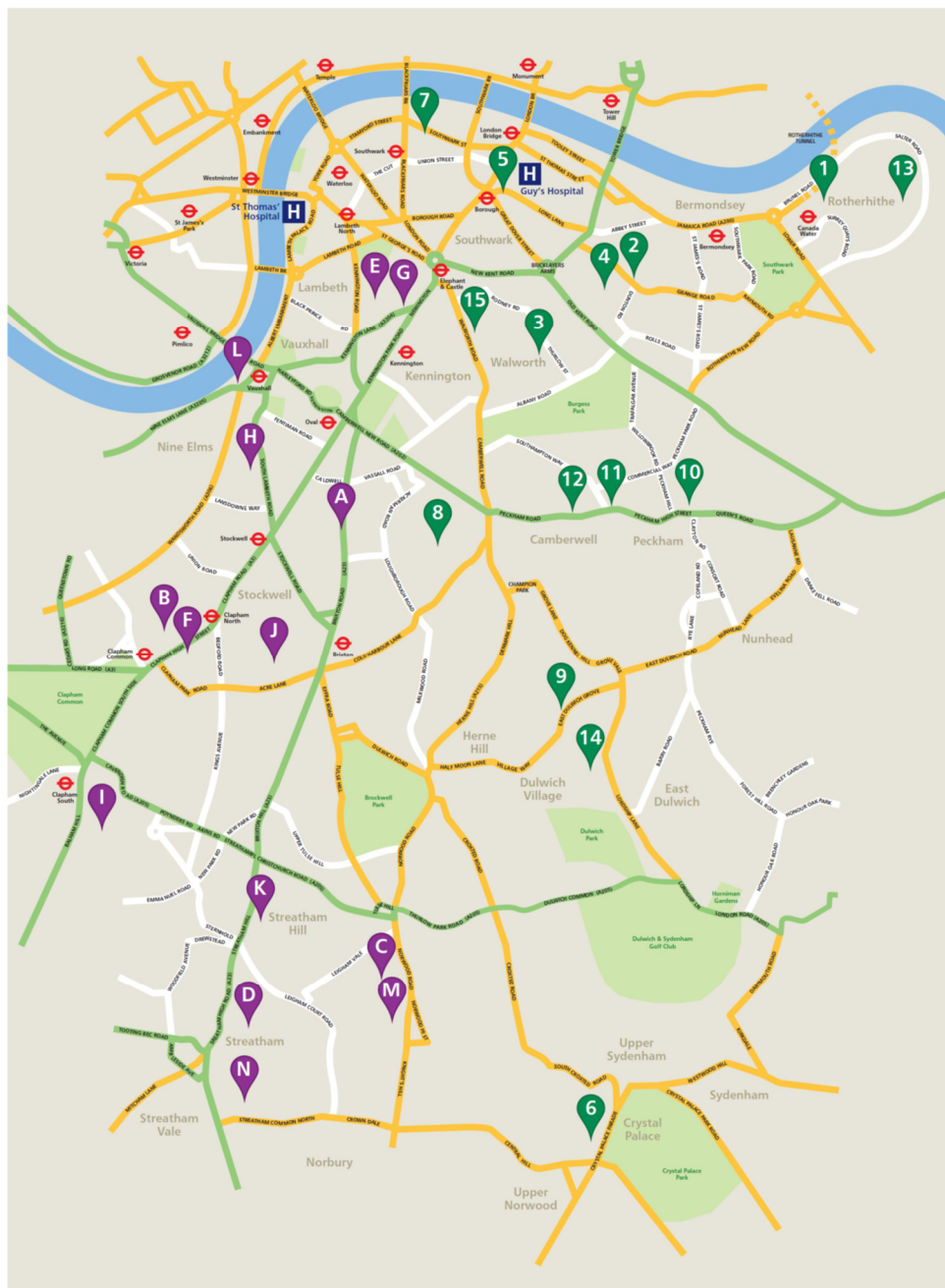
[Accessed 8 July 2016]

