

The Sustainable Steps Series

Helping our staff to make the Well-being of Future Generations Act a positive reality

Walking our talk

“Future generations shouldn’t have to pay for today’s journey to work”

Each and every one of us in Public Health Wales has a part to play in making the Well-being of Future Generations Act a reality, and in *‘being the change’* towards the Wales we want for our current and future generations. Our actions today are already impacting on tomorrow; let’s make sure it’s a *positive* impact!



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Introduction

The [Well-being of Future Generations Act](#) requires Public Health Wales, and 43 other public bodies in Wales, to:

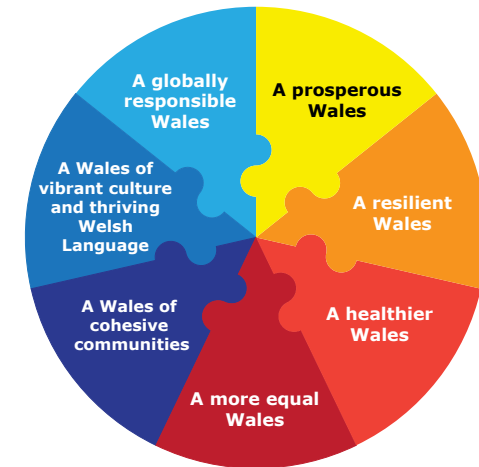
- future-proof decisions
- work better with people, communities and each other
- help tackle and mitigate against problems such as poverty, health inequalities and climate change

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Contributing to Wales' well-being goals

The Act has introduced seven well-being goals for the outcomes which we want to see in Wales.

Public Health Wales must contribute to achieving all of these goals.



The steps for active and sustainable travel in this guide support three of Wales' well-being goals.



Sustainable steps

'Walking our talk' highlights some of the practical ways in which we can contribute to Wales' well-being goals by travelling actively and sustainably. Some of these sustainable steps challenge us to reduce our negative impacts, whilst others allow us to maximise our positive impacts, and they also help Public Health Wales to reduce its carbon footprint.

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- ▶ Where able, build walking and cycling into our daily routines. If travelling by bus or train, aim to get off one stop earlier
- ▶ Consider an annual season ticket for the bus or train. Find out whether your employer has a season ticket loan scheme.
- ▶ Try 'leave the car at home' days, arrange to [car-share](#) with colleagues, and park further from the office ('park and stride')
- ▶ Find out whether your organisation has a cycle to work scheme, or start one.
- ▶ Familiarise ourselves with the [National Cycle Network](#) – 50% of us live within a mile of a local trail
- ▶ When arranging meetings and events, check your organisation's guidance for good practice or refer to [Sustainability-on-the-Agenda-v1.pdf \(phwwhocc.co.uk\)](#)
- ▶ Promote active and sustainable travel to visitors to your office locations, and remember the '[Traveline Cymru](#)' journey-planning resource
- ▶ Hold meetings using video-conference or tele-conference facilities.
- ▶ Some forms of flexible working can contribute towards sustainability (e.g. home-working). Find out about your employer's flexible working policies
- ▶ Become 'carbon-aware' by calculating the [footprint](#) of journeys, events and meetings

Remember that with business travel, employers may have a policy to allow you to claim for mileage for cycling and also for car sharing.



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Supporting active travel (walking and cycling) is highlighted as a '*best buy*' for increasing physical activity, with a health benefit for individuals and a health benefit for the general population through reduced air pollution¹.

Active travel is also good for our bank balance; switching from the car to walking can provide a yearly monetary benefit of £1,220, and a switch to cycling of £1,121².

[1] Making a Difference, Public Health Wales [Making-a-Difference-Investing-in-Sustainable-Health-and-Well-being-for-the-People-of-Wales.pdf \(phwwhocc.co.uk\)](#)

[2] [76: Benefits of shift from car to active travel - Travelwest](#)

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Want to learn more?

This '*be the change*' guide is part of the '*sustainable steps series*', to help staff think about the five ways of working and contribute to Wales' well-being goals.



If you would like further information on active and sustainable travel, including suggesting ideas or asking for advice, please contact the Health and Sustainability Hub: publichealth.sustainability@wales.nhs.uk



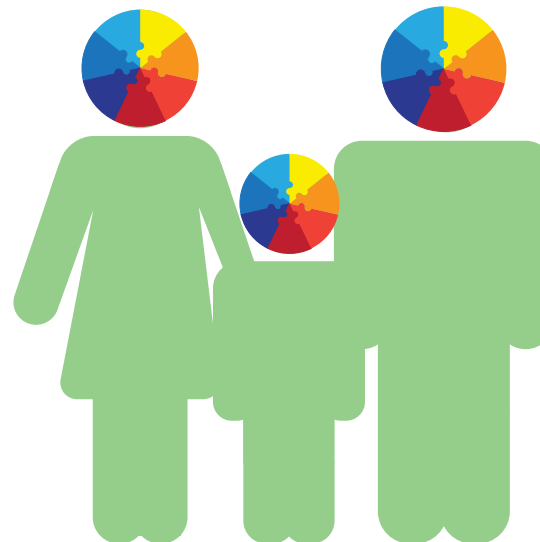
Join the conversation

We would like you to share your individual actions towards Wales' well-being goals. You can join the conversation on Twitter using the hashtag #PHWWFG, or e-mail the Health and Sustainability Hub: publichealth.sustainability@wales.nhs.uk.

We would also like to hear from colleagues interested in helping to develop further 'be the change' guides.



Simple **acts**
can have big
impacts



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