



Scottish Natural Heritage
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Get Outdoors
Lanarkshire



Walk, Ride Lanarkshire



Walking, cycling and public transport –
ideas to get to health and care facilities



Scottish
Forestry
Coilltearachd
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TRANSPORT
SCOTLAND
COMHAIAL ALBA



**Healthier
Scotland**
Scottish
Government

Welcome to Walk, Ride Lanarkshire

We would like to encourage staff, visitors and patients (where appropriate) to use alternatives to the car when visiting health and care facilities and services.


These include options like public transport, walking, cycling, car sharing, park and ride, or 'park and stride' (parking further away and walking last stretch to destination). You might have heard some of these options referred to as 'Active Travel'.

We know that changing behaviour can be tricky. This guidance aims to offer information, ideas and practical tips. These should make it easier to rely less on the car and adopt healthier, more active and environmentally friendly methods of travel.

Even if you leave the car at home once a week or walk or cycle part of your journey, you will be making a difference... small steps can add up to big results!

NHS Lanarkshire's Director of Public Health:

"Building physical activity in to our daily lives is very important to our health and wellbeing. I fully support the efforts to make walking and cycling routes attractive and safe."



Gabe Docherty

This guidance document is part of the programme of activity being delivered by the Lanarkshire Green Health Partnership. See back pages for more about the partners involved.

1. Active Travel is Time & Money Well Spent



Many people report that they don't have the time to be active; so trying to build it into your daily lifestyle through active travel can be an achievable and realistic approach.

The many benefits that come from everyday walking and cycling include:

- ✓ Helping you achieve the physical activity recommendation of at least 150 minutes of moderate intensity activity per week (in bouts of ten minutes or more)
- ✓ Improved mood and feelings of happiness and positivity
- ✓ Benefitting from contact with nature
- ✓ It could save you money!
- ✓ Reduced car emissions & improved air quality

2. Walking – the Underrated Wonder Drug

Walking is a simple way to become more active and can be incorporated into our daily lives. How you strut, stride, saunter or step to work or to visit friends or relatives can improve your health and be made easy with some practical tips:

- ✓ Comfy shoes – a must!
- ✓ A brolly or a spare hat tucked into your bag will save you worrying about getting caught in showers
- ✓ Glowing? Handy packs of wet wipes/cleansing wipes can be used so that you can freshen up if needed
- ✓ Plan your route and consider safety

Tools to help:

- Pedometers are great evidence based motivational tools to get you started with walking; many smart phones have an app for this or buy one from a pharmacy
- Set simple challenges to get you started e.g. I'll try to walk a mile (roughly 20 minutes) on Wednesdays by parking my car further away and walking in
- Listen to music
- Enjoy the time to connect to nature and notice your surroundings

Useful website for walking:

Get Walking
Lanarkshire

www.northlanarkshire.gov.uk/getwalking

Health walk groups in North and South Lanarkshire.



REDUCES THE RISK OF:

Heart attack and stroke	20-30%
Diabetes	30-40%
Hip fractures	36-68%
Bowel cancer	30%
Breast cancer	20%
Depression/dementia	30%

3. Cycling – Get on Yer Bike!

Cycling is great for covering short to medium distances quite quickly or it can be combined with a train for longer journeys.

Bike parking is available at hospital sites and some health centres and offices.



Getting started:

- Many workplaces offer ways to help buy a bike, such as Cyclescheme – www.cyclescheme.co.uk
- Buy or get a bike repaired at projects like CamGlen Bike Town (Rutherglen); Bike for Good, Common Wheel, De’ils on Wheels (Glasgow) or Recyke-a-bike (Falkirk).
- Find guides on cycling to work, fixing your bike and many other topics – www.sustrans.org.uk/our-blog/get-active/

Useful websites for cycling:

- NHS Lanarkshire Bike User Group (intranet site) – <http://firstport2/staff-support/bike-user-group/>
- CamGlen Bike Town – www.healthynhappy.org.uk/bike-town
- Cycle route planners – CycleStreets: www.cyclestreets.net or Google Maps: www.google.co.uk/maps can help you plan a quieter route (check it before using it to go to work).
- National Cycle Network: routes 74, 75 and 756 go through Lanarkshire – www.sustrans.org.uk/map-ncn
- North Lanarkshire SMARTways map – www.northlanarkshire.gov.uk/smartways
- South Lanarkshire route documents – www.southlanarkshire.gov.uk/downloads/200166/getting_outdoors
- Glasgow City Council, cycling – www.glasgow.gov.uk/cycling

