

### Capital & Coast DHB's Staff Travel Plan – What's It All About?



**Meng Cheong**  
Chief Operating  
Officer

Welcome to the first edition of a newsletter that will keep staff up to date with the events, activities and latest news for Capital & Coast DHB's new Staff Travel Plan.

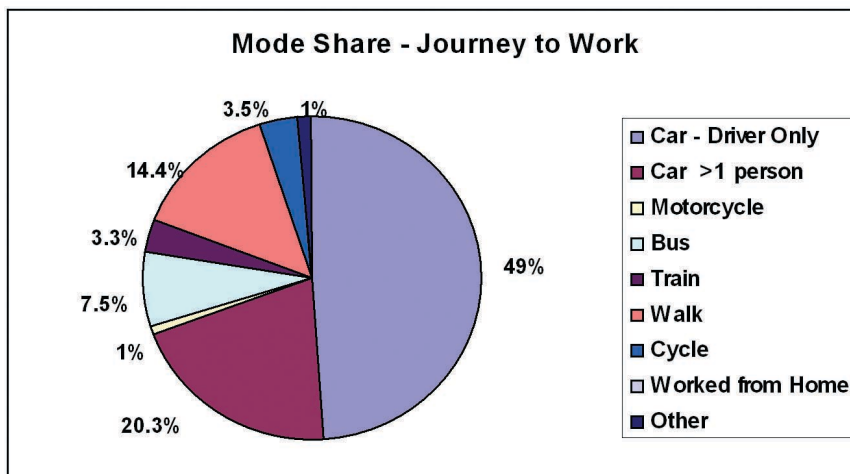
The Travel Plan, which was endorsed by C&C DHB's Executive Management Team in April, can be accessed on the intranet, Look in the Latest News column for 'C&CDHB Staff Travel Plan'.

The plan aims to make it easier for you to get to and from work by public transport, walking, cycling and ridesharing. By travelling in these ways, you can help achieve our aim of reducing the number of people who drive to work alone by 10% by 2010.

Choosing one of these options will give you the benefits of reduced travel costs, more choices to get to work and better health through cycling and/or walking regularly (including walking to the bus stop or railway station). It will also help reduce traffic congestion on the Wellington Hospital site, allowing easier access for patients and visitors, and staff.

We're leading the way as New Zealand's first DHB to adopt a travel plan and I, along with the rest of the Management Team, fully support this initiative. By working together, we can reach our Travel Plan goals.

### Travel Survey Results – How Are C&C DHB Staff Getting To Work?



The Travel Survey has shown us some interesting things about how people get to work.

On weekdays, 49% of trips by staff were made in cars with one occupant. However, it also showed that many staff were flexible in their travel arrangements and there were days when they took passengers in their car, used public transport, cycled or walked instead of driving alone. Many people already use Active Travel modes, with around 25%

of respondents walking at least one day a week, 6.8% cycling at least once a week and 14.5% using public transport at least once a week.

Public transport trips usually include walking. 40% of staff said direct bus services to work from where they live would help them use public transport more. Direct bus routes link Wellington Hospital with most inner city suburbs, but many staff were unfamiliar with the services. About 30% of staff indicated they were interested in ridesharing.



## **Travel Plan Actions – What’s Happening?**

- We’re looking to install some good-quality cycle parking for staff, firstly at Wellington Hospital, then other sites.
- Bus timetables are already available in main hospital foyers at Wellington and Kenepuru.
- We now have a one-stop shop for local travel information – the Wellmoves website. Find it on the Intranet front page, under ‘Latest News’.
- A C&CDHB Rideshare scheme is starting now.
- The Travel Planner can prepare Personal Journey Plans for those who want to find out more about using the bus or train to travel to work.
- The Health Sponsorship Council is helping us run cycle safety workshops in August – if you’re interested in attending, contact the Travel Planner.
- Bicycle Users Group (BUG) is up and running.
- We’re promoting walking with twice weekly lunchtime walks.



### **Lunchtime Walks at Wellington Hospital**

The Travel Plan promotes regular walking as an enjoyable activity that, as part of your lifestyle, provides long-term health benefits. Walking to and from work also cuts out commuting costs.

The ‘Walking Challenge’ will run again this year in September / October. Last year, around 200 staff took part in this fun event over an eight-week period.

We can help you get up to speed for the next Challenge by running regular lunchtime walks over the next couple of months. From the end of June, there are now walks every Tuesday and Thursday, weather permitting.

Tuesday walks will take about 30 minutes and will be suitable for ‘starters’ or those with limited time. Thursday walks will take up to an hour, for those with a longer lunch break, and could involve exploration of parts of the Town Belt.

When: Tuesdays; 12pm – 12:30pm

Thursdays: 12pm – 1pm

Where: Mein Street entrance, CSB.

### **Moving towards a C&C DHB Rideshare Scheme...**

Ridesharing can be a great way to make new work friends, or get to know your neighbours better, while reducing your travel costs. The Wellmoves website now has a Rideshare section, which will grow as our rideshare scheme gets going.

Guidelines for your rideshare group are available on the site, and include information on payment, deciding on a meeting point, what music or radio station will be played in the car, and lots more.

The Rideshare Scheme will be rolled out area by area and will include Otago Medical School staff. We’re starting with Newtown site staff who live in Newlands, Grenada Village, Johnsonville and Churton Park. If you are interested, phone or email the Travel Planner by Friday July 28, giving your name, department, the street where you live and your usual start and finish times. Your details will be circulated amongst your ‘area group’ so you can contact others to make suitable rideshare arrangements. We will arrange a lunchtime meeting to help get you started.

