

Virtual Workplaces Travel Network Meeting

Date: Wednesday 2nd December 2020 Time: 09:45 – 13:30

Location: Online – Zoom

Chair: Jo Meekley, My Journey Team

Minutes: Stuart Williams, My Journey Team

To amend any information within these minutes, send feedback on format and content, or make suggestions for what you would like to see / hear about next time please email:

workplaces@myjourneyhampshire.com

| | Agenda Item |
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| 1 | <p>Welcome</p> <p>Jo Meekley – Sustainable Transport Officer, Southampton City Council (My Journey Team)</p> <p>Jo welcomed everyone to the third virtual WTN and noted that it has been a year since the WTN last met in person.</p> <p>The network is now called the Workplaces Travel Network and no longer the Travel Planner’s Network because attendees do not need to be Travel Planners. The WTN is a mutual help network designed to assist and encourage each other.</p> |
| 2 | <p>My Journey Updates</p> <p>Jo Meekley – Sustainable Transport Officer, Southampton City Council (My Journey Team)</p> <p>Jo detailed the My Journey Workplaces offer and how My Journey supports businesses and organisations in Hampshire, Southampton and Portsmouth. She also mentioned the benefits of more staff travelling sustainably to, from and for work.</p> <p>The My Journey Workplaces offer includes:</p> <ul style="list-style-type: none"> • The Workplaces Travel Grant - enables businesses to apply for up to £5k match funding for sustainable travel initiatives and facilities • Workplace travel planning – undertaking of site audits, staff travel and wellbeing surveys, and creation of a travel action plan • Bike Doctor events – free bike tune ups, bike maintenance advice and workshops, and Try-A-Bike sessions <p>Staff Travel Roadshow including Car Club demonstration, kit sales, NHS Health Checks and cycle confidence sessions.</p> |

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| | <ul style="list-style-type: none"> • Love to Ride – an online app to motivate new and existing riders. Prizes for quarterly competitions are offered and workplaces compete against each other. • Flexible working and staff well-being – support for working from home, flexible working and active living. Provided by Well-being at work. • Support and ideas from SCC and other organisations at the Workplaces Travel Network • The My Journey Workplaces Bulletin – ideas for campaigns, grant updates, success stories and partner updates. <p>Contact us for more information about the My Journey Workplaces offer and see how we can help your organisation:</p> <p>E-mail: workplaces@myjourneyhampshire.com Website: www.myjourneyhampshire.com/workplaces</p> |
| 3 | <p>Love to Ride</p> <p>Lee Reynolds – Local Project Manager, Love to Ride (My Journey)</p> <p>Lee introduced the Love to Ride behaviour change platform and how a mixture of using the app, local promotion and human interaction with participants has led to success. Following taking part in a Love to Ride event:</p> <ul style="list-style-type: none"> • 40% of non-cyclists start cycling weekly • 31% of non-cyclists now cycle to work once a week • 43% of occasional cyclists now cycle 2+ days/week • 32% of non-commuting cyclists now cycle to work each week <p>Love to Ride holds quarterly events to encourage and motivate people to cycle to work or for recreation. These events are: Ride to Work Week (March), Bike Month (June), Cycle September, and Winter Wheelers (December).</p> <p>124 local organisations took part in Cycle September this year with 1,716 local participants and 193 new riders. The National Oceanography Centre won their size category in the UK and also finished 1st in their size category in the whole world!</p> <p>Lee promoted the upcoming Winter Wheelers competition and how organisations can take part. There are a number of prizes available on each day and overall.</p> <p>Due to the restrictions around cycle training during the Covid-19 period, Love to Ride will be hosting an online Urban Cycle Skills webinar with qualified cycle instructors and mechanics on Wednesday 9th December. The webinar is available now available to view at: https://bit.ly/3790kpO</p> <p>E-mail: lee@lovetoride.net Website: www.lovetoride.net</p> |

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Transforming Cities Fund (TCF) Update

Martina Olley – Transforming Cities Fund Programme Manager, Southampton City Council

The Southampton and Hampshire region was awarded £56.9 million to improve productivity and spread prosperity through investment in sustainable and public transport. Martina mentioned the challenges, objectives and outcomes of the TCF programme.

There were 3 themes of the TCF bid - transforming mobility, lifestyles and gateways - and the creation of rapid bus corridors, a Park & Ride, local mobility hubs and use of smart technology are key to achieving this. Furthermore, the creation of a comprehensive Cycle Network, active travel zones, better interchanges and the transformation of Southampton city centre are part of the programme.

Martina outlined the schemes in Southampton that Southampton City Council will be delivering as part of the TCF programme’s tranche 1 and 2. The delivery of parts of the Southampton Cycle Network (SCN) routes 1 (Totton), 3 (Bitterne) and 5 (Avenue) form part of the tranche 1 funding, with phase 2 Schemes focusing on routes into Southampton from Bursledon, Chandler’s Ford, Eastleigh and the Waterside area.