<sup>20</sup> Open Street Map [online] <http://www.openstreetmap.org/#map=13/51.5078/-0.1249&layers=C>

[Accessed 8 July 2016]

## Appendix I – Map of community centres across Lambeth and Southwark boroughs

# Guy's and St Thomas' services in Lambeth and Southwark



Updated August 2014

### Hospitals

- H** St Thomas' Hospital  
Westminster Bridge Road,  
London SE1 7EH  
Switchboard: 020 7188 7188
- H** Guy's Hospital  
Great Maze Pond,  
London SE1 9RT  
Switchboard: 020 7188 7188

### Lambeth

- A** Akerman Health Centre  
Patmos Road, Brixton SW9 6AS  
Tel: 020 3049 6400
- B** Clapham Manor Health Centre  
86 Clapham Manor Street, Clapham SW4 6EB  
Tel: 020 3049 5600
- C** Elmcourt Health Centre,  
214 Norwood Road, Tulse Hill SE27 9AW  
Tel: 020 3049 5700
- D** Gracefield Gardens Health  
and Social Care Centre  
2-8 Gracefield Gardens, Streatham SW16 2ST  
Tel: 020 3049 5030
- E** Lambeth Community Care Centre  
(Amputee Rehabilitation Unit)  
Monkton Street, Kennington SE11 4TX  
Tel: 020 3049 6910
- F** Mary Seacole Centre  
89 Clapham High Street, SW4 7DB  
Tel: 020 3049 5318
- G** Mary Sheridan Centre  
5 Dugard Way, Renfrew Road,  
Kennington SE11 4TH, Tel: 020 3049 5960
- H** Mawbey Brough Health Centre  
39 Wilcos Close, Vauxhall SW8 2UD  
Tel: 020 3049 6800
- I** Minnie Kidd House (Inpatient Unit)  
51A Hazelbourne Road, Clapham SW12 9NU  
Tel: 020 3049 5820
- J** Pulross Intermediate Care Centre  
(Inpatient Unit)  
47 Pulross Road, Brixton SW9 8AE  
Tel: 020 3049 5500
- K** Streatham Hill Primary Healthcare Centre  
41A-C Streatham Hill, Streatham SW2 4TP  
Tel: 020 3049 5858
- L** Vauxhall Riverside  
St George Wharf, Wandsworth Road SW8 2JB  
Tel: 020 3049 4006
- M** West Norwood Health & Leisure Centre  
25 Devane Way, SE27 0DF  
Tel: 020 3049 0780
- N** Whittington Centre  
11-13 Rutford Rd, Streatham SW16 2DQ  
Tel: 020 3049 5505

### Southwark

- 1** Albion Health Centre  
87 Albion Street, SE16 7JX  
Tel: 020 3049 7100
- 2** Artesian Health Centre  
138 Grange Road, Bermondsey SE1 3GF  
Sexual health Tel: 020 3049 7967  
or Tel: 020 3049 7950  
Foot health Tel: 020 3049 7938
- 3** Aylesbury Health Centre  
Taplow House, Thurlow Street, SE17 2UN  
Tel: 020 3049 8700
- 4** Bermondsey Health Centre  
108 Grange Road, SE1 3BW  
Tel: 020 3049 7200
- 5** Borough Kidney Treatment Centre  
46 Long Lane, SE1 4AU  
Tel: 020 7188 5188
- 6** Bowley Close Rehabilitation Centre  
Farquhar Road, Crystal Palace SE19 1SZ  
Tel: 020 3049 7700
- 7** Burrell Street Sexual Health Clinic  
4-6 Burrell Street, SE1 0UN  
Tel: 020 7188 6666
- 8** Camberwell satellite dialysis unit  
Chartwell Business Park,  
61-65 Paulet Road, Camberwell SE5 9HW  
Tel: 020 7738 5604
- 9** Dulwich Community Hospital  
East Dulwich Grove, SE22 8PT  
Office: 020 3049 8800
- 10** The Gaumont House Surgery  
153 Peckham High Street, SE15 5SL  
Tel: 020 3049 7933
- 11** Lister Health Centre  
101 Peckham Road, SE15 5LJ  
Tel: 020 3049 8310
- 12** Sunshine House:  
Southwark's Child Development Centre  
27 Peckham Road, SE5 8UH  
Tel: 020 3049 8100
- 13** Surrey Docks Health Centre  
Downtown Road, Surrey Quays SE16 6NP  
Tel: 020 3049 7410
- 14** Townley Road Health Centre  
121 Townley Road, East Dulwich SE22 8SW  
Tel: 020 3049 7470
- 15** Walworth Road Clinic  
Larcom Street, SE17 1RT  
Tel: 020 3049 8600