4. Examples of Active Travel to Lanarkshire Hospitals from Nearest Train Station

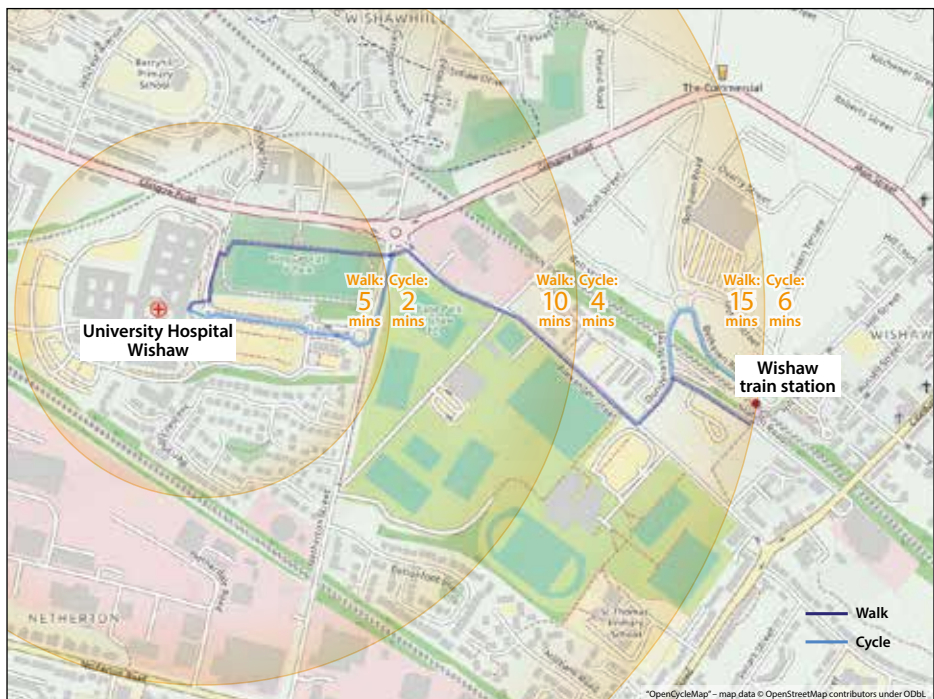
The following maps show the walking and cycling times (when this is appropriate) from the nearest train station to Lanarkshire's three large hospitals. Times are based on walking a mile in 20 minutes or cycling 4 miles in 20 minutes. There are also a number of 'park and stride' options surrounding these facilities.

Wishaw train station – University Hospital Wishaw:

Shieldmuir Wishaw Carlisle

Walking: 0.8 mile/15 minutes

Cycling: 0.8 mile/4 minutes



Coatdyke train station – University Hospital Monklands:

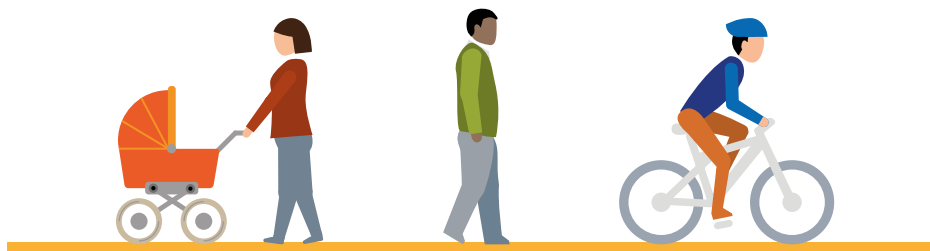
Coatbridge
Sunnyside

Coatdyke

Airdrie

Walking: 0.5 miles / 10 minutes

Cycling: 0.5 miles / 3 minutes



Hairmyres train station – University Hospital Hairmyres:

