

**Rethinking the
journey to work.**

**A GUIDE
FOR EMPLOYERS**

travelsouthyorkshire.com/workplace



**THINK » CHECK » TRAVEL
WHATEVER THE JOURNEY**

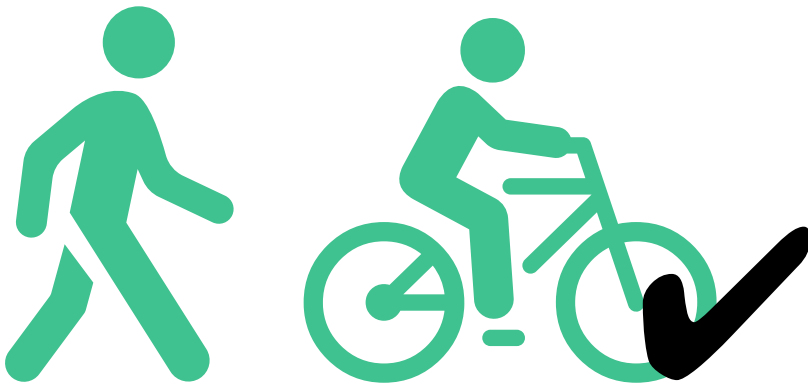
An appetite

FOR CHANGE

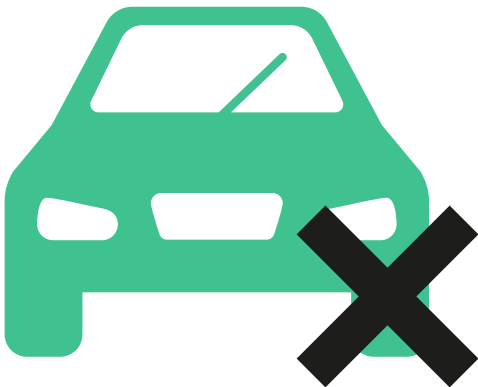
As more people return to work, we have the perfect opportunity to **rethink** how we **choose** to travel.

In a recent AA survey, 20,000 drivers were asked how their travel habits could change:

- **One in three** say they will walk, run or cycle **more**



- **One in five** intend to drive **less**.



Changing employee

EXPECTATIONS

Westfield Health's recent **Divided Together survey** of 1,500 people showed that:

'Having experienced working from home, a significant proportion of the workforce now want and expect that from their employer'.



The **Divided Together survey** showed: **49%** expect to work from home **more** **39%** expect to travel **less**.

'Whether it's their physical health (23%) or mental health (29%), there's now an expectation that companies will step up and make wellbeing a priority'.

Our own Future Travel survey supports these findings.



Get

ACTIVE

Choosing a more **active** way to travel could help embed some of the benefits we have all experienced by moving differently.



Walking and **cycling** are good examples of **active travel**, but it could also include running and any mode of travel that requires physical movement.



A more active

COMMUTE

Adults should spend between **75** and **150** minutes a week being active.

We can spend as much as **60%** of our waking hours sitting down and this rises to as much as **75% for people** who work **in offices**.

Choosing a more active commute offers a great way to get activity into otherwise typically sedentary days.



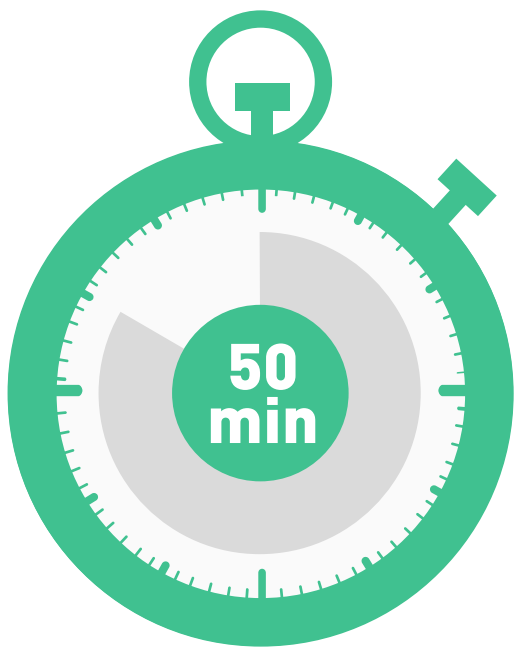
'If physical activity were a drug, we would refer to it as a **miracle cure**, due to the great many illnesses it can prevent and help treat'.