The Active Travel Zones (ATZ) are areas where walking and cycling will hopefully become the norm for local journeys. The ATZs will be created through a high level of engagement with the community. Martina showed some examples of infrastructure that could feature within an ATZ and how priority would be given to people walking and cycling.

The TCF programme will also deliver mobility hubs that will connect various modes of transport together. The mobility hubs will widen the choice and availability of e-bikes, e-scooters and e-vehicles. Delivery hubs, retail and commerce will be closely linked with the hubs.

TCF will deliver 30km of new mostly segregated cycle lanes along the main travel corridors to link places of work, commerce and leisure. The rapid bus corridors will make it more attractive to travel by bus through reducing journey times and making services more reliable. There will be a mix of dedicated bus lanes and bus signal priority.

Southampton city centre will be transformed to make it more attractive and easier for people to move around. Improvements to the interchange at the central station will be made and a new bus hub at Albion Place delivered.

Martina provided an update on what has already been delivered as part of the TCF programme and how members of the public and key stakeholders will be informed, consulted with, and involved in the schemes.

Cali Sparks (EBC) raised a point about the shared use paths for cycling being in line with new LTN 1/20 guidance. Martina said that some cycle schemes on the TCF programme now do not comply with the new guidance so the cycle schemes will be reviewed and made compliant where feasible.

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| 5 | <p>E-Cargo Bike Trial - RIDES (Realising Innovative Deliveries in Eastleigh and Southampton)</p> <p>Stuart Williams – Sustainable Transport Officer, Southampton City Council (RIDES Project Manager)</p> <p>Stuart introduced the RIDES project, which will be launching in Southampton and Eastleigh soon. SCC received grant funding from the Energy Savings Trust to procure 10 electric cargo bikes and cargo boxes for use on a project trialling alternative greener delivery methods.</p> <p>Businesses and organisations, who are part of the WTN, will be able to loan the bikes out on a short-, medium- or long-term basis. If an organisation or business sees a future use for cargo bikes within their logistics plans, they can apply for match funding for a cargo bike through the My Journey Workplaces Grant Scheme.</p> <p>Zedify Southampton is the chosen service provider for this project and will be running the project on a day to day basis for SCC. The two types of cargo bike being used for the RIDES project are the Urban Arrow Flatbed XL (with cargo box) and Tern GSD S00.</p> <p>Stuart detailed the benefits of cargo bikes, these being; their speed in inner cities, robust and adaptable nature, potential to increase logistics efficiency, cost savings, environmentally friendliness, and ability to break down barriers to employment.</p> <p>The different uses of cargo bikes around the country were shown; Pedal Me in London, FM Conway on the Illuminated Bridges project, Oxwash in Oxford and Zedify in Southampton.</p> <p>Contact Stuart Williams if you would like more information or to take part in the trial: Stuart.williams@southampton.gov.uk</p> |
| 6 | <p>Breakout session – The link between physical and mental wellbeing and active and sustainable travel.</p> <p>Lynn Murphy – Wellbeing at Work Officer, Southampton City Council</p> <p>Lynn introduced the session by asking – how do we encourage people to keep active at this moment in time when people are working from home and don't have the opportunity to commute actively? Additionally, how do we encourage those who are less active and want to become more active?</p> <p>The 5 ways of wellbeing which bring people a sense of wellbeing and happiness were introduced and were used as discussion points for the breakout rooms. Each breakout room had a 'wellbeing way' as a topic for their discussion.</p> <p>A habit or new behaviour happens when motivation, ability and prompts converge at the same time. This can be used to help people integrate activity into daily life whether that is going to the gym or commuting actively.</p> |

Breakout sessions were led by regular attendees of the WTN.

Giving – Mark (Aviva)

- Organised programmes to ‘give’ enthusiasm to people. Examples include – run everyday, Sustrans Adventure Challenge
- Forming habits and doing things regularly such as meeting up with people and exercising regularly
- Volunteering time to help others.

Connect – Liz (Solent University)

- Using employees who are active and motivated to connect with and influence others to become more active. Examples include a buddy system or a lunchtime ride to help overcome challenges.
- Difficult to say whether good sustainable travel behaviours will remain as we come out of lockdown, so undertaking a survey to connect with employees and hear about their travel behaviours and experience.

Taking notice – Lorna (National Oceanography Centre)

- Taking notice of your surrounding area whilst out on your lunchbreak. ‘Bike ride bingo’ could encourage people to get out more, especially with prizes as an incentive.
- Taking notice of how much better you work after getting out at lunch. Prompting yourself to get out of the house after eating.

Keeping Learning – Stuart (University of Southampton Science Park)

- Communication is key to keeping learning. Comes from management encouraging their teams and employees to stay active. An example being going for a cycle or walk before work to replace the commute and using the buddy system to sustain positive travel behaviours upon the return to the workplace
- Using success stories to show how people have taken up travelling actively on the commute and the benefits from that decision. Use of Love to Ride platform to motivate and encourage people to cycle.

