

Foreword

Health services generate a need for staff, patients, visitors and good to travel, and the cumulative impacts of these journeys can have a dramatic effect on our environment, health and quality of life. Transport was an early priority for the London Health Commission, in recognition of its important role in improving the health of Londoners.

We therefore warmly welcome this practical guide for the NHS to develop and implement travel plans. Aimed at those leading the travel planning process, the guide brings together learning from the development of travel plans across 18 NHS sites in central London, and builds on the experiences of these and other NHS Trusts in developing good practice around the country. The engagement of these NHS Trusts in working with their partners to develop their travel plan is commendable

The guide showcases what Travel Plans within the NHS can achieve. Effective NHS travel plans offers the opportunity to:

- Improve the accessibility of NHS services to patients, visitors and staff
- Improve the efficiency with which NHS services are delivered
- Support people in adopting and sustaining physically active lifestyles through active travel modes, such as walking and cycling
- Improve quality of life for all Londoners through reducing traffic congestion and improving air quality.

This guide has been developed through the experiences of large hospital and mental health trusts in central London, and although much of the process is generalizable the issues for NHS services in community settings are perhaps less well understood. Also, while this guide considers staff travel planning in some detail, the majority of journeys to NHS sites are undertaken by patients and visitors, and there is still some way to go in developing our understanding of travel planning for these groups. This practical guide provides a good foundation on which to develop effective local solutions for the future.

The use of innovative techniques in encouraging change in how people travel, as well as the positive response to the projects at the various hospitals, demonstrates the potential of Travel Plans. I/we hope look forward to the adoption of this good practice by the NHS across the capital.



Sheila Adam

Sheila Adam
Director of Public Health
NHS London