

Go Green

February 2008

www.portsmouth.gov.uk

Healthier workplace hallmark launch!

The well being and healthy workplace hallmark is a scheme supported by Portsmouth City Council and the Portsmouth City Teaching Primary Care Trust to provide businesses with the tools to encourage and promote healthier workplaces.

WHWH is being launched on Friday 29 February at the Hilton in Portsmouth.

Breakfast seminar – 8 am

Go along for a healthy breakfast and introduction to WHWH

Open morning (9:30 – 12 pm)

Or drop in for the opportunity to come along for an informal chat.

Lunch seminar (12:30pm)

A light lunch and introduction to WHWH

Who should attend?

Managers, HR Manager or those responsible for wellbeing in the workplace.



work health
& wellbeing

H A L L M A R K

A healthy workplace should not be regarded as an optional extra, but is worthwhile investment for businesses and employees alike and results in:

- improved productivity
- fewer insurance and worker compensation claims
- less absenteeism
- reduced staff turnover
- better work-life balance

To book a free place on the breakfast or lunch seminar please ring the Health Improvement & Development Service on 023 9284 1560 or email enquiries@hids.org.uk

M27 chaos - what's the alternative?

As many readers will be aware the M27 is being widened with climbing lanes installed between Fareham and Portsmouth. The work is expected to take 10 months and is also expected to significantly affect journey times.

Anyone who currently uses the M27 may be wondering what they can do instead. This might be a chance to explore other ways to travel while the works are taking place.

Go green can be found on www.portsmouth.gov.uk

Editor: Amanda Morris, Travel Plan Officer, Portsmouth City Council. Tel: 023 9284 1332

NB: Some offers mentioned here will be restricted to staff from specific companies

Try the bus or train, Get the best price by buying a season ticket. Ask if your employer offers a loan, as an annual ticket will give you the lowest price. Otherwise check with the bus or train company, many will offer direct debit for the purchase of annual tickets.

Ask your employer if you could **work at home** occasionally or if they operate a **flexitime** system, so that you could avoid peak time traffic.

Carsharing could significantly cut the number of cars on the road which would help to lessen the problems. By signing up to www.hantscarshare.com you may find a number of people who are also travelling the same way every day. You could save yourself £1000 a year by carsharing and sharing the costs of travel. That £1000 could go very nicely towards the cost of a break you wouldn't otherwise be able to afford.

Dates for your diary

Fitness and Wellbeing day

John Pounds Centre, Portsea
Wednesday 6 Feb

Tours and a programme of events. Booking is advised for events. TEL: 023 9289 2010

WHWH launch

Friday 29 February – The Hilton
(see item)

Cycle Demo Day

Mountbatten Centre
Saturday 1 March (see item)

BIG Green Commuter Challenge

Monday 12 – Friday 16 May
www.portsmouth.gov.uk/commuterchallenge

Harts Farm Way cycle link

Construction of a cycle scheme on Harts Farm Way started on 21 January. Works are expected to be completed in approximately 12 weeks. Once completed there will be a complete route linking the A27 / Farlington marshes cycle route with Havant town centre.

There will be an off-road shared cycle track/footway with new street lighting along the southern verge of Harts Farm Way from the A27(T) tear-drop junction eastwards to the Hermitage Stream bridge. The cycle route will then continue on the southern footway, which will be widened and converted to shared use, to the roundabout at Brockhampton road.

It is expected that the Harts Farm link of the cycle route will encourage more of the Broadmarsh employees to cycle to work.

FREE cycle security marking

Bring your bike along for free security coding by the police on the following dates:

Weds 6 Feb - The Hard
Mon 18 Feb – Commercial Road

Sustrans Winners!

Sustran's Connect2 bid to the Peoples Millions £50 lottery fund was successful with overwhelming support for the 79 projects across the UK.

www.sustrans.org.uk



Use your mobile to check bus times

Bus users travelling between The Hard and London Road/The George can now use their mobile to check the bus times.

The above sample shows the sms text sign that has recently been erected at 51 bus stops in Portsmouth. These are on the route of the 41 service which links The Hard with Clanfield. The remaining 600+ are expected to be completed in early in 2008.

The new text service to 84268 costs 25 pence plus the standard network charge. The scheme which is run by national Traveline group texts back the next three buses to arrive at that stop. This information is based on the timetable but real-time information should be available in the future. For more info. John Houghton 023 9283 4619

Cycle Demo Day

Sunday 1 March Mountbatten Centre

Demo test bikes from Scott, Bianchi, Specialized and others.

Call 01329 231751 to book a place and remember to take your cycle shoes, pedals and helmet along with you.

www.hargrovescycles.co.uk

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New year, new you?

Predictably about this time of year your New Year Resolution to join a gym, lose weight or get fit is beginning to fail.

Don't worry the answer is right on your doorstep.

Just open the door and go.

Most of us need to travel to work, why not use the time to get more active?

Rather than jump in the car, walk or cycle all or some of the way to work (you could combine it with the bus, train or ferry) and use the journey to work as your own personal workout.

Save money at the same time.

So if your New Year's Resolution seems to have come to a full stop make a new one to get active on the way to work instead.

More about the benefits of walking and cycling can be found at the following websites

www.whi.org.uk

www.sustrans.org.uk

On the Rails

SWT Live web chat event

Tuesday 26 February 2008

Share your feedback about SWT with Stewart Palmer, Managing Director, and other Directors during the live web chat event on Tuesday 26 February 2008 between 2 pm and 4 pm.

www.swtrains.co.uk

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Company Watch Boarhunt gets Smart



Boarhunt, the South Coast's rescue and recovery operator, has introduced two Smart cars to its breakdown response fleet, in a bid to reduce customer waiting times by beating the traffic jams and at the same time, saving on ever-rising fuel costs.

The branded Smart cars which are fitted out with all the kit needed to carry out roadside repairs, find it easier to get through narrow streets in rush hour traffic and park close to broken down vehicles - not adding to the congestion chaos!

Mick Puleston, recovery director at Boarhunt, explains: "In a time when helping to combat climate change is so important, these little vehicles are the perfect choice. They are very versatile, can carry a surprising amount of equipment and at the same time help to reduce our carbon emissions."

On the buses First changes

Service changes to Fareham, Gosport, Portsmouth and Waterlooville FIRST bus services from 14 January 2008.

Service 25 between Fareham and Paulsgrove will be withdrawn.

Service 40C between South Downs College and Portsmouth will gain an extra service at 18.25 on Monday to Thursday.

Service 41 alterations to the Monday to Friday and Sunday timetable. The route will now operate in a one-way loop from London Road to Drift Road and then return via Southdown Road, Tarn Rise, and Downwood Road

Service 63 between Fareham and Havant, timetable completely revised.

Service 57 will be diverted to serve Dore Avenue, Linden Lea, and The Hillway in North Portchester to replace Service 25.

X57 between Portsmouth City and Fareham. 18.05 from Portsmouth will no longer operate. 08.40 from Fareham will now operate at 08.30.

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