

AYR AND KILMARNOCK ACTIVE TRAVEL  
HUBS PRESENT A SERIES OF

# WORKPLACE WEBINARS

Helping Your Workplace to Promote Active Travel

## ACTIVE TRAVEL AWARDS FOR WORKPLACES







## WHAT AWARDS CAN MY WORKPLACE ACHIEVE?

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





## 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





## AYRSHIRE COLLEGE - CASE STUDY



- Ayrshire College was recently awarded the 'Walk at Work Award'. Currently they are the only FE college to have achieved the Award across 3 campuses.
- Examples of initiatives 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 challenges with prizes for teams and individuals and promoting walking as an easy way to get to and from work and for work meetings.
- Ayrshire College is reducing their carbon footprint and helping to reduce congestion and emissions in Ayrshire and they have seen an improvement in health and wellbeing of staff at the college who have taken part in these initiatives.
- Health Safety and Wellbeing Advisor Lisa Little said "It's great to get this recognition because we are passionate about promoting the health benefits of walking to our staff and students. I 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."



## ACTIVE TRAVEL AT WORK AWARD FROM THE CHAMBER OF COMMERCE

- 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 actively.
- Examples include any initiatives which encourage walking or cycling to, from or during work; pool bikes, bike mileage, lunchtime walks, bike facilities, walking meetings and more.
- More info contact: [info@activetravelhubkilmarnock.org](mailto: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







## 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](mailto:info@activetravelhubkilmarnock.org) or the Ayr Active Travel Hub at [activetravelhubayr@gmail.com](mailto:activetravelhubayr@gmail.com) or follow us on Facebook