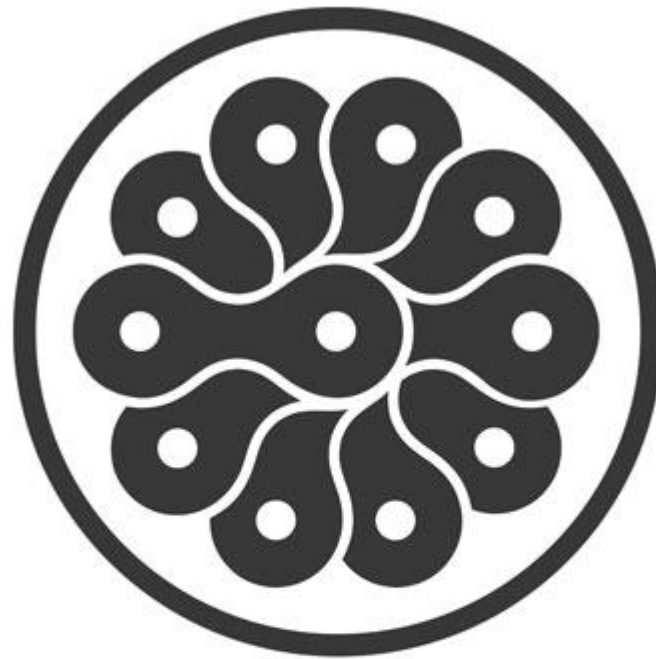


Forth Environment Link



**ACTIVE
TRAVEL HUB**
FALKIRK

Who are we?

Forth Environment Link is a Scottish environmental charity, based in the Forth valley.

We want to improve our environment through better access to local food, increased numbers of daily cycling and walking journeys and a reduction in the amount of waste produced.

We want to enable environmental improvement through community-led innovation by taking national ambitions and applying them at a local level.



Our Themes of Work



Active Travel



Food and Growing



Circular Economy



Community & Volunteers

Our People

- Committed and experienced board of Directors
- Management and delivery teams
- Volunteer Teams
- Supported by our communities and partnerships

Partnerships



Falkirk Council



Where we work

Stirling

Stirling Head Office (Balallan House)

Stirling Active Travel Hub (Train Station)

Falkirk

FEL Falkirk Community Hub

Falkirk Active Travel Hub

Revive Bikes Falkirk

Community based locations

Neighbourfood Stirling - Stirling High School

NHS Link project - Stirling Care Village

NHS Link project – Forth Valley Royal Hospital

Community outreach Forth Valley Wide

Regional

Clackmannanshire, Perth & Kinross, Scottish Borders, Fife,
Forth Valley & Lomond



Active Travel

Our ambition is to help make change possible in the following areas:

- **Active Travel Hubs**
- **Community outreach**
- **Bike share**
- **Demonstrations**
- **Cascade training**
- **Employer Engagement**

Employer engagement to date

- NHS identified as a major employer within our catchment area
- Falkirk
- 2017 – Development phase
- 2018 – Delivery of FVRH Bike Bus, GP cards, transition from visitors to include patient groups, pop up hubs (Wheely Wednesdays)



**ACTIVE
TRAVEL HUB**
FALKIRK



My name is Orsolya Keri and I am your NHS Link Officer. I work at the Falkirk Active Travel Hub and my aim is to get as many NHS staff involved in active travel as possible.

I can help you get your cycling confidence back, advise you on bikes, plan cycle routes, assist with the Cycle to Work Scheme and many more. If you need help with anything active travel related or just want to find out more about how walking or cycling to work could help you become healthier, get in touch!

Email: orsolya@forthenvironmentlink.org

Phone: 01324 230125

Facebook: @falkirkactivetravelhub

Twitter: @FalkirkATH

Instagram: @falkirkactivetravelhub

Find me at the **Falkirk Active Travel Hub:**
203 High Street, Falkirk FK1 1DU

Find me at **Forth Valley Royal Hospital** on:
20th June 2018
4th & 18th July 2018
1st & 15th & 29th August 2018
12th & 26th September 2018
10th & 24th October 2018

ACTIVE TRAVEL WEDNESDAYS



Falkirk Active Travel Hub promote and support walking and cycling activities throughout the Forth Valley encouraging people to make more of their everyday journeys on foot or by bicycle.

