AYR AND KILMARNOCK ACTIVE TRAVEL HUBS PRESENT A SERIES OF

WORKPLACE WEBINARS

Helping Your Workplace to Promote Active Travel

ACTIVE TRAVEL AWARDS FOR WORKPLACES



ACTIVE TRAVEL AWARDS



WHAT AWARDS CAN MY **WORKPLACE ACHIEVE?**

- Health Scotland
- Walk at Work Award from Paths for All
- Active Travel at Work Award from The Chamber of Commerce Business Awards and Sponsored by the
 - Active Travel Hub Kilmarnock

- Cycling Friendly Employer Award from
 - Cycling Scotland
- Healthy Working Lives Award from Public

CYCLING FRIENDLY EMPLOYER AWARD- CYCLING SCOTLAND

- The nationally recognised award provides a framework, resources and one-to-one support to increase staff cycle rates, and rewards those organisations working hard to encourage workplace cycling.
- Working towards Cycling Friendly Employer status will support criteria of the Healthy Working Lives Award and the Walk at Work Award.
- Find out more by watching our Cycling Friendly Employer Award Webinar or on the Cycling Scotland website

CYCLE FRIENDLY EMPLOYER



TRAVEL AWARDS CTIVE .





HEALTHY WORKING LIVES AWARD-PUBLIC HEALTH SCOTLAND

- Helps you identify issues and improve health, safety and wellbeing in your organisation in a structured and productive way.
- Organisations of any size can join the programme
- Free and Confidential support at each step to achieve the award.
- Bronze, Silver and Gold awards.
- Need to record and present evidence at each step to achieve award.
- More information on the Healthy Working Lives website

WALK AT WORK AWARD- PATHS FOR ALL

- Walk at Work Award is aimed at workplaces who want to encourage and promote everyday walking within their organisation.
- The award will reward workplaces that foster a walking culture, provide the right facilities for employees who walk at work, and take part in walking activities through the working day.
- Can be achieved by any size of organisation across any sector or location in Scotland.
- Support, resources and more information on the Paths For All website



paths for all



AYRSHIRE COLLEGE - CASE STUDY

- college to have achieved the Award across 3 campuses.
- Examples of inititaives that Ayrshire College have done to achieve this award are: encouraging staff to complete a daily mile route mapped out at each campus, taken part in Step Count to and from work and for work meetings.
- Ayrshire College is reducing their carbon footprint and helping to reduce congestion and college who have taken part in these initiatives.
- Health Safety and Wellbeing Advisor Lisa Little said "It's great to get this recognition because would definitely recommend it to any organisation as they are probably already doing health initiatives, it's easy to follow and the staff at Paths for All are very supportive."

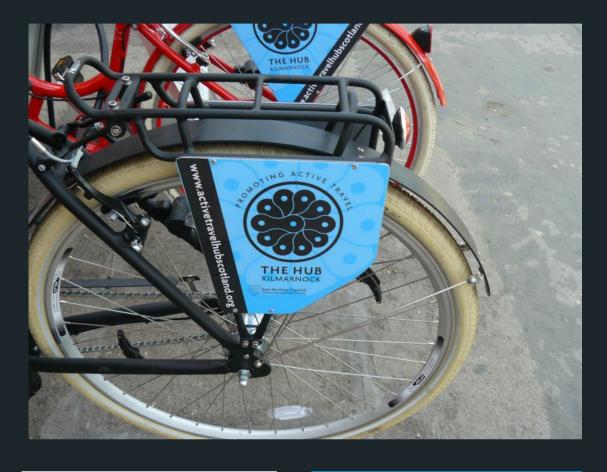
• Ayrshire College was recently awarded the 'Walk at Work Award'. Currently they are the only FE

challenges with prizes for teams and individuals and promoting walking as an easy way to get

emissions in Ayrshire and they have seen in improvement in health and wellbeing of staff at the

we are passionate about promoting the health benefits of walking to our staff and students. I

TRAVEL AWARDS ACTIVE







ACTIVE TRAVEL AT WORK AWARD FROM THE CHAMBER OF COMMERCE

- actively.
- facilities, walking meetings and more.

• Sponsored by the Active Travel Hub Kilmarnock.

• This award recognises organisations/workplaces, regardless of size, throughout Ayrshire who promote the benefits of active travel and provides opportunities to encourage employees to travel more

• Examples include any initiatives which encourage walking or cycling to, from or during work; pool bikes, bike mileage, lunchtime walks, bike

• More info contact: info@activetravelhubkilmarnock.org

BOOTH WELSH- NORTH AYRSHIRE -CASE STUDY

"We have been working closely with the North Ayrshire Active Travel Team since January 2017 and have been committed to implementing behaviour change to get our workforce to consider how they travel to work and to encourage small changes.

An active events programme is run along with information campaigns all year round. The changes we have made and knowledge we have gained has been used to help inform company policy.

The benefits are not all tangible, we do have improved facilities and pool bikes and we have increased our number of cyclists from 3 to over 30 but there are other benefits. There has been an increased awareness of policies and support that is available and there has also been an increase in participation and an active interest/requests for further information.

Top tips – It is a slow process so do not give up; a small achievement is still an achievement celebrate it. You are not on your own, there is a lot of support and help available so do not be afraid to ask for help." Helen Ternent, Employee at Booth Welsh







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FURTHER RESOURCES AND SUPPORT

- Way to work website- Helping you to promote active and sustainable travel in your workplace https://www.waytoworkscot.org/
- Active Travel Hubs- We are here to support active travel within workplaces. For information, support or advice please contact the Kilmarnock Active travel Hub at info@activetravelhubkilmarnock.org or the Ayr Active Travel Hub at activetravelhubayr@gmail.com or follow us on Facebook