UK Chief Medical Officers'
Physical Activity Guidelines

A time for

CHANGE?

Across our region people can spend **over 50 minutes a day** commuting to and from work. And this has been increasing year-on-year.



With **40% of urban journeys under two miles** and with **19% of UK commuters more likely to cycle to work in the future**, with a bit of support, these trips are perfect for taking by bike.

Better by

BIKE

Cycling is an easy way to fit exercise into our daily routine. And, when combined with commuting, it has the added benefit of avoiding the rush hour stress of sitting in traffic.

It can also **increase mental alertness, energy, positive mood and self-esteem.**



Switching to pedal power isn't only great for a healthy mind and body, but it can also have great environmental, money and time-saving benefits too!

And, better still, **we can help** point you in the right direction:

travelsouthyorkshire.com/cycling

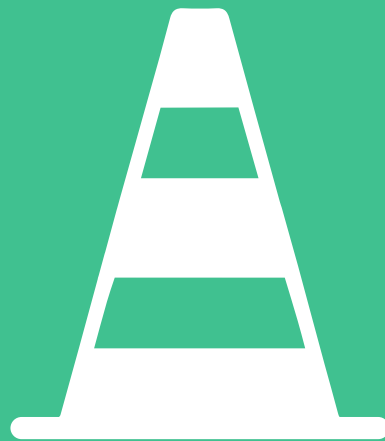
Get

PEDALLING

We understand that cycling may not be as simple as just 'getting on your bike', which is why we're here to provide all the information that's needed to help make a safe switch to commuting by bike.

We work closely with a variety of cycling delivery partners who can often provide free services such as **bike loans, cycle training, bike servicing and maintenance**. And we'll signpost you to handy hints and tips to help make the switch – such as British Cycling's excellent **Commuter e-Book**.

We love it!



The role of the **EMPLOYER**

There are many ways you can help:

- Share the Department for Transport's **latest travel advice** with your team
- Enable workers to continue to work from home where possible
- Encourage travel outside peak hours and help them to plan their route.



Keep your team up to date with the latest information on the support available.

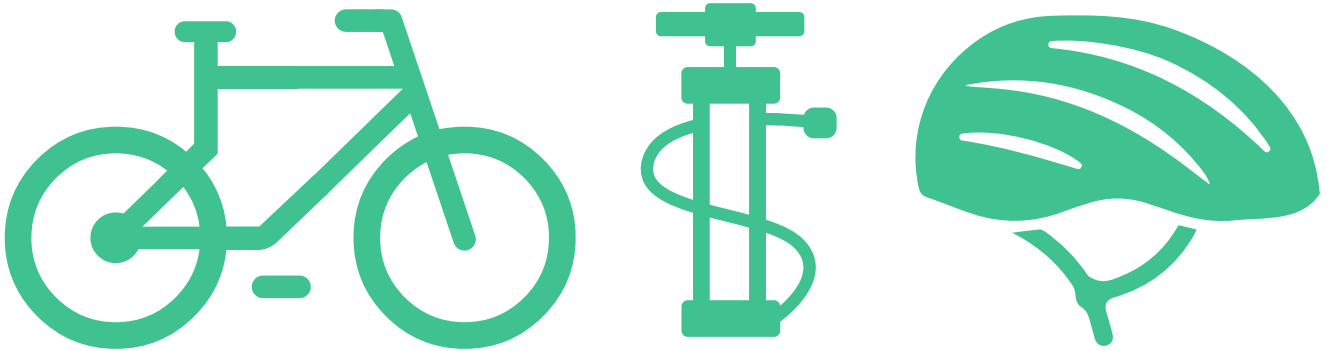
Use email and ebulletins, create dedicated sections on travel on your intranet, or any other method at your disposal to get the conversation going.

Offer a

CYCLEScheme



Cyclescheme is the UK's most popular cycle to work benefit. It enables your employees to save between 25-39% off the cost of a new bike and accessories whilst also helping to spread the cost.



