

points, you need to register on the Genie website: <https://www.cpsgenie.com/dsl/Register/For/NHSWBS>. The maximum stay is 3 hours so please move your vehicle after this time. The charge points are available on a first come, first served basis and cannot be pre- booked.

Walking

Walking is a great way to exercise and keep fit. We run lunchtime walks at City and Sandwell Hospitals which are free for colleagues to participate in. Walks will last approximately 30 minutes, covering distances of up to two miles. Please ensure you have suitable footwear and bring a water bottle. For more information, contact Jatinder Sekhon /Emma Williams on ext. 3306.

Cross site shuttle bus

The Trust runs a shuttle service for colleagues travelling between Sandwell and City Hospital. For more information, see Connect: <https://connect2.swbh.nhs.uk/news/cross-site-staff-shuttle-service-changes-to-timetable/>



Public transport

Bus & Metro

There are a number of bus routes into the Trust hospital sites. For more information,

updates and to plan your journey, visit <https://www.tfwm.org.uk/operations/bus-services/>. Colleagues can apply for an annual pass through the Trusts' special Staff Travel Scheme which gives a 5% discount against the standard bus and Metro fare with National Express. For more information keep checking the Communications Bulletin emails.

There are live information kiosks for planning your journey at City Hospital (BTC main entrance) and at Sandwell Hospital (main entrance).

Train

To plan your journey via train, visit <https://www.networkwestmidlands.com/ways-to-travel/train/> for more information.

Car & car sharing

The Trust has limited car parking spaces. For colleagues who are unable to travel by any other means and have to bring a car to work, a parking permit is required in order to park on site.

Colleagues are strongly encouraged to car share. You will save money by sharing travel costs and reduce our impact on the environment (by reducing the amount of cars on the road). If you are interested in car sharing, please contact the Trust Sustainability Officer.

Trust Travel Contact Details

Sustainable travel –
Trust Sustainability Officer
Francesca.silcocks@nhs.net

Car parking management – Facilities
diane.alford@nhs.net

Travel passes
Audrey.hender@nhs.net

Cycle to work -
Trust Head of Employee Benefits
Amir.ali1@nhs.net

Lunchtime walks –
Health and Wellbeing Team
Ext. 3306

Travel to Work Guide



Platinum Top Active Travel Location (2017)



Winner of the Birmingham Connected Sustainable Travel Award (2017)

A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals
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Where
EVERYONE
Matters

The Trust promotes and supports colleagues travelling to/from its sites by sustainable and active modes of travel. It is everyone's responsibility to ensure they use the most sustainable means of transport – that means taking into account the cost, the environmental impacts of the travel (carbon emissions and localised air pollution), and the social impacts of the travel including congestion.

The health and care system accounts for a significant proportion of road traffic in England – 5 per cent is attributed to NHS related travel which makes up for 13 per cent of the NHS carbon footprint and we have been tasked by the Government to reduce this impact.

With the opening of Midland Metropolitan Hospital, we need you to consider alternative modes of travel other than single occupancy driving. This guide provides advice on how the Trust can support you and your travel choices.

The following modes of travel are encouraged and we can help you with making changes. We are pleased to offer personal travel planning to our colleagues. This will be a bespoke service and will give you details of all your preferred travel routes and modes. Just contact the Trust Sustainability Officer with your postcode and working hours (see below for contact details).

Cycling and walking

Cycle facilities



There are cycle shelters across all of the Trust main sites. At City and Sandwell Hospitals, there are also individual cycle pods/lockers and large cycle sheds for colleagues to use. For cycle storage maps,

please visit the **'Cycling'** page on Connect. Cycle lane markings and signage is in place directing you to the cycle parking facilities.

We offer free bike checks for colleagues, running once a month and alternating between City and Sandwell Hospitals. For future dates, keep checking the Communications Bulletin emails.



The Trust runs a Cycle to Work Scheme through salary sacrifice which gives colleagues huge savings on bikes and accessories through salary sacrifice. To register and find out more, visit <https://www.cycle2work.info/> or contact the Trust Head of Employee Benefits, Amir Ali on ext. 6148 or Amir.ali1@nhs.net.

Shower facilities are available at Sandwell Hospital inside the toilets in the Hallam Restaurant. Lockers to store small cycling

accessories are located in the cycle shed (to the side of the Hallam Restaurant). At City Hospital there are limited accessible shower facilities for cyclists. Lockers are located in the cycle shed (in between Pathology and the Old Nurses Home building).

Cycle routes

The Cycle Streets website offers great online maps that will allow you to plan your journey by bike - www.cyclestreets.net or for cycle routes around City and Sandwell Hospitals maps, visit <http://travelplans.pindarcreative.co.uk/sandwell/>. If you need further assistance, contact the Trust Sustainability Officer.

Cycle Parking at City Hospital

Location	Type	Approx. number of spaces
Estates	Cycle pods	1
A&E	Sheffield stand	10
Maternity	Cycle pods	5
Informatics	Cycle pods	2
Eye/Sheldon	Cycle pods	6
Old Management Block	Cycle pods	3
Main Spine Entrance	Sheffield stand and Cycle pods	13
Shed (in between Pathology and the Old Nurses Home)	Shed	15

Cycle parking at Sandwell Hospital

Location	Type	Approx. number of spaces
Main entrance	Sheffield stand	5-10
Shed (to the side of the restaurant)	Shed	20-30
Hallam building	Cycle pods	2
A&E / Outpatients	Cycle pods	2

Free hire bikes

Colleagues can hire a bike for free. There are three standard bikes and one folding Brompton bike on offer (via a waiting list). These bikes should be used primarily for travel to/from work and between sites but can also be used for leisure. For more information, contact the Trust Sustainability Officer.



Cycle training

If you don't cycle and want to learn the right skills or are returning to cycling, 'Bikeability' offer proficiency training. For more information, visit <http://bikeability.org.uk/>.

Electric vehicle charging

We have two electric vehicle charging sockets at each of the main sites: City, Sandwell and Rowley Regis Hospitals for colleagues, patients and visitors to access. To use these charge

