

WELLmoves

C&C DHB – PROMOTING ACTIVE TRAVEL FOR HEALTH

No. 2 March 2007

Achievements in 2007

This year is shaping up to be a busy year for the Wellmoves programme, with staff already getting out to walk and cycle in public events during February and March.

Since the C&C DHB's Staff Travel Plan began in April last year, there have been a range of events and activities. These help to promote more walking and cycling for getting around each day, including trips to and from work.



A recent initiative is the provision of new bike stands to make cycling an easier option. More activities are planned for later this year, including another Walking Challenge with 'Walk to Work' awards. In the Wellington community, travel demand management is gathering steam. Massey University has now adopted a travel plan for staff and students. Greater Wellington Regional Council will soon have one and are helping a number of organisations including Wellington City Council, Victoria University, several government departments and three Kapiti schools. A travel plan for C&C DHB's patients and visitors is being prepared.

The Wellmoves programme promotes walking, cycling, public transport and ridesharing as healthy, affordable alternatives to driver-only car trips. Our goal is to reduce single-occupant car trips to work by 10% by September 2010.

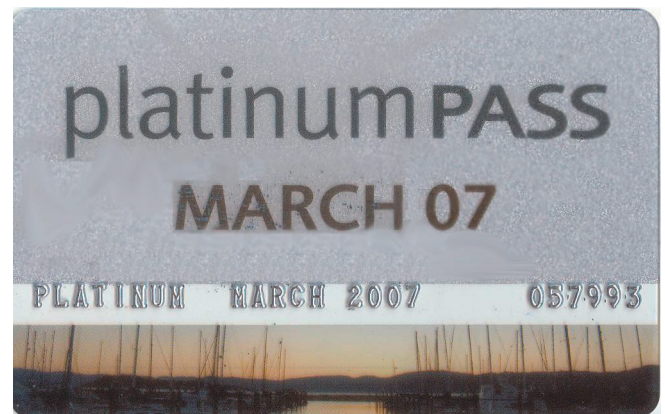
Jan Simmons
Travel Planner

Personal Journey Plans for Public Transport Users

Personal journey plans are a useful tool and Capital and Coast is the first employer in the Wellington region to offer its staff this service.

Our Travel Planner, Jan Simmons, can prepare these for staff who are new to Wellington, or who want to know more about their commuting options. Based on details of your home address, workplace destination and start and finish times, a plan shows which services can be used, and the expected departure and arrival times. Sometimes there are two or three alternative options for a trip. Where possible, you can be sent a plan generated by Metlink's online journey planner. If a suitable plan isn't produced by Metlink it is done manually using timetables.

The trip plan has an information pack that also contains a brochure on fares and concessions, and current timetables for the relevant bus / train services. Estimated cycling and walking times can be included on request.



Monthly passes give the best deal on bus fares. A \$95 Goldpass gives unlimited bus travel in Wellington City fare zones 1-3. A \$165 Platinum Pass can be used on almost all buses in zones 1-7, so is a great deal for anyone commuting to Wellington Hospital from north of Ngauranga.

If you would like to receive your own personal journey plan, send an email to jan.simmons@ccdhb.org.nz or phone 385 5999 ext 6273.





Bikewise Week

A number of C&C DHB staff took part in this year's National Bikewise Week (February 24 – March 4). Twenty-five staff who biked to work on Go by Bike Day, February 28, were awarded spot prizes.

C&C DHB took part in the Bikewise Business Battle for the first time this year, along with 10 other DHBs from around the country. We put up a good fight, with a total of 156 staff (4.5%) riding their bikes for a minimum of 10 minutes - or 2km - including our Board Chairperson Judith Aitken and CEO Margot Mains. Our total distance cycled was an impressive 11,877km.

Margot Mains accepted a personal invitation from Wellington Mayor Kerry Prendergast and took part in the 'Bike the Bays' Mayoral Challenge ride on Sunday February 25. Several members of the DHB's Bicycle Users Group also rode in the event.

Assisted by our efforts, Wellington now holds the national 'Cycle Mad City' title for 2007.



Walking Groups

Walking clears your head and gets the blood moving, after a day spent sitting in front of the computer for long periods at work.