Being active – Adam (University of Southampton)

- Going for walks during your normal commuting hours/times and daytime walks with your family/friends to be encouraged to get outside. Eat healthily and try to avoid junk food throughout the day when working from home.
- Support from employers helps- they may choose to pay for new running shoes or take part in a Cycle to Work Scheme. Apps and online platforms can help you to track your activity. Instead of taking place at the gym, many yoga and fitness classes are now online which could help develop positive habits.

There is a Wellbeing at Work newsletter which people can sign up to:

<https://www.southampton.gov.uk/health-social-care/health/workplace-wellbeing-charter/monthly-newsletters.aspx>

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| 7 | <p>IEMA - Transforming the world to sustainability</p> <p>Alan Darby – Corporate Partnerships Manager (IEMA – Institute of Environmental Management and Assessment)</p> <p>IEMA is the global professional body for people working in environmental and sustainability roles. IEMA is committed to supporting people to develop and demonstrate their environment and sustainability professional competence. IEMA offer a number of training courses and professional qualifications.</p> <p>Alan mentioned that IEMA also engages in the development of policy and standards. Being a member of IEMA allows organisations to build capability, resistance and skills whilst supporting behaviour change.</p> <p>IEMA offer a range of training courses suitable for all levels of knowledge. Alan detailed how courses can be tailored to each organisation and the internationally accredited qualifications.</p> <p>Alan ran through the courses IEMA offer and their learning outcomes. Courses range from 1 day to 15 days. These courses can be found at: https://www.iema.net/skills/training</p> <p>IEMA works with both public and private sector partners. They support corporate partners by upskilling and developing workforces, facilitating cross sector networking and collaborating, and raising their profile and position as sustainability leaders.</p> <p>Liz Harris mentioned the Solent IEMA networking group meet on a monthly basis in Southampton and are currently meeting virtually. If you would like to be added to the mailing list, email the Chair Duncan East at Marwell Zoo.</p> <p>Eastleigh Borough Council will soon become an accredited training provider.</p> <p>If you wish to find out more about IEMA, please contact Alan at: a.darby@iema.net</p> |
| 8 | <p>SCC’s Green City Plan – The Clean Green Takeaway Lunch</p> <p>Steve Guppy – Green City Lead, Southampton City Council George O’Ferrell – Clean Air Project Support Officer, Southampton City Council</p> <p>Steve introduced SCC’s Green City Charter and the organisations and business who have signed up to it. The Green City Charter is a pledge to work with SCC to lead the UK’s efforts to be carbon neutral, live more sustainably and improve quality of life.</p> <p>The Southampton City Council Green City Plan 2030 will help to create a cleaner, greener, healthier and more sustainable city. It details how SCC will satisfy the aspirations of the Green City Charter, identifies the outcomes to be achieved over the next 10 years and sets actions to be delivered over the next 3 years.</p> |

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| <p>The Green City plan has identified 5 key areas: Sustainable Energy & Carbon Reduction; Natural Environment; Clean Air; Sustainable Transport; and Resources, Waste and Water Management.</p> <p>SCC has completed the first round of feasibility work on SCC properties and a £20 million investment in renewables and energy efficiency begins in 2021. 10% of SCC’s vehicle fleet is now electric. Larger vans are expected to be replaced by zero or low emission vehicles in the next 18 months.</p> <p>500 new trees and new meadows are being planted. An anti-litter campaign has also been launched and SCC will begin Southern Water’s Target 100 campaign in the city soon. The Green Transport Recovery Plan, Living Streets, Active Travel Zones and TCF programme are all helping to increase levels of sustainable transport in Southampton.</p> <p>Steve handed over to George to talk about air quality in Southampton. George outlined the key historic national and local trends in air quality. NO_x is the only pollutant that SCC doesn’t meet objectives for. Since 1990, NO_x pollution has decreased by 73% nationally.</p> <p>Southampton has a mixture of automatic air quality monitoring stations and 90 diffusion tubes throughout the city. Transport is responsible for most NO_x pollutants. Peaks in this type of pollution at peak travel hours were shown in a graph. The weather can play a huge part in the concentration of pollutants in the Southampton area.</p> <p>There are variations across the city in the key contributors to Nitrogen Dioxide (NO₂) which highlights specific issues in certain areas. There is a focus on reducing roadside NO₂.</p> <p>There is a historic duty of Local Authorities to monitor and manage local air quality. A timeline of the local charters, plans and strategies was shown. Under these plans and strategies a wide range of measures have been brought in, such as the Low Emission Taxi Incentive Scheme, an anti-idling campaign, delivery and service planning, and a Quality Bus Partnership Agreement. 40% of all taxis in Southampton are hybrids.</p> <p>George talked about the effect of the coronavirus lockdown on air quality in Southampton. Concentrations of NO₂ were on average 34% lower between April and June than in ‘normal’ circumstances. The weather had a large influence on the concentration levels.</p> <p>SCC plans a continual improvement in air quality and will be supported and guided by the Green City Charter, 2021 Air Quality Action Plan and upcoming Environment Bill.</p> <p>To provide feedback on the Green City presentation please use the following link: https://www.surveymonkey.co.uk/r/3JV33LD</p> |
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