

## Shine background

Newcastle Hospitals declared a **climate emergency** in June 2019, Newcastle upon Tyne became the first city in the world to have all three anchor institutions (local authority, university and healthcare provider) publicly commit to fast-track carbon reduction, in line with the science, and collaborate in efforts towards this common goal.

By 2025 the Sustainable Healthcare in Newcastle (Shine) team have committed to inspire, inform and empower people within the Trust to deliver sustainable healthcare.

**“We want to embed Shine and climate emergency action into the culture of our organisation, upskill our workforce and ensure capacity to address the climate emergency, and empower our people to make the most sustainable choice.”**

To support this initiative, a “Green Champions Network” has been established and a number of these have been trained up as “Ambassadors”.

The Climate Emergency Action Fund is a £50,000 fund designed to offer quick turnaround, small-scale funding to kick-start Climate Emergency project led by our people. The fund was launched in October 2020 at the same time as the climate emergency strategy. It was important that we were able to offer staff a range of ways to get involved in delivering sustainable healthcare.

## Project Start point

Withing the Community Paediatrics Team, Allied Health Professional tend to move around the city via car, this can be limiting to students and those without a car. Currently there is no pool electric vehicles or bike facilities in Newcastle.

Fossil fuel vehicles are damaging to respiratory health and reduce physical activity. Whilst a car may be preferred to make many short journeys across the city every day. Procurement and delivery are starting to look at alternative methods of transport (Zmove). Additionally, over the pandemic Ride Electric had provided 5 members of NUTH staff with e-bikes to borrow as an alternative to using a car. This had fabulous results and Shine were keen to see a project in a team to develop a ‘pool’.

As Physiotherapists advocates of rehabilitation, function and physical activity:

“Why are we still using cars to make journeys around the city when a planned daily case load may only take you 6-16km?”

As a keen cyclist, I am happy to cycle this distance. However, I appreciate that some colleagues may not be so keen, but what about e-bikes?

This is a fluid project starting in spring 2021 and will last 12 month, to bring some light and cycle of joy for staff.

## Shared- Aim

**“Embed active, clean and low carbon travel to improve air quality and reduce carbon emissions from journeys:”**

- Promote a **healthy lifestyle** within the team and community of Newcastle
- Reduce **air pollution** and **carbon emissions**
- Provide more care **closer to, or at, home**



## Pool bikes for Community Paediatric services

Two e-bikes have been provided for a period of 12 months for the team providing children’s Physiotherapy and Occupational Therapy services in the community.

The e-bikes were provided by Ride Electric who also provided the booking system, maintenance, emergency repair and all the additional items such as wet weather clothing.



## Pool e-bikes – Next steps

Cycling proficiency training from basic up to city road cycling and route planning is being organised to improve road confidence in the team and improve uptake.

The aim is to establish the necessary supporting documents and training required to roll out pool bike as a travel option to more groups of staff at the end of the 12 month trial.

**What sustainable ideas can you imagine?**

**Thinking about being a green champion?**