If the distance between home and work seems a bit far, you can build up your fitness first by doing some sociable lunchtime walks. This can help to establish walking as part of your regular daily routine.

Lunchtime walking is catching on. A group of Ewart Building's HIQ staff regularly take a jaunt, with a bit of circuit training on Alexandra Park as an optional extra.

At Planning and Funding's offices in Cambridge Terrace, a group walk on Wednesdays at lunchtime. Members take turns to plan interesting circuits around town that can be completed within the hour.

A similar group walks regularly at Wellington Hospital, meeting at the CSB Mein St entrance at midday on Tuesdays and Thursdays. They have the town belt on their doorstep, so routes are interesting and varied.

You can join an existing group, or get your workmates together and start your own.

That way, you'll be well up to speed for our next Walking Challenge by the time it rolls around in September.

So get your walking shoes on and give it a go!

Round the Bays

We managed to put together a great team to take part in this year's Round the Bays event.

The event is great fun and excellent exercise.

Our team of 30 included three runners, with everyone else walking the 7km distance. Friends and family members accompanied the group and a number of other staff also took part as individual entrants.



To support 'Healthy Eating Healthy Action' and the Wellmoves travel plan's 'Active Travel for Health' messages, the team's entry fees were sponsored by the DHB.

With 10,100 entrants, the event showed the enormous popularity of walking and running as healthy, enjoyable, cheap, and environmentally friendly leisure activities. These same advantages make it a great method of everyday transport to and from work.

Newtown Walking Map

Walking advocacy group Living Streets Aotearoa has produced an excellent walking map of Newtown and Berhampore. Their aim is to encourage more people to walk more often for all kinds of trips – leisure, exercise, pleasure, and commuting.

The map shows a range of features walkers want to know about – shortcuts between streets, walking tracks in the town belt, locations of bus stops, public toilets and pedestrian crossings. The scale can be used to estimate walking times and there's even a map of street lighting to help people choose the safest night routes.

Copies are available from the Travel Planner, or from the bus timetable stands around Wellington Hospital.



Walking Challenge 2006

The eight-week Walking Challenge has become an annual event for Capital and Coast DHB, with last year having a great turnout. Our third Challenge in September and October of last year had nearly 200 participants. The total distance walked was estimated at 30,295km, or 14.75 times the entire length of New Zealand.

The event included incentives for walking to and from work, in the form of individual and team 'Walk to Work' awards. Individual winners were Linda Clark, Kapiti Health Centre with a total of 244km, Ian Carter (HIQ) 211km, and Molly Kallesen, Speech and Language Therapy Wellington Hospital, with 185km.

Molly's four-person Bihelamo Team won the team award, Linda Clark and Liz Climo's duo came second, and Moira Gilmour's United Nations team from Pipitea House third.

Winners received a range of prizes. The Challenge was supported by the Health Sponsorship Council, Sport Wellington, Regional Public Health and Walking New Zealand magazine. Many participants have kept up their walking and are looking forward to more fun in September 2007.

C&C DHB Staff Rideshare Scheme

This scheme is primarily for Wellington Hospital staff, and helps those living in the same neighbourhood to get in touch with each other to carpool / rideshare to and from work.

To halve your commuting costs, you only need to find one other person to rideshare with regularly.

We have started rideshare lists for all areas in our district north of Ngauranga, i.e. Kapiti, Porirua City and suburbs, Tawa / Linden, Johnsonville / Newlands and the Hutt Valley.

If you commute from one of these areas, we'd like YOU to register! The more people on each area list, the more likely it will be that members can find a suitable match. Registration forms are available in bus timetable stands, on the Wellmoves website, or from the Travel Planner.

Cycle Workshops

To encourage more people to take up cycling, a programme has been developed that teaches participants to feel safer and more confident riding a bike through busy traffic. In October 2006, four cycling workshops were held for C&C DHB staff with the aim of improving participants' confidence and skills on the road.

About 20 staff completed 'Biking 101' and feedback indicated that just about everybody learned something - even those who've been cycling for years.