Active travel not only benefits the environment but also has great health benefits for those who make it part of their everyday lives.

To find out more about these benefits talk to our Active Travel team here at the hospital.

Falkirk Active Travel Hub's Pop Up Hub is here every Wednesday from March through to the end of October 2019!

The services that we have on offer include:

Advice on anything walking or cycling related

NHS/SERCO Cycle 2 Work scheme advice*

Bike Buddy support vouchers*

'Have-A-Go' Electric Bike library

Route Planning

Signposting 'Active Travel' services and events throughout the Forth Valley

Led walks starting at 12noon and led rides starting at 12.30pm every Wednesday during the summer.

*Please note that these services are only available to NHS and Serco staff based at Forth Valley Royal Hospital

Please pop by our gazebo for a chat about anything walking or cycling related or contact Orsolya Keri or Norelle Calder-MacPhee (NHS Link Officers) on 01324 230125 or by emailing orsolya@forthenvironmentlink.org or norelle@forthenvironmentlink.org. We're here to help!

falkirkactivetravelhub.org

01324 230125

[falkirkactivetravelhub](https://www.facebook.com/falkirkactivetravelhub)

athfalkirk@forthenvironmentlink.org

@FalkirkATH



Meanwhile in Stirling

- New Stirling Health and Care Village
- Car parking pressures
- Transition for GP's moving to the new site
- Staff and Patients
- Pop ups at GP practices
- Promoting Ebikes
- Attending staff training days
- Developing a space at the new site for a Hub



NHS Link Worker



CYCLING & WALKING



Hello! My name is **Emma** and I am your NHS Link Worker.

I work at the Stirling Active Travel Hub and I'm here to help NHS staff and patients get more involved with walking and cycling.

I can help you :

- Build your confidence on the bike
- Plan walking and cycling routes
- Find out about local walking groups
- Assist with Cycle to Work scheme
- Access our ebike library
- Register with Stirling's bike share scheme, Nextbike



If you need help with anything active travel related or just want to find out about how walking and cycling to work can improve your physical and mental health, get in touch!

How to contact me:

Email: Emmat@forthenvironmentlink.org

Phone: 01786 474160

Facebook: @stirlingactivetravelhub



Active Travel and the NHS

- Forth Valley Royal Hospital – UK's only hospital based Active Travel Hub
- Stirling Community Care Village
- Falkirk Community Hospital (next year)

Forth Valley Royal Hospital

- Active Wednesdays
- Pop up hub
- Forth bikes
- Led rides/walk
- Information
- Route planning
- Buddy Vouchers
- Talks to Patient groups





**ACTIVE
TRAVEL HUB**
FALKIRK



We want to help more NHS Forth Valley Royal Hospital staff to cycle and we understand that sometimes all that is needed is a bit of friendly support. Falkirk Active Travel Hub is here to help!

This Active Travel voucher entitles the bearer to redeem:

1 x Cycling Skills support session with Falkirk Active Travel Hub

1 x Commuting Travel Planning session with Falkirk Active Travel Hub

1 x Commuting Buddy Ride with Falkirk Active Travel Hub

TO ARRANGE REDEEMING THIS VOUCHER PLEASE CONTACT
ORSOLYA KERI (NHS LINK OFFICER) ON **01324 230125**
OR BY EMAILING **ORSOLYA@FORTHENVIRONMENTLINK.ORG**

BIKE BUDDY VOUCHER

Forth Valley Royal Hospital

- Total f2f engagements: 2020 (March)
- Total Pop up engagements: 485 (June)
- 7 Led Rides: 21 (June)
- Collaborations:
 - Cycling UK
 - Belles on Bikes
 - Bewegen
 - Environmental Protection Scotland (EPS)
 - Falkirk Community Hospital
 - Falkirk Community trust (FCT)
- Falkirk Community Hospital: 39



Falkirk Community Hospital



Led Rides



Forth Bikes

- UK's first ebike sharing scheme
- Installed 22nd June 2019
- Total sign ups: 1225
- Total trips: 1900
- Miles travelled: 7141
- Calories burned: 285,640
- NHS totals:
 - - 141 trips
 - - 1049 miles



Forth Bikes



Phase 1 2019



Forth Bike



- 10 Docking stations
- 100 bikes in operation
- 20 schemes globally
(Portugal, Estonia, USA, Costa Rica etc)

Stirling Health & Care Village

- Where we are now:
- Established weekly Pop Up Hubs at the entrance to the site
- 14 Pop Up Hubs
- 112 f2f engagements
- 4 people have gone on to trial ebikes through our ebike library



Cycling Group

- Resurrected Livilands Mental Health Integrated Services Cycling Group
- Over 20 rides
- 3 regular attendees
- Covered over 260 miles



Buddy Voucher



**ACTIVE
TRAVEL HUB**
STIRLING



We want to help more NHS Forth Valley staff in Stirling to cycle and we understand that sometimes all that is needed is a bit of friendly support. Stirling Active Travel Hub is here to help!

