GRAMPIAN

HEALTH & TRANSPORT ACTION PLAN

Annual Report 2021-22

Introduction

This annual report captures the work of the many partner organisations and stakeholders who are engaged in delivering the Health and Transport Action Plan (HTAP) across Grampian region. The report is also provided to national partners and supporters who are interested in the progress of this partnership. The report covers the financial year period April 2021to end March 2022.

Message from the Chair of the HTAP Steering Group

I would like to thank the numerous partner organisations and their representatives who engage and support the aims of the Health & Transport Action Plan. The progress we make is through collaboration and a spirit of partnership, and we are very fortunate to have partners who wish to work closely with the Health & Transport Action Plan.

This successful collaboration ensures the health and transport sectors have in place the appropriate links and as a consequence, with partner support we collectively have delivered successful projects; ensured ongoing dialogue between stakeholders across several key issues; and have helped disseminate evidence and best practice.

The Health & Transport Action Plan's two sub-groups focus on "Access to Health & Social Care" and "Transport & Public Health". Both groups have delivered work that supports improving access, promoting public health, climate change and inequality; and I am indebted to all colleagues that support and make change happen to benefit the communities that we serve.

A strength of the partnership is the diversity of public, third sector and commercial organisations who are involved, as well as having a Public Representative sit on our Steering Group.

As organisations and communities continue to face many challenges, it is important that we further build on our solid partnership to benefit our citizens

Gerry Donald,
HTAP Steering Group Chair,
NHS Grampian

Message from the Vice Chair of the HTAP Steering Group

Improving health outcomes is a key objective in National and Regional Transport Strategies. Locally, our local authority partners are now reviewing their Local Transport Strategies.

The HTAP partnership has contributed to highlighting health as a key priority and through our network has helped make it possible for health and transport partners to learn and understand the pressures and priorities on different parts of the whole system.

There have been good examples of partnership working and this has been possible thanks to the commitment of those sitting on the Steering Group and the two sub-groups.

This year, as we review the HTAP document and our priorities, we can collectively focus on issues that will make the most difference to our communities and where partnership opportunities can be developed.

Rab Dickson,
HTAP Steering Group Vice Chair,
Nestrans

Governance Structure

The work of HTAP is overseen by a governance structure comprising of a Steering Group, and two sub-groups.

The Steering Group provides strategic oversight of the progress made towards the aims of the HTAP. The membership includes senior representatives of NHS Grampian, Nestrans, Scottish Ambulance Service, Aberdeen City Council, Aberdeenshire Council, Moray Council, Community Transport Association (Scotland), along with agreed representation from the third sector, Health & Social Care Partnerships, a member of the Mobility & Access Committee for Scotland (MACS), Scottish Government Health Directorate and a Public Representative.

The Steering Group oversees two themed sub-groups.

1. Transport & Public Health Sub-Group
2. Access to Health & Social Care Sub-Group

Both sub-groups report to the Steering Group quarterly providing updates on the work plan produced by each sub-group. Membership of the group is drawn from a variety of appropriate partner organisations across public sector, third sector, academia, transport operators and others.

The programme is supported by the Programme Manager. The post of Programme Manager is jointly funded by NHSG and Nestrans and hosted by Aberdeenshire Council.

Each year the HTAP Annual Report is submitted to the three Grampian Community Planning Partnerships and made available to all partner organisations wishing to submit to Committee or Board level, depending on the nature of organisation. A copy is also submitted to the Mobility & Access Committee for Scotland (MACS).

Alignment with Community Planning Partnerships

The two visions set out by partners within the Health & Transport Action Plan can be linked to the priorities set by the three Community Planning Partnerships (CPPs) within the NHS Grampian area.

Aberdeen City Community Planning Partnership Priorities

- Aberdeen prospers
- Children are our future
- People are resilient, included and supported when in need
- Empowered, resilient and sustainable communities

Aberdeenshire Community Planning Partnership Priorities

- Reducing Child Poverty in Aberdeenshire
- Connected and Cohesive Communities
- Health and Wellbeing

Moray Community Planning Partnership Priorities

The corporate vision of Community Planning in Moray is: “to increase the quality of life and develop the well-being of everyone in Moray.”

The strategic priorities, which have been identified to deliver the vision, have been sub-divided under the following seven themes:

- Achieving a healthy and caring community
- Achieving a safer community
- Building stronger communities
- Improving travel facilities, choices, and safety
- Investing in children and young people
- Protecting and enhancing the environment
- Working for increased prosperity

What We Said We Would Do

This section summarises the work of the two HTAP Sub-Groups. Each sub-group has a chair who is a member of the HTAP Steering Group.