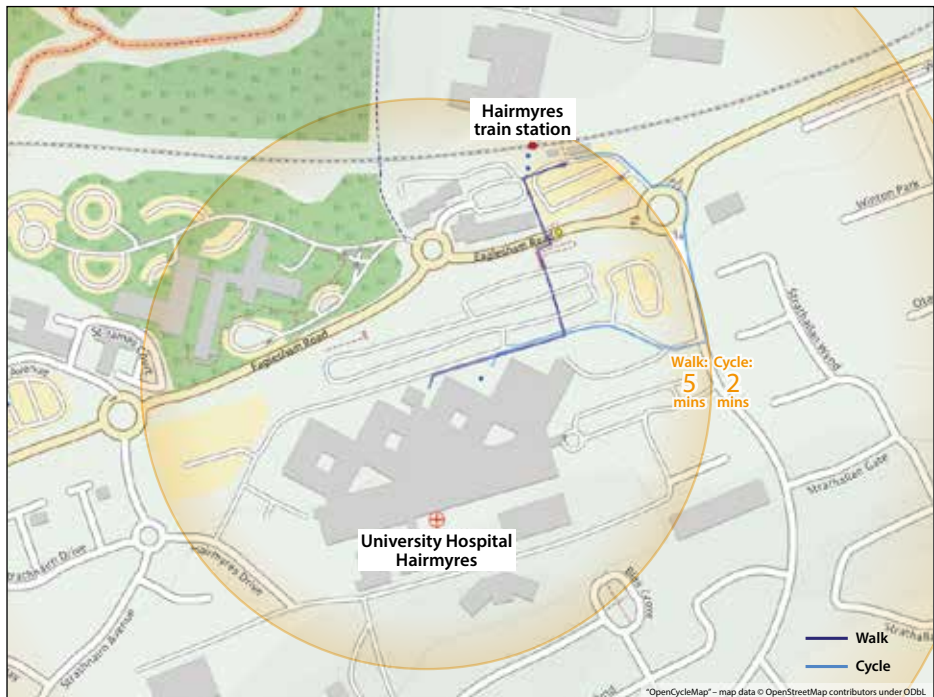
Throntonhall

Hairmyres

East Kilbride

Walking: 0.3 miles / 5 minutes

Cycling: 0.3 miles / 2 minutes



Train timetables – see the Scotrail website:

www.scotrail.co.uk/plan-your-journey/timetables-and-routes

National Rail enquiries – www.nationalrail.co.uk or
03457 48 49 50 (24 hours)

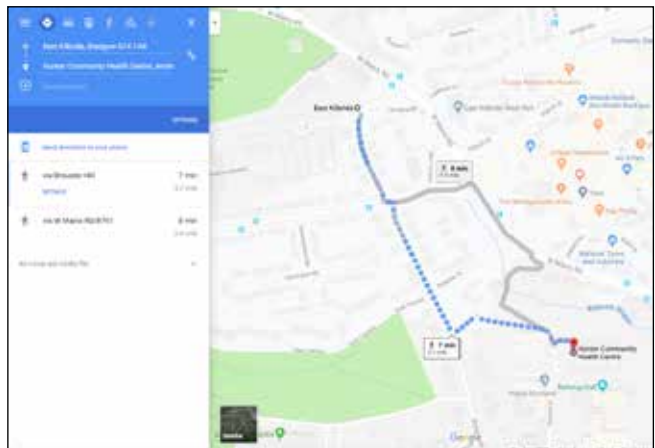
5. Walking in Hospital Grounds: Our Natural Health Service

You might want a dose of fresh air and experience the therapeutic effect of nature if you work in, or are visiting, the hospitals in Lanarkshire. Medal Routes are three short circular walking routes that start and finish at the same location. These routes are designed to take approximately 15 minutes (bronze), 30 minutes (silver) and 60 minutes (gold).

There are Medal Routes for the three main hospitals in Lanarkshire: Hairmyres, Wishaw and Monklands Hospitals. See: www.ramblers.org.uk/go-walking/routes-and-places-to-walk/medal-routes.aspx

6. Active Travel to Other Health and Care Facilities

Map software, like Google Maps – www.google.co.uk/maps – can search from a starting point to your destination and have the directions sent to your phone. Google Maps can also choose a mode of transport, including cycling and walking. See the example screenshot (*right*) showing walking directions.



7. Reducing Car Usage

Liftshare is a scheme which makes it easy for employees to link up with colleagues to share a car to work – see:

www.westscotnhscarshare.com

It is a good idea to start on a trial basis to make sure it works for all people concerned, it might be carpool karaoke!

SPT also have a journey share scheme for the West of Scotland

www.sptjourneyshare.co.uk

Some organisations also have their own informal car share schemes e.g. NHS Lanarkshire car share is available on the intranet social directory.



8. Public Transport

Travelling by bus or train is not only better for the environment; it has better health benefits for you and will often be far less stressful than driving and usually takes a similar amount of time – or can even be quicker.

