

National Grid House – Sustainable Travel

Peter Lakhani, 10th February, Regen WM



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National Grid House - Background



- ◆ National Grid House
- ◆ Head quarters of the merged Transco and National Grid companies
- ◆ Located between Leamington spa and Warwick
- ◆ Occupied in 2003
- ◆ Current occupancy of circa 1600 staff

The Challenge



500 Staff based
in Coventry office



1100 staff based in Solihull
Redditch, Hinckley, Coventry
Leicester offices.

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Moving to a new combined HQ's in Warwick

The drivers for change

- ◆ Issues arising from limited onsite car parking
- ◆ Maintaining the companies healthy lifestyle policy
- ◆ Impacts on local road infrastructure of increase vehicle numbers
- ◆ Companies carbon emissions reduction commitments

The process for change

- ◆ Set up of project team (Oval) to research and identify travel options
- ◆ Worked with local council to discuss opportunities and create a partnership relationship to address issues.
- ◆ Held discussions between management and unions to ensure that contractual and work / home life balance issues were addressed.

The Solutions



Car share



Cycling to work



Motorcycling to work



Walk to Work



Company Coaches



Train to work

The Solutions – Car share



infonetuk
carshare

Welcome to the National Grid car sharing system. The system has been designed to make it as easy as possible for National Grid employees to identify colleagues who are available to car share - whether they currently use a car or not. For the system to work effectively it's important for employees wishing to join the scheme to input the details outlining their individual circumstances.

Please let us know if you need to add any locations to the from or to list by emailing edison@ngrid.com.

returned 41 results.

Name	Offered	From	To	Spaces	W
Subal Ali	Offered	Northampton	Warwick - Office	1	
Zana Szabo	Offered	Moreton on Marsh	Warwick - Office	1	
Ron Sindhasi	Offered	Oxford	Warwick - Office	3	
Sharon Lockwood	Offered	Tamworth	Warwick - Office	2	
Kevin Smethurst	Offered	Gaydon	Warwick - Office	3	
Ruban Desaiya	Offered	Shirley	Warwick - Office	2	
Pam D. Watson	Offered	Nuneaton	Warwick - Office	2	
Jackie M Meade	Offered	Burbage	Warwick - Office	2	
Ruban Desaiya	Offered	Solihull	Warwick - Office	2	
Dave Tasker	Offered	Evesham	Warwick - Office	2	

Page 1 of 5 Results Page: 1 2 3 4 5

◆ Internal Car share Database

Allowing staff to identify suitable car share partners within the organisation

◆ Documented policy, process and form

The Car Share Pass is to be issued to people who drive to work with two or more people in one vehicle. In order to obtain a car share pass you should download the [Car share pass form](#) and have all car share partners electronically complete the form and forward it to all the members line managers who should forward it back to box.property.staffcarparkpasses.

If for any reason the Car Share partnership is no longer viable, **the pass must be returned to the Facilities Management office**. With the exception of annual holidays and the rare cases when two members cannot arrive in the same car, car share passes **should not be used by only one person**.

The Solutions – Coach to Work

BUS2WORK

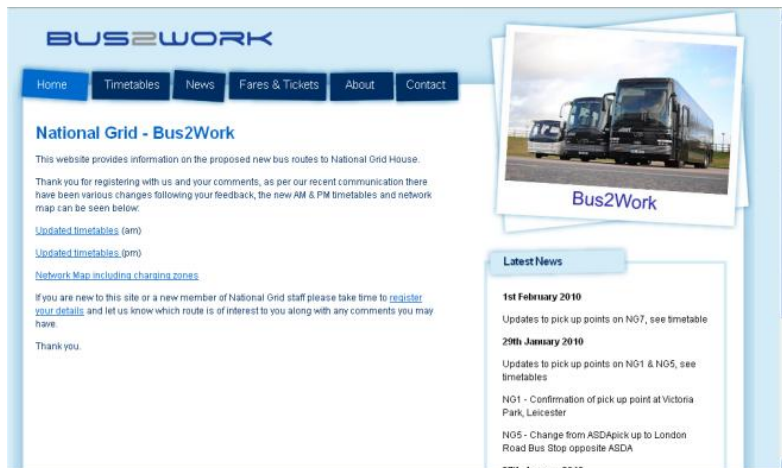


◆ 19 Company provided coaches

On moving to NGH in 2003

◆ Consolidated to 8 key routes

- ◆ Awarded managed coach contract
- ◆ Removed unsustainable routes
- ◆ Consolidated routes where possible to maximise seat usage
- ◆ Investigated and implemented public bus and train alternatives where possible
- ◆ Actively promoted and extended the car share scheme
- ◆ Staff contribution implemented to ensure sustainability
- ◆ Provider targeted with expanding business with other organisations



The screenshot shows the BUS2WORK website. At the top, there is a navigation menu with links for Home, Timetables, News, Fares & Tickets, About, and Contact. Below the menu, the main heading is "National Grid - Bus2Work". The content area includes a welcome message, a thank you note for user feedback, and links to "Updated timetables (am)", "Updated timetables (pm)", and "Network Map including charging zones". A "Latest News" section is visible on the right, with entries for "1st February 2010" and "29th January 2010". A small image of buses is also present in the top right corner of the website screenshot.