Instructor Jan Nisbet ran the workshops, basing the content on previous courses she had given to adults and school pupils,

and her own extensive cycling experience. The two-hour sessions included outdoor practice of essential skills such as signalling and learning not to wobble when checking behind for approaching cars before changing lanes. The Health Sponsorship Council provided funding assistance for the workshops through their Bikewise Community Partnership Programme.



Commuters' Corner

Monthly Pass Cuts Travel Costs

Jayne Christie had recently arrived in Wellington when she took part in last year's Personal Journey Planner software trial. From her home in Broadmeadows, she was travelling to work at Wellington Hospital's Pharmacy by train and bus.

"I was pleased to find that I could save time using the No 46 Broadmeadows bus, and also the 43/44 direct route from Khandallah" she says. The journey plan also helped Jayne find the most economical fare deal for her travel in fare zones 1, 2 and 3.

"It's costing me so much less for transport since I found I can use a Goldpass - \$95 for a whole month, including weekends. That's compared with the cash fare of \$12 per day!"





Walking is Favourite Transport Mode

Delwyn Hunter has always been a walker, but after several months' time out with a back injury, last year's Walking Challenge rekindled her enthusiasm. At the beginning of the eight week Challenge, Delwyn, Group Manager of Women's Health & PSCU, found her daily pedometer average was around 10,000 steps. By the end it had built up to about 17,000, with totals of 30,000 on occasions when she went on a day tramp.

Delwyn has a definite goal in mind – to build up stamina for a walking holiday in the Pyrenees which is booked for this June / July. "During the Challenge I shed a pound or two, but the best results were having more energy, and feeling healthier overall" she says. "I'm building up the time I spend on my feet to be well prepared for long days on the trail."

Her normal weekday routine includes walking to work from home in the CBD and back, and often a walk at lunchtime. In the evenings, she often enjoys a climb to the top of Mt Victoria. Much of her walking is done solo, setting her own pace and walking as briskly as possible to obtain maximum benefit from the time available.

She finds walking a good social activity too, and has explored most of Wellington's walkways and regional parks with friends who also like to walk. But the best spin-off from Delwyn's enthusiasm is the way it has rubbed off. Recent reports from Women's Health Services indicate that a few fellow staff have been inspired by her example, and now walk a lot more than they used to.

Ridesharing – A Better Way to Go

Sue Barber and Sue McFarlane haven't added up how much money they've saved from ridesharing regularly over the past four years. However, they do know their travel costs have been almost halved and together they save over 6000 'vehicle kilometres' per year.

"I fill up my car once a fortnight instead of once a week" says Sue McFarlane. Both work at Kenepuru Hospital, in the Child Development Team. Their homes are in Pukerua Bay, about 1km apart. They work the same hours, but sometimes need to accommodate a later finish time if a patient's appointment doesn't end on schedule. The pair take turns at driving, and Sue Barber (who currently works four days) drives twice a week, with Sue McFarlane driving the other three days.

Flexibility over who drives means that there's minimal stress if one of their cars is booked into the garage, or has a flat battery. When Sue McFarlane was unable to drive while recovering from knee surgery, she had no problems getting to and from work.

"When road works on State Highway 1 were holding up traffic in Paremata, it wasn't so frustrating with two of us in the car," says Sue Barber. "We spent the time talking with one another and still enjoyed the trip. And these days we get to use the fast transit lane which makes a huge difference."

Keen Cycle Commuter

This year's long-awaited summer weather and new Inner-City Bypass cycleway route have encouraged Dr Jasper Morrow to become a regular cycle commuter. Jasper now bikes to work most days from his home in the upper Willis Street area.

He says the new cycleway makes an efficient route across town and he particularly appreciates the cycle-friendly traffic signals on the Cuba and Taranaki St intersections that allow cyclists to cross diagonally. His usual route passes through the Basin Reserve, up Adelaide Road and into Hospital Road, avoiding the busy John Street intersection.

Door-to-door travel time for the 2.5km trip is less than 10 minutes - faster than the time it takes to drive and park the car. He still takes the car on rainy days or when he works until late at night.

Jasper and his colleague Dr Stuart Mossman both enjoy biking as a convenient form of everyday transport. But they are especially looking forward to June this year, when they will travel to France for a month-long cycle trip that follows the 2003 Tour de France route.