Transport & Public Health Sub-Group Update

The vision for transport and public health is:

- For people in Grampian to choose to travel by active modes such as walking and cycling whenever appropriate and to have the ability to do so conveniently and safely, in order to improve activity levels and public health;
- For everyone in the region to live without unacceptable risk to their health caused by the transport network or its use.

Objective T&PH1

For partners to use their collective influence and resources within and between their own organisations and at a national level to further increase provision of high-quality infrastructure for active travel, and to promote, inspire and enable more people to walk and cycle as part of their everyday lives.

Sub-Groups

Quarterly Sub-Group Meetings, information sharing and opportunity identification. The group is chaired by a Public Health Practitioner Advanced from the Public Health Directorate. The membership includes representatives from NHS Grampian, Aberdeenshire Health & Social Care Partnership, Robert Gordon University, Cycling UK, Nestrans, Aberdeen City Council, Aberdeenshire Council and Moray Council.

Sustrans NHS Workplace Engagement Project

NHS Grampian made a successful bid to Sustrans for a three-year project enabling a full-time position to focus on promoting active travel to staff. The project is fully funded by Sustrans in Year 1, then split between Sustrans, NHS Grampian and Nestrans in Years 2 and 3.

Having completed Year 1, the project has delivered a wide range of active travel promotion, including cycle counts, step challenges, workplace challenge, Bike for a Bite, and cycle maintenance checks. There has also been a staff travel survey, development of the Bicycle Users Group (BUG) and creation of Twitter and Facebook pages to showcase the project. The project is also looking at how active travel can be embedded into staff induction. The project has also used free travel plan consultancy with Travel Know How and is progressing four site specific travel plans for Foresterhill Health Campus, Royal Cornhill Hospital, Woodend Hospital and Dr Gray's Hospital. The travel plans form part of the emerging NHS Grampian Sustainability Strategy.

Spaces for People

The project has delivered a number of improvements to cycle parking across the NHS Grampian estate, e-bikes for staff and improved walking and cycling infrastructure, including a path connecting Foresterhill and Woodhill House. The path was opened in September 2022. NHS Grampian was one of only two Scottish health boards to receive funding from the Spaces for People grants.

NHS Grampian Transport Overview Group

HTAP Programme Manager attends NHSG TOG (Transport Overview Group) to promote links between the network of HTAP stakeholders.

Funding & Opportunities

The group regularly shares information on funding opportunities. There is a regular exchange of developments across transport and public health both regionally and nationally.

Signposting

As a group, it has been possible to provide practical assistance to colleagues as well as signposting to potential sources of funding. One example, was supporting a travel plan for Rosewell House in Aberdeen and signposting to the Nestrans Sustainable Travel Grant to help fund cycle parking.

Objective T&PH2

For health professionals to ensure planners and decision-makers are informed of the adverse public health impacts of the transport system and to support those partners already working to resolve them, most notably in order to:

- **Reduce air pollution, especially within Air Quality Management Areas;**
- **Reduce the number of people exposed to high transport noise levels;**
- **Reduce the number of people killed or seriously injured on the transport network;**
- **Reduce the number of people isolated from their communities and key services by lack of appropriate transport;**
- **Ensure that transport policies support sustainable and healthy communities.**

Road Casualty Reduction Group

Public Health involvement in North-East Scotland Road Casualty Reduction group.

Aberdeen's Low Emission Zone

Public Health input to Low Emission Zone group.

Aberdeenshire's HEAL (Healthy Eating Active Living)

Inputs to Healthy Eating, Active Living (Aberdeenshire).

Transport Poverty

The group has promoted awareness of poverty through inviting the Poverty Alliance to present on the increasing challenges facing those living in poverty in general and specifically around the cost and security of public transport.

Policy

The group seeks to ensure that transport policies support sustainable and healthy communities.

Influence

The group has established working relationships with Public Health Scotland who have created Active Travel posts. These discussions have led to PHS undertaking to do a national paper on active travel. The feedback from this connection is that HTAP remains a unique form of partnership and one that is of interest to national partners.

My name is Katrina and I have been working as a Workplace Engagement Officer for NHS Grampian for 14 months. The aim of the Sustrans/ NHS Grampian Workplace Engagement Project is to support NHS Grampian to use active and sustainable travel at an individual, site and organisational level.