The Solutions – Walk to work



- ◆ Worked with council to ensure safe walkways and crossings to National Grid House
- ◆ Provided safe and clean changing, shower and locker storage facilities
- ◆ Established walkers club to represent walkers, deal with issues and communicate events
- ◆ Provide bad weather alternatives

Walk to work on Friday

ONCE again Stanthorpe Shire Council staff and councillors will join in the National Walk to Work Day on Friday but this year they will be doing something a little different.

"It is very hard for us all to leave the car at home and walk to work on Friday," explained Mayor Glen Rogers.

"Some of us, including myself, live quite a way out of town and walking to work is really not possible. So this year we have decided to get everyone to walk whilst they are at work instead. We have nicknamed it Walk at Work for fun."

Council staff in their lunch breaks will don their favourite ogging shoes and head off on a half-hour walk around Quart

Pot Creek and the streets of Stanthorpe. The finish line is the Country Women's Association rooms in Victoria Street where they will then enjoy a healthy lunch of fresh sandwiches, rolls and fruit.

"Not only is this good for us all, but it will be fun too," Cr Rogers said.

Every year the Stanthorpe Shire Council gets behind the initiative as it understands that benefits of healthy living.

"I would ask other businesses to get behind this National Day and encourage their staff to get out and take a half hour walk this Friday," Cr Rogers said. "Anyone who would like to join the council staff and councillors on their Walk to

Work day activity is welcome to as well."

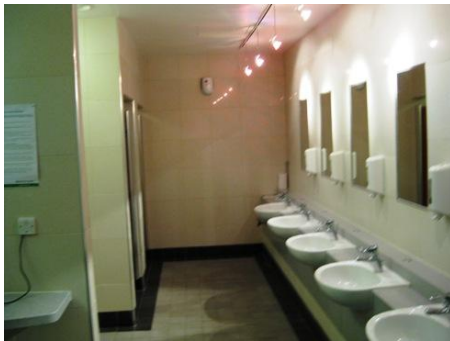


Walk to work: Get fit this Friday.

The Solutions – Cycling to work



- ◆ **Accessible and Safe cycle storage facilities**
- ◆ **Established the Two Wheel User Group**
- ◆ **Dedicated**
 - ◆ Changing
 - ◆ Storage
 - ◆ Showering facilities



The Solutions – Cycling to work



- ◆ Safe cycle routes to the office
- ◆ Segregated cycle paths on site
- ◆ Opportunity for staff to purchase cycles and equipment through salary
- ◆ NI & Tax Benefit
- ◆ Monthly payments
- ◆ Replacement insurance

All about your flexible benefits 2009/10

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Bicycle

There are quite a few reasons why people are opting for cycling as a form of transport to work. Travelling by bicycle is free, it's a way of cutting through traffic congestion and the exercise is good for you. Through your flexible benefits, you have the opportunity to enjoy the use of a bicycle as part of your journey to work and benefit from valuable savings.

Cycling to work – The healthy choice



United Kingdom | Change



◆ Cycling will help with weight management

- ◆ Cycling can be part of a programme to lose weight because it burns the energy supplied by a chocolate bar or a couple of alcoholic drinks in an hour (about 300 calories). **A 15-minute bike ride to and from work five times a week burns off the equivalent of 11 pounds of fat in a year.** That kind of cycling pattern also meets the Government's latest target on exercise: that we should take part in some mild to moderate physical activity that leaves us out of breath for at least 30 minutes five times a week.

MentalHealthHumor.com **CARTOON-A-THON** By: Chato B. Stewart



◆ Cycling is good for your heart and health

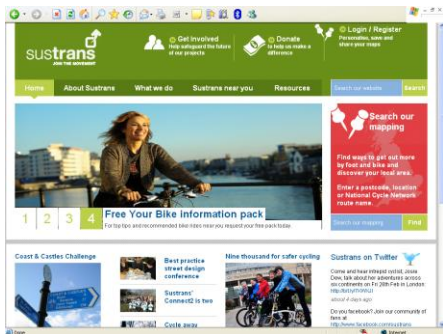
- ◆ One rough calculation suggests that new cyclists covering short distances can **reduce their risk of death** (mainly due to the reduction of heart disease) by as much as 22 per cent.

"My Meds are working now! You don't have to stand so close."

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Cycling to work – Company commitment



- ◆ National Grid is committed to the health and well being of all staff
- ◆ National Grid House is equipped with a health monitoring machine to assess
 - ◆ Weight
 - ◆ Blood pressure
 - ◆ Body Mass Index
- ◆ Company set quarterly health improvement challenges

Current Position



- ◆ **Over 70 Registered cyclists to work on a daily basis**
- ◆ **Improved staff health / lifestyle**
- ◆ **Reduced emissions**
- ◆ **Environmental Audit accreditations**

Thank you – Peter Lakhani
Proving “The power of action”