It's completely free to join and easy to administer online:

cyclescheme.co.uk

Get walking whilst

SOCIAL DISTANCING

Can you help to encourage more of your team to walk part of their journey? Could they Park and Stride?

Walking the last part of the journey to work could save on parking costs and reduce congestion around the workplace.



Setting up your own workplace walk(s) is easier than you think.

We can help get you started and provide support to set-up your own walks.

We have a team of qualified walk leaders who can scope out potential routes, help develop risk assessments and provide all the guidance you will need.

And, the best part, we can offer this at **no cost** to your workplace.

travelsouthyorkshire.com/walking



A smarter

COMMUTE

We can all play a part in reducing the number of trips we make.

- Avoid travel at peak times
- Ask if you do need to travel right now?
- Why not walk or cycle instead?
- Be patient and flexible.

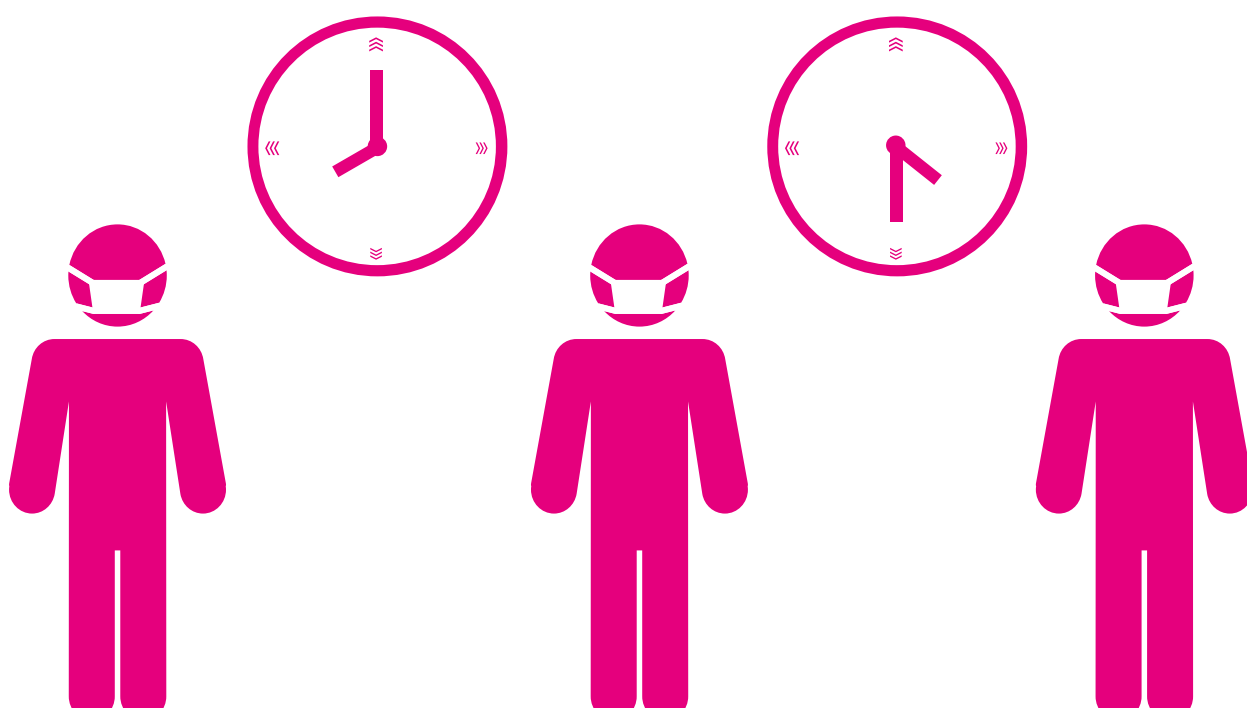


AVOID PEAK TIMES

A changing

PUBLIC TRANSPORT

network



The **public transport network** will operate at **reduced capacity** whilst social distancing guidelines remain in place. But we also know public transport is a vital service for many, so we're here to help. The latest timetables and information for bus, tram, train and Tram Train services is available at:

travelsouthyorkshire.com/servicechanges