

2023 – 2024 Travel Plan

Clifton Park Hospital



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Introduction

Ramsay Health Care UK Operations Limited (Ramsay) as a responsible employer acknowledges that with the growth of its services combined with an ageing population that there is a greater perceived dependence upon the use of the car, which in turn is placing greater demands not only upon the hospital itself, but also upon the neighbouring communities.

The Travel Plan acknowledges the responsibility that Clifton Park Hospital (CPHL) has towards the local community in which it operates and is seen as part of the larger CPHL Environmental Plan which attempts to alleviate the hospital's environmental impact.

The government and local authorities are prioritising the reduction of motorised journeys and promoting the use of alternative modes of transportation with a lower environmental impact than cars. The main goal of the Travel Plan is to decrease car usage, especially for single occupancy trips, and promote the use of public transportation, walking, and cycling.

This travel plan has been updated to reflect the measures implemented to ensure that traffic flows from the site can be safely accommodated and promote the usage of sustainable means of transport.

This Travel Plan is not meant to be seen as a definitive article, but instead should be viewed as a working document with the flexibility to adapt as necessary. Its objectives will be kept under constant review through the nominated Travel Plan Coordinator who will regularly feedback to the Hospital Director, who will have ultimate responsibility for delivering the Travel Plan.

Objectives

This Travel Plan (TP) has been produced in accordance with both Central and Local Government guidance relating to Travel Plans. The specific measures will help to provide a focused and effective TP to encourage users to vary, or change, from their reliance on private car travel.

There are a number of objectives, both at national and local level, which the implementation of the TP is intended to help fulfil. These include:

- To influence the travel behaviour of staff and visitors,
- Reduce the number of single occupancy cars arriving at the site (both staff and visitors),
- Reduce the number of out-of-hours deliveries made by suppliers to Clifton Park Hospital,
- Reduce the impact of Clifton Park Hospital on the environment,
- To provide a better experience for patients using Clifton Park Hospital,
- Reduce the problem of demand for car-parking,
- To enable higher user occupancy of facilities,
- To help improve the health of staff,
- To promote healthy active lifestyles for staff, and
- Accommodate those journeys that need to be made by car.

Hospital Overview

Clifton Park Hospital Limited (CPHL) has operated through a joint venture since 2018 between Ramsay Health Care UK and North Yorkshire Orthopaedic Surgeons (NYOS). CPHL entered a strategic partnership with York & Scarborough Teaching Hospitals NHS Foundation Trust in 2022 with the aim of reducing waiting times for patients in locality.

The hospital is located just 10 minutes from the city centre off Shipton Road. The site is within the York ring road (A1237), providing excellent transport links across North and into West Yorkshire.

The modern purpose-built hospital has been rated “Good” by the Care Quality Commission (CQC) and has first class medical facilities including 24 beds, 3 theatres, a recently refurbished ambulatory care unit, diagnostic suite including X-ray and ultrasound facilities, with a mobile CT scanner in attendance once per month. As part of the joint venture the hospital opened a new outpatient facility IN 2018 which has 11 consulting rooms, 2 treatment rooms digital x-ray facilities and now houses a state-of-the-art static MRI scanner. Clifton Park Hospital currently has 18 Orthopaedic Consultants, 2 Cosmetic Consultants, a spinal consultant, as well as providing a surgical unit for 3 ENT consultants from the local trust.

Clifton Park Hospital directly employs 136 personnel, offering elective Orthopaedic surgical procedures, Plastic surgery and Ear, Nose & Throat procedures. The typical opening hours are between 07:30 – 21:00, with the greatest demand on services during business hours 08:30 – 17:00. Clifton Park Hospital admitted 7360 inpatient and ambulatory (day) patients in the period of December 2022 to November 2023. During this period the hospital had 9600 Physiotherapy visits, 8930 patient visits to Radiology and MRI scanning as well as more than 23750 outpatient consultations.

Accessibility

By Car

Clifton Park Hospital is located on a private road, Bluebeck Drive, accessed from A19 Shipton Road, a key arterial route into York city centre from the A1237.