This Active Travel voucher entitles the bearer to redeem:

1 x Cycling Skills support session with Stirling Active Travel Hub

1 x Commuting Travel Planning session with Stirling Active Travel Hub

1 x Commuting Buddy Ride with Stirling Active Travel Hub

TO ARRANGE REDEEMING THIS VOUCHER PLEASE CONTACT
EMMA THOMAS ON 01786 474160 OR BY EMAILING
EMMAT@FORTHENVIRONMENTLINK.ORG

BIKE BUDDY VOUCHER

Stirling Lessons Learned

- Timing
 - Staff going through period of change
 - These things take time
- Location and environment
 - GP surgery was too intimate a setting
 - Entrance is good for visibility but is weather dependant
- Communication
 - Too much vs too little

Stirling Lessons Learned

- Presence
 - Being on site at regular times has helped develop connections

Falkirk Lessons learned

- Slow burn
- Incentive-based challenges preferred – Step Count Challenge
- Bike bus vs personalised approach
- Social lunch time rides – Thursday & Friday
- Bike Buddy vouchers
- Acute setting - Turnover

Next steps

- NHS corporate memberships (50% discount) and subsidised patient membership
- NHS Officer team working towards exercise referral diploma to expand our services and support
- Long term ebike hire (3 month EST)
- Communication (internal and external)



ACTIVE
TRAVEL HUB
FALKIRK

ELECTRIC BIKE TAKE AWAY AND TRY



Falkirk Active Travel Hub and Home Energy Scotland* have teamed up to provide residents with the opportunity to trial an electric bike for 3 days up to 3 weeks entirely for free!

Electric bikes have both a battery and a motor providing the rider with different levels of 'assist' when pedalling to make journeys easier and help tackle longer ones. Cycling for 50 miles with an electric bike costs as little as 5p in electricity if you charge your bike at home.

We have a wide range of different types of electric bikes that you can take-away to try, including a foldaway, step-thrus, hybrids and mountain bikes. They're available in a range of different sizes too. We'll happily advise you on the benefits of electric bikes, how to use them, how to look after them and most importantly how much fun they are to ride!

***Home Energy Scotland offer interest-free loans**



over 4 years to help people buy their own electric bike. For more information ask the Hub team or call Home Energy Scotland on **0808 808 2282**



www.falkirkactivetravelhub.org



EMU FOLDAWAY - A little electric foldaway perfect for scooting about town and folding down for easy storage at home or at work and for easier transportation.



CUBE TOURING HYBRID - A comfortable multi-purpose electric bike for on-road and light off-road use with disc brakes, rear rack, mudguards and built-in lights.



RIDGEBACK ELECTRON D12 - A comfortable step-thru with automatic gearing so you don't have to worry about which gear to use.



BERGAMONT E-HORIZON - The largest of our electric bikes for the taller people out there but with the same great features of our other electric bikes.



CUBE REACTION MTB - This electric mountain bike can go just about anywhere you want to with its RockShox suspension fork and amazing motor.



CUBE CROSS HYBRID - A true commuting electric bike to get you from A to B in comfort and without the strain.

To find out more about these electric bikes or to book your free trial please contact the Hub team on:

- 01324 230125
- athfalkirk@forthenvironmentlink.org
- [falkirkactivetravelhub](https://www.facebook.com/falkirkactivetravelhub)
- @FalkirkATH

www.falkirkactivetravelhub.org

Questions?

- Clara Walker Executive Director – Clara@forthenvironmentlink.org
- NHS Link Officer Team
- Orsolya Keri – Orsolya@forthenvironmentlink.org
- Norelle Calder-MacPhee – Norelle@forthenvironmentlink.org
- Emma Thomas – Emmat@forthenvironmentlink.org