### **Bicycle Users Group (BUG)**

This group gives cyclists an opportunity to share information on safe routes, negotiating traffic safely, and to help you get started, we can try to find you a cycling buddy. There’s no formal membership required – an email circulation list provides updates on regular meetings, facilities for cyclists and any activities. Contact the Travel Planner if you would like to be added to the list.



## **Cycle Safety Training**

In August, we will be running cycle safety training workshops for anyone who wants to improve their skills and confidence at riding in city traffic.

For the small fee of \$10, you will get an informative two-hour session. One of the workshops will cater for new or intending cyclists, focusing on basic skills and building confidence, while the others will be for more experienced riders.

Dates and times have not yet been finalised, but a number of staff have already registered their interest. Contact the Travel Planner if you would like your name added to the list.



## **Introducing C&C DHB's Travel Planner**

Travel Planner Jan Simmons has coordinated the Travel Plan project so far. She has done research, organised last year's travel survey and talked with staff across the DHB.

With the Staff Travel Plan now endorsed by management, work is now focused on implementing its actions. Another plan for patients and visitors is being prepared. Jan has an open-door policy and can respond to your suggestions and queries about travel to and from work.

If you are unfamiliar with using public transport, Jan can organise a Personal Journey Plan for you, which includes information about the cost of fares. She can also tell you how long it takes to walk or cycle to work from where you live.

You can contact her on 385 5999 extn 6273, or [jan.simmons@ccdhb.org.nz](mailto:jan.simmons@ccdhb.org.nz)

## **Commuters' Corner**

This section of our newsletter is for your stories about how you use public transport, walking, ridesharing or cycling as convenient ways to get to and from work.

### **A Keen Walker .....**

Walking to and from work every day is an enjoyable part of life for Denise Mundy of the Quality Improvement Unit. She covers the 2.5km from her home at the north end of Mt Victoria to Wellington Hospital in 30 minutes.

Undeterred by wet weather, she wears a good raincoat and leggings and brings dry shoes to change into when she arrives. Denise enjoys walking past stalled peak-hour traffic on the way.

She owns a car, but figures that driving to work would take about the same time, with heavy traffic and time spent looking for a park.

In summer, Denise sometimes takes the long way home, using the Southern Walkway to go over the top of Mt Victoria and down through the Town Belt tracks. Sometimes she goes along the waterfront route via Evans Bay Road and Oriental Bay.

She says the walk is relaxing and enjoyable. As a long-time Wellingtonian and self-described natural athlete, she takes the hills in her stride. "By the time I get home, my head is clear of all the stuff that occupied me at work," she says.

She carries a small key-ring personal alarm, which costs around \$15 from an outdoors shop. "I feel quite safe walking anywhere in Wellington, but if I fell over and injured myself in somewhere like the Town Belt, it might be useful."





### **Carla Martin – Flexible Commuter...**

Cycling from Newlands to Kenepuru Hospital and back is a regular part of Carla Martin's summer workday routine. She really enjoys the ride, particularly the scenery along the bushy stretch of Middleton Road. The route is popular with commuting cyclists, especially since the road surface was recently resealed. The 12km trip to work takes her about 35 minutes, while the return trip is a bit more uphill, and takes about 10 minutes longer. Carla always wears a neon jacket to make sure she's easily seen by motorists and when cycling in the dark, uses a red flashing light on the rear of her helmet, and a white front light on the bike.



In her job as Physiotherapy Team Leader, she frequently works with patients who aren't sure how they can squeeze much-needed exercise into a busy life. She often advises them to try walking to work, or to get off the bus two or three stops before their destination, then exercise can easily fit into a busy day.

As an alternative to mid-winter cycling, Carla uses a motor scooter, so on gloomy mornings and evenings she can travel quickly and cheaply. But on really wintry days she sometimes drives herself to work. When she lived in Wellington, Carla enjoyed ridesharing to Kenepuru with a group of workmates. "But cycling is definitely better than being stuck in traffic" she says.

### **Bus Is Now First Choice For Eileen...**

Eileen Robertson used to drive to work most days, but since February this year, she has travelled by bus every single day. From her home in Northland, it's a five minute walk to the nearest bus stop, where she can catch a No 22 or No 23 direct to her work in Medical and Surgical Administration at Wellington Hospital.

"Going by bus is cheap, easy, and it's 20 minutes at the beginning and end of the day just to sit and relax, and mull things over," she says. "It's especially good when the day's been really busy. Sometimes I do the crossword, read a book, or talk to friends – my 'bus buddies'. And seeing all the different characters who use the bus is always entertaining." Eileen says she also appreciates the five minute walk at each end of the bus trip; "It feels good getting that exercise!"

When Eileen moves to Karori soon, she's going to keep on with her bus routine. It will be quicker as it bypasses the middle of the city, and will get her there for the same fare.

### **Ridesharing...**

The Biomedical Department at Wellington Hospital already has a successful rideshare scheme going. Marius and Richard have been ridesharing for 18 months and Paul joined eight months ago. The arrangement reduces travel costs and makes efficient use of parking space.



Lately the group has relied on Paul's car for transport, but Richard now has a new car. Paul (from Silverstream) and Richard (from Stokes Valley) will take turns now at driving for a week at a time. Marius participates as a passenger only. He used to use the train to travel from Lower Hutt but now pays the equivalent of the public transport fare for the door-to-door convenience of being chauffeur-driven. "It's a win-win situation" he says. The group has a relaxed approach, and good-natured jibes flow freely during and after working hours. If the driver decides to go home early, they all do. If one works late, they all work late. Accommodating detours and stops is not usually a problem. And do you feel safe driving in Richard's car? "Oh yes", says Paul, "he's a much better driver than me!"