The hospital features two entrances accessible from Bluebeck Drive off Shipton Road, both of which are spacious enough to accommodate all types of road transport. Presently, there are thirty-three car parking spaces located at the front of the building, with an additional 30 parking spaces available at the rear of the hospital. The relocation of the mobile scanner unit has eliminated any impact on the availability of parking spaces when the scanner is on site. There are an additional three designated disabled persons parking spaces at the front of the building adjacent to the main entrance, and the drop off/collection point is immediately in front of main reception.

Walking

The site is situated on a private road with a 20mph speed restriction and light traffic. The surrounding area is home to other NHS facilities and residential properties. The road is equipped with street lighting, dropped kerbs for wheelchair access and tactile paving provisions for those with sight impairment.

Cycling

A19 Shipton road, is a wide, well-lit road offering ample space for cyclists to travel safely alongside motor vehicles on the road. The National Cycle Route 65 is also easily accessible from various points on A19 which offers a traffic free cycle route between Rawcliffe Bar Park & Ride and York City Centre. Cycle racks with CCTV are located at the entrance to the hospital.

Buses

Bus stops are located approximately 300m from the hospital on A19 Shipton Road, with direct access to York City centre, Rawcliffe Bar, Thirsk, Easingwold & Kirbymoorside. Buses run every 10 minutes to the city centre enabling easy connections to other areas of the city. Rawcliffe Bar Park & Ride is located at the junction of A19 Shipton Road and A1237 with stops located a 5 minute walk from site, offering a further option to staff who live outside of York to access the hospital.

Trains

York train station is located in the city centre and is approximately 3km, approximately 10 minute walk or 10 minute taxi ride, there are also regular buses which run along the route from the station to the hospital. York train station is located on a central line and has regular trains from other local cities and towns such as Leeds & Hull.

Travel Plan Initiatives

Travel Plan initiatives are measures or initiatives that will be used to reduce reliance on single-occupancy car-use and promote more sustainable travel choices.

Walking

To encourage staff that within 2km / 30 minutes walk from the hospital to walk to work by: -

- Promoting the health benefits of walking by providing and displaying educational literature on staff notice boards and on internal Workplace Facebook site.
- Provide an Umbrella Pool at Main Reception
- During inclement weather or in an emergency situation arrange a transport home for walkers
- Providing changing and showering facilities for the use of staff that walk to work
- Provide drying area for wet weather gear used by walkers
- To provide a safe pathway for pedestrians onto the site to segregate them from road users.
- To introduce a “buddy” scheme so that walkers can walk to work with co-workers.

Cycling

To encourage staff and visitors to use bicycles as an alternative mode of transport to and from Clifton Park Hospital by: -

- Providing additional cycle racks for the safe and secure parking of cycles in a well-lit area that is monitored by CCTV.
- Providing tax-free, interest-free loans for staff to purchase cycles and protective or safety equipment, as well as funds for bike maintenance. Ramsay has signed up to the national cycle to work scheme. Details are available on the in-house intranet.
- Providing basic repair equipment such as a pump, puncture repair kit and allen keys for staff to use if stuck at work.
- Organising York iTravel Commuter club sessions for staff to maintain their bikes.
- Providing changing, storage and showering facilities for the use of staff that cycle to work.
- Providing a drying area for cycling gear.
- Providing maps of cycle routes around York that have been produced by York iTravel Commuter Club (see resources list and additional information provided within this Travel Plan). These cycle maps are displayed on staff Notice Boards. Clifton Park Hospital’s “Welcome” letter to patients which has been amended to include details of on-site cycle facilities.
- Introducing and supporting a bicycle users group for staff who cycle to work.
- Promoting a bike-buddy scheme to encourage employees to cycle to work together.
- Promoting the free training sessions available by York iTravel Commuter Club for those who are not confident cyclists.
- Promoting the benefits of cycling as a means of a healthy travel option to both staff and visitors by providing promotional / educational material. Emphasize the health benefits to employees and to Ramsay e.g. Poster display on staff notice boards.
- Marketing through events (e.g. cycle to work week) to encourage cycling.