## Appendix J - Cycle parking and other facilities at Community Centres

Centre	Staff	Visitors	Shower facilities
Akerman Health Centre	36 cycle parking spaces	8 Sheffield stands	✓
Clapham Manor Health Centre	-	-	✓
Gracefield Gardens	Undefined number of cycle parking spaces	-	✓
Lambeth CCC	7 cycle parking spaces	-	✓
Mary Sheridan Centre (Wooden Spoon)	5 cycle parking spaces	-	✓
Mawbey Borough Health Centre	5 cycle parking spaces	-	✓
Minnie Kidd	5 cycle parking spaces		✓
Pulross	5 cycle parking spaces		-
West Norwood Health & Leisure Centre	10 cycle parking spaces	-	✓
Whittington Health Centre	2 pool bikes.	-	✓
Artesian House Centre	4 cycle parking spaces		✓
Bowley Close	10 cycle parking spaces	-	✓
Lister Health Centre	7 cycle parking spaces		✓
Sunshine House	15 cycle parking spaces	6 cycle parking spaces	✓
Walworth Road Clinic	4 cycle parking spaces	-	-
Dulwich Hospital	5 cycle parking spaces	-	✓

## Appendix K – Sample wording for sustainable transportation procurement tenders

### 19. ENVIRONMENTAL CONSIDERATIONS

19.1 Services delivered by and on behalf of the Trust aim to promote health, and should, in no way, endanger the health of patients, the public or staff.

Vehicle emissions should be minimised or eliminated. Those of particular concern to the Trust are the following:

- NO<sub>x</sub> – Nitrogen oxide
- PM – Particulate matter
- CO<sub>2</sub> – Carbon dioxide
- CO – Carbon monoxide

#### 19.2 Contractor requirements for transport emissions

- The Contractor must provide the lowest emission vehicle(s) possible to deliver an effective service, with electric vehicles (EV) being the Trust's preferred option.
- The Contractor must follow the Trust's "No Idling" policy at all times, whether on or off the Trust sites.
- The Contractor must provide training on environmentally-friendly driving to all drivers, and must be able to demonstrate driver compliance.
- The Contractor must work to continually reduce, monitor and report on emissions (both exhaust and noise) resulting from their transport operations and regularly update the Trust on progress.
- The Contractor will be expected to demonstrate their measured progress on climate change adaptation, mitigation, and sustainable development, including performance against carbon reduction management plans.

#### 19.3 Resource Efficiency and waste minimisation

The Contractor will provide details of measures they have in place at their facilities to minimise waste (excluding energy and water) and ensure fuel efficiency. These measures should cover, but not be restricted to:

- details of arrangements in place to minimise waste in relation to vehicle operation and servicing (e.g. service schedules, tyre rotations etc).
- for contractors who carry out their own vehicle servicing evidence of awareness of, and compliance with, relevant waste legislation relating to waste oil, battery and tyre storage and disposal.



- objectives and targets in place for future reductions in waste and recycling rates, details and status of significant waste minimisation initiatives.
- As part of the environmentally friendly driving training, the Contractor must inform drivers of fuel saving initiatives, such as tyre pressure monitoring systems, gear shift indicators, low viscosity lubricants and low rolling resistance tyres.