In the first year I focussed a lot on raising awareness of the project and building a positive culture surrounding walking, wheeling, and cycling. I've done this through sharing positive messages, campaigns and organising and delivering events and activities, both online and in-person. A lot of my work has also built on work delivered by the Spaces for People Project including promoting use of the new bike hubs and supporting staff to use pool e-bikes and e-cargo bikes. There is still a lot of work to be done in this area but by sharing success stories we hope to inspire other staff to begin using bicycles for business journeys.

The project also focuses on improving sites for cyclists and pedestrians. So far, we have installed two public bike pumps, a cargo bike container and we created walking routes designed for staff at Cornhill which we hope to replicate at other sites.

We have also finished a first draft of an NHS Grampian Active and Sustainable Travel Strategy. Once this is finalised and put into place, this will ensure that active travel remains a priority for NHS Grampian

Katrina Schofield
Project Officer,
Workplace Engagement |
NHS Grampian | Sustrans Scotland

Access to Health & Social Care Sub-Group

The vision for access to health and social care is:

- For everyone in the region to be able to access the health and social care they need and if transport is required, for this to be appropriate, convenient, and affordable;
- For the environmental impacts of journeys to be minimised.

Objective AHSC1

For partners to gain a detailed understanding of the gaps or inequalities in access to or from health and social care services, and to resolve identified problems.

Sub-Groups

Quarterly Sub-Group Meetings, information sharing and opportunity identification. The group is chaired by the Nestrans Strategy Manager. The membership includes representatives from NHS Grampian, Aberdeenshire Health & Social Care Partnership, Aberdeen City Council, Aberdeenshire Council, Moray Council, Royal Voluntary Service, commercial bus operators and Scottish Ambulance Service.

The work of HTAP over the last few years provides an example of what can be achieved through good stakeholder partnership working. With access to healthcare continuing to be a challenge due to transport being a barrier to those with a disability or reduced mobility, the work of HTAP is going to be even more vital going forward. HTAP provides a good example that could be rolled out across Scotland.

Graham Dunn
Mobility & Access Committee for Scotland (MACS)

By meeting, the group gains a collective sense of the issues facing operators and how this intersects with communities and the issues around access to and from health and social care services. The group is mindful of the issues around poverty, pressure on organisations using volunteers, pressure on commercial operators and the ongoing pressures on the NHS and Scottish Ambulance Service.

Objective AHSC2

For partners to more fully co-ordinate the planning and delivery of health and social care and transport in order to improve the efficiency and financial sustainability of services.

NHSG Transport Programme Board

NHS Grampian created a group to review Patient Transport with a focus on hospital discharge and the pressures on bed occupancy. A business case was produced and approved to fund additional weekend transport cover to improve efficiency of patient flow. Work on this emerged because of the pandemic but a focus on improving patient discharge continues as a priority as hospitals continue to face unprecedented pressures.

Planning Your Journey To & From Hospital Advice

Text providing advice for patients on planning their journey to and from hospital was created in consultation with HTAP partners and the NHS Grampian Public Involvement Network (PIN). The text was accompanied by draft designs of potential posters which conveyed the message around self-responsibility, sources of assistance and, where eligible, use of the Patient Transport Service. The aim of this piece of work was to help patients and families anticipate and plan travel to hospital and for discharge from hospital.

THInC

THInC, the Travel to Health & Social Care Information Centre, has continued to be funded by NHS Grampian, Nestrans, Aberdeenshire Council and Aberdeen City Council. The project is staffed by colleagues at

Aberdeenshire Council's Passenger Transport Unit who offer advice and liaise with community transport providers, whenever possible, to coordinate transport for health and social care appointments.

Health and social care professionals are encouraged to contact THInC for advice, on 01467 536111 or travel@thinc-hub.org, either on behalf of service users or to raise general transport issues.

A new webpage for THInC has been created and is hosted on the Nestrans website.

THInC in the City

This Aberdeen city-based service is funded by Aberdeen City Health & Social Care Partnership to support patients getting to and from health and social care appointments. Passengers pay a fare equal to that of Aberdeen City Council's demand responsive Transport service. The transport is provided by Buchan Dial a Community Bus and offers wheelchair accessible door to door transport exclusively for health and social care appointments. Two minibuses operate on Mondays to Fridays between 08:30 and 17:00 hours with booking arranged via THInC.

Local Issues

Calls to THInC help highlight local issues in relation to travel to health and social care appointments.

The Sub-Group has also engaged with colleagues in Banff around data gathering of transport to health need, planned health centres in Keith regarding health service needs for the community and the planned National Treatment Centre Grampian (NTCG) in Aberdeen by informing travel times and availability of public transport to serve the many sites that were considered for locating the NTCG.