Bus Travel

To encourage staff and visitors to use public transport as a mode of transport to and from Clifton Park Hospital. The Rawcliffe Bar Park and Ride is situated 0.7 miles (14-minute walk) from the hospital. Clifton Park will provide:-

- Promotional Literature and relevant timetables that have been produced by local bus companies on notice boards.
- Promoting local bus services in material provided for new starters.
- Promoting the local dial-a-ride services, this is York's bus service which takes over where public transport stops. Providing options for York's residents who are elderly, disabled and have no other means of travelling.
- Promoting the discounts available to employees through Clifton Park's Hospital's membership of the iTravel York Commuter Travel Club.

Train Travel

The encouragement of staff and visitors to use train travel as part of their mode of transport to and from Clifton Park Hospital will occur through:-

- Providing promotional leaflets and timetables produced by Northern Rail, Trans Pennine Express and LNER on notice boards.
- Promoting information about how to access the hospital via rail in any material sent out to new starters.
- Include information about accessing the hospital via rail in any patient appointment letters etc.

Provide information to staff on how to obtain potential discounts through iTravel York Commuter Club membership.

Car sharing

To encourage staff to participate in a car sharing scheme as an alternative to driving to work alone by:-

- Providing information about local and national lift share schemes / liaise with other local employers. For example, www.liftshare.com/uk This is a county wide lift-share scheme that York City Council have funded. Staff can share with anyone who lives and works in York – not just limited to employees of Clifton Park, so potentially Clifton Park's staff could share with those who work at York and Scarborough Teaching Hospitals NHS Foundation Trust.
- Encouraging staff members to travel with colleague if they are located in the same vicinity.

Taxis

To encourage staff and visitors to use local taxis as an alternative means of transport to and from Clifton Park Hospital by: -

- Displaying promotional literature of local taxi companies on notice boards. Clifton Park Hospital currently has a preferred provider, but we are happy to promote all.

Marketing

The Clifton Park Hospital Travel Plan is promoted via departmental team meetings, induction sessions for new starters and specific marketing events to incentivise staff to adopt alternative modes of transport e.g. walk to work and cycle to work. Displays promote the travel plan in staff and visitor areas.

General travel information is included in all appointment letters/emails. This is also displayed Clifton Park/Ramsay Health Care websites. Information for staff is also shared via the internal Workplace pages.

Targets

Clifton Park Hospital will continue to promote the Travel Plan to ensure that the hospital continues to meet the below targets:

- To maintain the number of staff driving to work by car and on their own to less than 60% by end of June 2024.
- To maintain the number of staff using alternative means of public transport to and from Clifton Park Hospital to be above 4% by end of June 2024.
- To maintain the percentage of staff cycling to work to be above 6% by the end of June 2024.
- To increase the numbers of staff using motorcycles to travel to work from 0.2% to 1% by the end of June 2024.
- To maintain a target of above 14% of staff travelling on foot by the end of June 2024.
- To work with iTravel York Commuter Travel Club to develop a local “No Idling” policy to encourage people to turn off their engines whilst stationary on-site.

These targets, are to be agreed in collaboration with the iTravel York Commuter Travel Club with amendments advised by the Travel Plan Co-ordinator based at York City Council.

Monitoring

The Travel Plan Co-ordinator arranged for a staff, visitor and supplier travel survey in order to set a baseline for the Travel Plan, an example of the travel plan employee questionnaire can be found in additional resources. The recorded evidence from this survey is used to review the current travel plan, making any adjustments necessary. The travel survey is reviewed on an annual basis for a period of 5 years to give an accurate measure of progress. The results of the surveys will be made available to all staff as well as the Sustainable Travel Team at York City Council and the iTravel York Commuter Travel Club. The findings will from the travel surveys will also lead to a review of the targets of this travel plan.

The Travel Plan Co-ordinator in conjunction with a staff travel group will monitor the effectiveness of the travel plan on an annual basis by conducting appropriate staff / visitor surveys, recording: -

- The number of staff applying for loans to purchase bicycles, safety equipment, etc.
- The number of staff / consultants travelling to work by bicycle.
- The number of staff travelling to work by public transport
- The number of staff who applied for loans to purchase travel passes.
- The number of staff who participate in a staff car-share scheme / national lift share scheme.