#### 19.4 Compliance with Environmental Legislation

For Contractors carrying out their own vehicle servicing they shall supply copies of hazardous waste site registrations for servicing locations, or statements explaining why they do not believe such are required for the service locations.

#### 19.5 Buy Sustainable Quick Wins 2008 & Green Public Procurement Guidance

19.6.1 The Buy Sustainable Quick Wins are a list of sustainable product specifications developed by the UK Government that set out minimum mandatory and best practice specifications across a range of commonly procured product categories (full details can be found on the DEFRA website:

[www.defra.gov.uk/sustainable/government/what/priority/consumption-production/quickWins/index.htm](http://www.defra.gov.uk/sustainable/government/what/priority/consumption-production/quickWins/index.htm).

19.6.2 The Buy Sustainable Quick Wins include specifications for purchase of transport and services and are aligned with the EU Green Public Procurement standards.

19.6.3 Tenderers are requested (where relevant to the specific service being offered) to provide details on the extent to which their vehicles and any other consumable provided to the contracting authority in the delivery of the service comply with the following 2008 Buy Sustainable Quick Wins specifications, identifying where they meet the core or comprehensive criteria:

Transport
Purchase of transport and services with low carbon and noise emissions, to reduce carbon footprint and noise pollution.
2008 MINIMUM Mandatory Specification(s)
To be set by Department of Transport (DfT)
<i>NB: The Government has set carbon emissions for its administrative car fleet. These are that by 2010/11 the fleet average of new cars purchased for administrative operations should be no higher than 130g/CO2/km.</i>
2008 BEST PRACTICE Specification(s)
Complies with the EU Green Public Procurement comprehensive <a href="#">criteria</a>

Pages 6 – 8: Passenger cars and light-duty vehicles  
 Pages 12 – 13 and 16 – 18: Buses  
 Pages 16 – 18: Public transport services  
 Pages 21 and 25 – 27: Waste collection trucks  
 Page 25 – 27: Waste collection services

## Hydraulic fluids and Chainsaw lubricants

Purchase of hydraulic fluids with good biodegradability and low ecotoxicity, to reduce the toxic environmental impact during the production and use of these products.

Purchase of chainsaw lubricants with good biodegradability and low ecotoxicity, to reduce the toxic environmental impact during the production and use of these products.

### 2008 MINIMUM Mandatory Specification(s)

#### **Biodegradability**

Must pass, or equivalent, the OECD 301B - Ready Biodegradability, CO<sub>2</sub> evolution [test](#) (see from page 18).

#### **Ecotoxicity**

Must pass, or equivalent, the:

OECD 201 - Alga, Growth Inhibition [Test](#)

OECD 202 - Daphnia sp. Acute Immobilisation Test and Reproduction [Test](#)

OECD 203 - Fish, Acute Toxicity [Test](#)

### 2008 BEST PRACTICE Specification(s)

Complies with the EU Green Public Procurement comprehensive [criteria](#) (see pages 14 and 19).

**Note:** The conditions of contract will require Tenderers to report periodically on compliance with the specifications for transport and to demonstrate continual improvement, in terms of the proportion of procured product that complies as well as the extent of compliance, throughout the period of the contract.

#### 19.4 Key Performance Indicators (KPIs)

Successful Tenderers will be required to report data annually on:

- a. Manufacturers' CO<sub>2</sub> emissions ratings for vehicles used in discharging the contract
- b. Total mileage undertaken in discharging the contract by vehicle
- c. Volume of fuel drawn (by fuel type)
- d. Records of staff training for environmentally friendly driving techniques

Reporting periods will be by agreement with the relevant contracting authority

KPIs will include:

- a. Average Manufacturers CO<sub>2</sub> emissions (by vehicle category)
- b. Total CO<sub>2</sub> emissions (based on mileage, fuel use and manufacturers CO<sub>2</sub> emissions ratings)

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