- Find out if a daily or weekly bus pass or travel card is cheaper for the journeys you will be making.
- Many hospital wards now have flexible visiting times which gives you options to plan your journey.
- Get off the bus or train a stop earlier to increase walking time.

Useful websites:

Traveline Scotland – <https://travelinescotland.com>

0871 200 22 33 (24 hours) *Calls cost 12p per minute plus your phone company's access charge.*

Journey Planner provides options, including mode of transport and route, to travel from A to B as well as the cost of the journey.

National Rail – www.nationalrail.co.uk or **03457 48 49 50**
(24 hours)

First Group buses – www.firstgroup.com or **0345 646 0707**

7am – 7pm Mon – Fri, 9am – 5pm Weekends and bank holidays.

All First Group buses have contactless payment options now – no need to raid your piggy bank for change.

Way to Work – www.waytoworkscot.org

Information for workplaces and employees about public transport, car sharing and active travel.



9. Get Active in Lanarkshire

There are a number of parks, gyms, pools, activity classes and sports on offer in Lanarkshire. Here are some options to get you started...

- **Greenspace portal**
www.bit.do/lan-greenspace
Information on local green health activities such as gardening, conservation and volunteering outdoors.
- **South Lanarkshire Leisure and Culture***
www.slleisureandculture.co.uk
SLLC offer a range of fitness, sport and outdoor activities.
- **North Lanarkshire Leisure***
www.nlleisure.co.uk
NLL offer a range of fitness, sport and outdoor activities.
- **Locator**
<http://locator.nl.org.uk> (North Lanarkshire) or
www.locator.org.uk (South Lanarkshire)
Find out about services and groups in your community.
- **Visit Lanarkshire**
www.visitlanarkshire.com
Family fun and places to visit.
- **Jogscotland**
www.jogscotland.org.uk/welcome
Information on gentle walking, jogging and running programmes.

*Both local authorities provide a range of subsidised memberships including discounts for emergency services workers

10. Health & Wellbeing Services in Lanarkshire

Scotland's Service Directory

There are a range of services and support for a number of other lifestyle areas such as stopping smoking, alcohol, mental health, carers etc. Please visit NHS Inform Scotland's Service Directory – you can search by health board area and by topic category for quality assured health and wellbeing services: www.inform.scot



11. Active and Healthy Workplaces

During the working day there are many ways that you can reduce sedentary time spent sitting at a desk.

Practical tips to break up your sitting time:

- Use stairs rather than lifts.
- Find out about walking routes that can be used during break times.
- Walk to speak to someone in the same building rather than email if appropriate to do so.
- Provide active travel details when hosting a meeting – making it easier for people makes it more likely!
- Some offices have standing desk options – this doesn't need to be for a whole day unless you would like to.

Walking meetings and challenges:

- Have a walking or standing meetings and preferably outdoors if possible: www.cancerpreventionscotland.org.uk/docs/healthymeetings/FormScorecard.pdf
- Walking meetings, for tips see: www.stepjockey.com/blog/walking-meetings-5-practical-tips-to-make-them-a-success-in-your-office
- Pedometer challenges can help motivate people to walk more. Paths for All offer a biannual walking challenge in April (for 8 weeks) and in October (4 weeks): www.pathsforall.org.uk/work
- Healthy Working Lives also have walking challenges in spring and autumn.

Healthy Working Lives:

Healthy Working Lives is an initiative which gives advice and information to staff on all aspects of workplace health including occupational health and safety, health promotion, general health and safety, vocational rehabilitation, employability and health and the environment. Find out more about healthy working lives:

www.healthyworkinglives.scot



**Healthy
Working
Lives**

Health Promoting Health Service:

NHS Lanarkshire has a responsibility to promote, improve and protect the health of its staff, visitors and patients by creating a healthy supportive environment. This includes offering opportunities for

physical activity (including active travel), in both the indoor and outdoor estate and are promoted to patients, staff and visitors.

hphs

health promoting health service

Lanarkshire Green Health Partnership:

The Lanarkshire Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service. Our Natural Health Service is a national initiative led by Scottish Natural Heritage and supported by national and local partners. National agencies include Transport Scotland, Scottish Forestry and NHS Health Scotland. Local partners include NHS Lanarkshire, North and South Lanarkshire councils, leisure services and voluntary sector organisations. For further information, see: www.naturalhealthservice.scot





Thanks to Lanarkshire Green Health Partnership and colleagues who have contributed to and shaped this guide | July 2019