- The number of staff who walk to work.
- The number of staff who travel to work by car and on their own.
- The number of visitors who travel to Clifton Park Hospital by alternative modes of transport
- The number of Suppliers, the frequency and timings of their deliveries to Clifton Park Hospital.

Reporting

The Travel Plan Co-ordinator will be responsible for the production of an annual report on the success of the Travel Plan for the Hospital Director at Clifton Park Hospital. The results of this report will also be communicated to staff and visitors via hospital newsletters and notice boards.

Considerations

Staff Working Patterns

In a 24-hour business that functions 365 days a year, shift work is an essential element of daily life within the hospital. It is not the purpose of this plan to penalise or disadvantage early starters, late finishers or night staff who by the nature of their work cannot choose or vary their working shifts.

Flexible Working

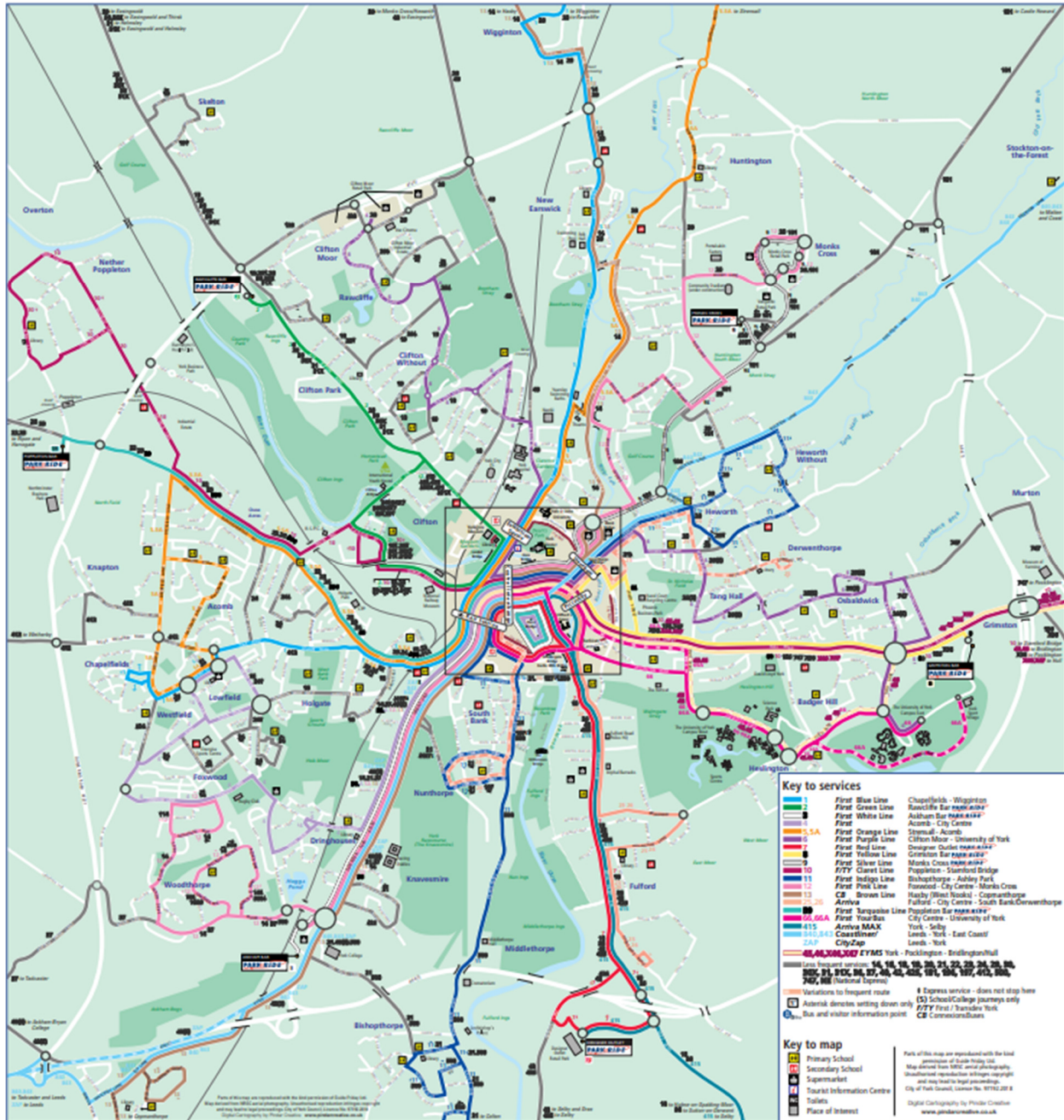
Wherever possible within the constraints of the business, flexible working is to be encouraged both in terms of the number of hours worked and / or start and finish times. However, a pre-requisite to any flexible working is that the service offered to customers should not be compromised, nor should the principles of the Working Time Directive be ignored.

