

ACCESSWEST for Businesses

Active and
sustainable
commuting is
transforming
businesses

in **South Gloucestershire**



travelwest+


South Gloucestershire
Council

Access West is working with businesses to transform South Gloucestershire

- IMPROVE EMPLOYEE HEALTH
- BOOST PRODUCTIVITY
- IMPROVE PUNCTUALITY
- REDUCE STRESS
- IMPROVE AIR QUALITY
- REDUCE CARBON EMISSIONS
- BETTER CONCENTRATION
- REDUCE CONGESTION
- FEWER SICK DAYS
- SAVE MONEY



Did you know?

People who cycle or walk to and from work are more productive.

Employees who changed their behavior to active commuting reported more positive affect, better physical health and more productive organizational behavior outcomes compared with passive commuters.¹

A full bus can take 50 cars off the road.

This reduces the need for building car parks, meaning more land can be used for parks and community spaces.²

Car-sharing contributes to reducing parking demand.

Great Western Hospitals have seen on average 250 extra parking spaces freed up for patients daily by introducing a corporate car-sharing scheme for staff ³



¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5222872>

² <https://www.sustrans.org.uk/what-you-can-do/use-your-car-less/why-use-public-transport>

³ <http://business.liftshare.com/case-studies/great-western-hospital>

Did you know?

People who cycle or walk to work take fewer days off.

Studies suggest that a physically active workforce takes 27% fewer sick days per year.⁴

People who cycle or walk to work are more punctual.

Transit riders, followed by drivers, were more likely to say their commute negatively affects their punctuality, attendance, or amount of hours they put in at work...Cyclists and walkers were less likely to report having their commute negatively affect their work attendance.⁵

People who cycle or walk to work are less stressed.

Study after study has shown that regular physical activity helps prevent or relieve stress, anxiety and depression...There's also evidence that "green exercise" can boost enjoyment and motivation.⁶

⁴ <https://www.pathsforall.org.uk/workplace-walking-support>

⁵ <https://www.sciencedirect.com/science/article/abs/pii/S136984781630571X>

⁶ <https://www.psychologytoday.com/blog/minding-the-body/201505/bicycling-can-sharpen-your-thinking-and-improve-your-mood>

We can help lower your carbon footprint and reduce transport costs for staff

WE CAN GIVE YOU MONEY TOWARDS MAKING YOUR WORKPLACE MORE SUSTAINABLE*



OUR EMPLOYER GRANTS HAVE HELPED PAY FOR:

- Electric loan bikes for staff
- Installing cycle parking
- Implementing new car parking management to promote car sharing
- New changing and shower facilities

* Please note: grants are up to 50% match-funded and are available on a first come first serve basis. Terms and Conditions apply, for further information visit <https://travelwest.info/businesses>

Our free services

- **BESPOKE AND PERSONALISED TRAVEL ADVICE FOR YOUR STAFF**

Our travel roadshow team offers advice, information and incentives to your staff.

- **DATA AND INSIGHTS INTO STAFF TRAVEL HABITS**

Sign up for the Travel to Work Survey and get a bespoke organisational report, raw data set and an opportunity to ask a number of organisational questions.

- **GREAT NETWORKING EVENTS**

Make professional connections at the annual Travelwest Awards, which brings together businesses and organisations from across the south west of England to celebrate outstanding commitment to sustainable travel.

- **COMPETITIONS AND PRIZES FOR STAFF**

Sign your organisation up to compete in our Travelwest Challenge to promote active and sustainable travel in your workplace, and participating staff will be entered into our prize draw. For more information visit

🌐 <https://travelwest.info/businesses/travelwest-challenge>

- **FREE LOAN BIKES**

Choose from our excellent range, which includes hybrid style bikes, folding bikes, and electric bikes.

- **SUPPORT AND NETWORKS**

An Active Travel Champion is someone in your organisation who offers support to colleagues and friends who are looking to start walking or cycling into work. Our Active Travel Champions network is growing, and is helping businesses across South Gloucestershire develop a culture of active travel.

- **SAFE JOURNEY SHARING FOR YOUR STAFF**

Journey sharing can help decrease parking problems and ease congestion in your area. Join My Journey is an online platform which connects your employees to help them find colleagues to share journeys with.

- **PROMOTIONAL MATERIALS**

We produce a range of marketing and promotional items to help you promote active travel in your workplace.



How can I sign up?

To access our free services or for further information on the advice, support and funding we offer for businesses in South Gloucestershire, contact us:

✉ transport.policy@southglos.gov.uk

☎ 01454 863938

🌐 www.travelwest.info/businesses