National Issues

Building relationships with national partners is an ongoing area of work. The partnership has strong links with the Community Transport Association, Sustrans, Public Health Scotland, the Mobility & Access Committee for Scotland (MACS) and with the Scottish Government's Remote, Rural and Transport team.

Most of these national partners sit on the HTAP Steering Group and/or sub-groups. These connections provide a valuable two-way knowledge exchange and opportunity to discuss issues and priorities. Often the feedback is that other areas lack such a partnership and that their interest is in learning from the Grampian example.

> *The HTAP's ongoing support for Community Transport operators in NHS Grampian is very welcome. Working in partnership with stakeholders across the sector to ensure everyone can access health and social care is a major priority for CTA and our members. The HTAP offers a useful platform for our sector to support this agenda.*
>
> *The Transport to Health & Social Care Information Centre (THInC) continues to be a vital resource for the people of the North East to affordably and sustainably access NHS sites and services across the region. It offers helpful advice and support for patients and connects them with accessible Community Transport services where they live.*
>
> *We hope that other parts of the country will look to replicate this work and better signpost to the non-emergency patient transport services provided by local charities, community groups and social enterprises. Many older and disabled people in particular rely on Community Transport as their only means of accessible travel.*
>
> *It is essential that this important work of coordination and communication is backed up by long-term planning, fair funding and genuine partnership working. We look forward to working with our HTAP partners to achieve this.*
>
> **David Kelly**
> Director for Scotland
> Community Transport Association

Objective AHSC3

For partners to work together to ensure that Transport to Health & Social Care is undertaken by sustainable modes wherever possible, or that care is provided without travel if appropriate.

New Developments

Access to Health & Social Care Sub-Group continues to provide a forum for partners to hear about new health and/or social care site developments to promote early engagement between those planning new developments and the relevant local authority and transport operators.

Looking Forward

Health & Transport Action Plan Review (HTAP3)

The original Health & Transport Action Plan (HTAP) was produced in 2007/08 and endorsed by both Nestrans and NHS Grampian Boards in June 2008. A review of the document was carried out in 2013 and was endorsed. Considering refreshed national and regional transport strategies, the impact of the pandemic on society and other considerations, it is now felt that a review of the HTAP is necessary.

Major developments since the last review

- Creation of Health & Social Care Partnerships.
- COVID pandemic and recovery.
- Decline in life expectancy since 2012.
- Acceleration in using online appointments.
- Transport Act (Scotland) 2019 giving health boards a duty to work with community transport bodies in providing non-emergency patient transport services in its area.
- Climate Emergency declared.
- NHS Scotland climate emergency and sustainability strategy: 2022-2026.
- Creation of Public Health Scotland.
- New National and Regional Transport Strategies
- Global energy and cost of living crisis.
- The Consultation considering creating a National Care Service.

Such developments have and will continue to place challenges on partners in health, social care, and transport. These challenges are also opportunities to drive focus on whole system thinking and promote partnership working.

The challenges of ensuring patient/service user access to health and social care as we transition to carbon neutrality necessitate the very dialogue between health, social care and transport partners facilitated by HTAP. Also, the need for the transport sector to improve health outcomes lends itself to the input of Public Health which HTAP has enabled.

The HTAP partners had followed a five-year Road Map which ended in 2020. Having worked together well supporting the NHS during the first two years of the Covid pandemic, it is now appropriate to review with partners the HTAP vision and aims and understand the strategic issues facing each organisation. In doing so we can build a refreshed consensus and renewed commitment to working together on the areas where the partnership can realistically add value.

The process

The HTAP Programme Manager will play an integral role in leading the review and refresh of the Health & Transport Action Plan for Grampian.

The review process will be supported by a Review Group formed from Steering Group and Sub-Group members.

The process will be undertaken in three phases.

Phase 1 - Review what actions have been achieved and what actions are, for whatever reason, no longer appropriate or are extremely unlikely to be achieved and highlight those actions that would be incorporated into a refresh of the original plan (i.e., HTAP3).

Phase 2 - Comprehensive engagement with a wide range of stakeholders who have an interest in the complexity and variety of issues encompassed by health and transport. Through participatory workshops, the partners will identify the challenges and opportunities facing them in the next five years.

Phase 3 - Verification of priorities and areas of focus presented to the Steering Group and final approval of HTAP3.

Timetable

It is envisaged that Phase 1 will be completed by February 2023, Phase 2 by April 2023, and Phase 3 by June 2023.

For further information please contact Andrew Stewart, HTAP Programme Manager, (post jointly funded by NHS Grampian and Nestrans)

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