Sensitivities

It is acknowledged that the travel requirements of a predominantly female workforce, who work varying shift patterns, will differ considerably from those of a main stream business. The Travel Plan has to take into account the need to avoid compromising the personal safety of staff and visitors.

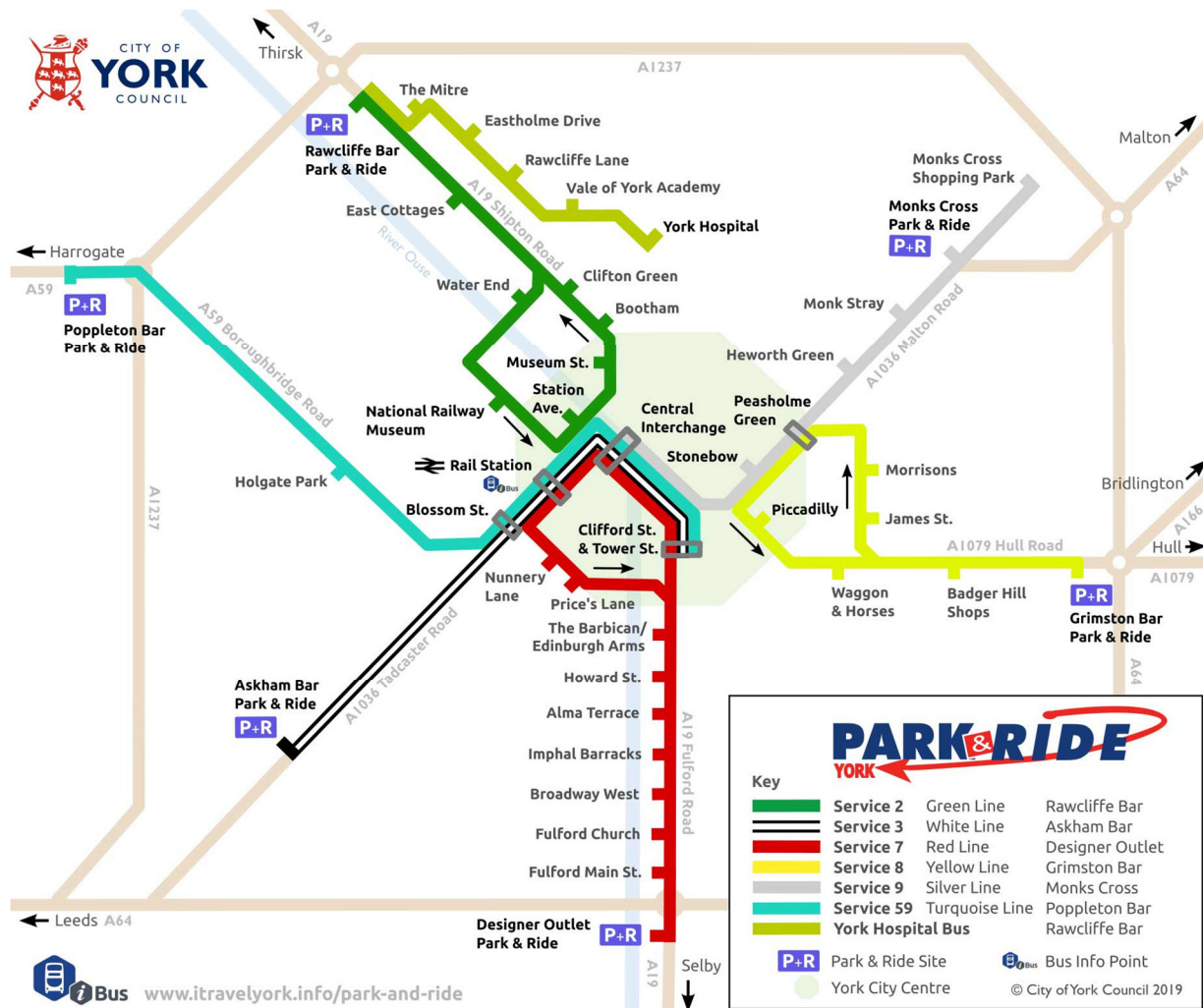
Additional Resources

Bus routes:



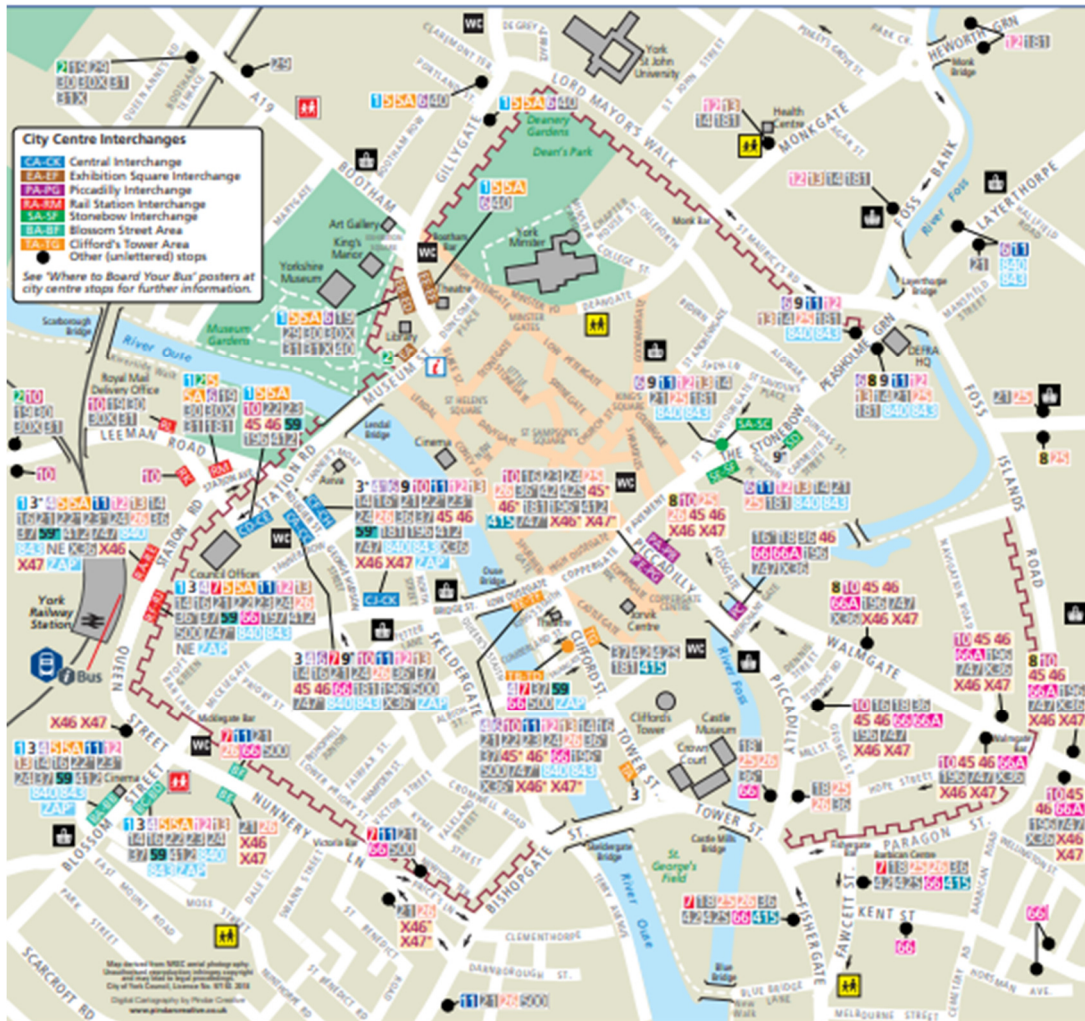
York Park & Ride

Rawcliffe Bar (Green route)



Travel time: 15 minutes

Service 2A calls at all stops along the route.



Where to board your bus in York City Centre

York city centre – Pick up point – Museum street

Cycle to work scheme supported by Ramsay Health Care

cycle²work

SAVE MONEY & SPREAD THE COST ON A NEW BIKE & ACCESSORIES

HOW DO I SIGNUP?

Choose your bike and/or accessories at Halfords, Tredz or one of the independent shops we work with before applying so you know the total value to apply for up to the value of £2000. Apply on <https://www.cycle2work.info/> with **RAMSAYC2W** throughout October 2023.

HOW MUCH CAN I SAVE?

If you apply for	£100	£500	£1,000
RRP Monthly Cost*	£8.33	£41.67	£83.33
CYCLE2WORK MONTHLY COST	£4.42	£22.01	£44.17
CYCLE2WORK TOTAL COST	£53	£265	£530

*Please note this is the amount that will appear on your payrolls. Numbers have been rounded up to the nearest pence. Based on a Additional Rate Tax Paper on a 12 month hire agreement.

You can save up to 47% through Cycle2work, depending on your tax bracket. For an accurate quote, use our savings calculator on www.cycle2work.info/bikes/savings-calculator

WHERE CAN I SHOP?

You can choose your new bike and accessories from hundreds of brands in-store or online from Halfords, Tredz, or one of the independent bike shops we work with.

**Independent
Bike Shops**

0345 504 6444

www.cycle2work.info

cycle2work@halfords.co.uk

Recommended Physical Activity (UK Chief Medical Officers 2019)

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Reduces your chance of

- Type II Diabetes -40%
- Cardiovascular disease -35%
- Falls, depression etc. -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least

150

minutes moderate intensity per week

increased breathing able to talk

OR

or a combination of both

at least

75

minutes vigorous intensity per week

breathing fast difficulty talking

to keep muscles, bones and joints strong

Build strength

on at least

2

days a week

Minimise sedentary time

Break up periods of inactivity

For older adults, to reduce the chance of frailty and falls

Improve balance

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

Travel Plan Employee Questionnaire

Travel Plan Employee Questionnaire

This travel survey is being undertaken amongst all members of staff working at the site to gain an understanding of the existing staff travel patterns. This information will be used to develop a Travel Plan for the site, which will seek to improve staff / visitor accessibility by alternative travel modes of transport to the private car.

Please complete the survey based on your general travel to work habits based on a normal working day. Once completed please pass your survey form back to *****.

Please be assured that the information that you provide will be treated with the utmost confidentiality.

1. What is your employment status:
Full Time Part Time

2. What is your start time?
3. What is your finish time?

4. How would you ordinarily travel to work?
Car
Car Share
Motorbike
Bus
Train
Cycle
Walk

5. How many miles is your journey to work?

6. Do you use any other modes of transport to get to work?
Car
Car Share
Motorbike
Bus
Train
Cycle
Walk

7. Do you travel to work with anyone else?

- If yes, is this your:
Spouse
Colleague
Car share partner
Other

8. Do you have any further comments on how you think we could improve peoples travel to the hospital and improve sustainability?

.....
.....



Ramsay
Health Care

Resources

A list of documents and resources used in developing this plan include:

<https://www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day>

<https://www.yorkwheels.org.uk/dial-and-ride-service-in-york/>

<https://www.itravelyork.info/dial-ride>

<https://www.itravelyork.info/timetable-rawcliffe-bar>

www.carshareyork.com

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

www.itravelyork.info/parkandride

<https://www.publichealth.hscri.net/publications/advice-car-sharing-english-and-translations>

<https://www.itravelyork.info/car-sharing>

<https://www.itravelyork.info/commuter-travel-club>