



# Creating Change in a Hospital Setting



# Background

Essex Pedal Power is a community cycling programme providing over 4,000 new bikes to boost cycling in low-income areas to improve health, increase active travel, and strengthen community cohesion. Essex Pedal Power is a partnership between the Active Essex Local Delivery Pilot, Essex County Council, The Active Wellbeing Society, NHS, London Marathon Foundation, Raleigh, and local councils.



The Mid and South Essex NHS Foundation Trust (MSEFT) Anchor Programme works to improve the health, wealth and wellbeing of local people, tackling inequalities in their local communities. In June 2023, Essex Pedal Power started providing new quality bikes at no cost to lower income staff at the Basildon University Hospital. As of March 2024, the delivery team has allocated 126 bikes to Hospital staff and most impressively, the demand for bikes has far exceeded the number of bikes available.



The NHS workforce should be role models. The BMA and the Health Foundation suggest the NHS should be an “anchor institution.” The NHS is responsible for 5% of the UK’s total transport emissions—and 1.3 million staff commuting makes up the bulk of that. A modal shift from driving to active travel needs focus, practical support, and some funding.



Professor [Scarlett McNally, NHS Consultant Orthopaedic Surgeon, 2024](#)



# Effective targeting of employees who would benefit most



1,200+

**Basildon University Hospital employees in lowest NHS pay bands 2-4**

These staff are more likely to work shift patterns, meaning they are unable to rely on public transport for travel to and from the hospital due to the unavailability of trains and buses during off peak hours. The cost of travelling to work is a considerable element of their income. Meaningfully, a high percentage of band 2-4 employees live within cycling distance of the hospital, and therefore identified as a priority group for Essex Pedal Power.



**reduced feelings of anxiety**

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Essex Pedal Power has helped Mid and South Essex Foundation Trust to meet its (Anchor) ambition to be a good employer by supporting its staff working at lower pay bands in Basildon, who feel the impact of the continuing cost of living crisis most keenly, to reduce their outgoings avoiding car journeys and carparking

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Charlotte Williams, Chief Strategy and Improvement Officer at MSEFT

126 

**bikes allocated to Basildon Hospital staff (as of Mar 24)**



When Lisa (pseudonym) picked up her bike, she said it's going to make a big difference in how she gets to work. She is currently relying on expensive taxis and lifts, and now she will be able to cycle to work and save money.

**Since Essex Pedal Power, Basildon University Hospital has seen an increase in:**



staff retention



health of staff



life satisfaction

# System Change, Transition to Net Zero and Social Value



Essex Pedal Power Basildon is playing a vital role in helping MSEFT meet their strategic objectives as an anchor institution.

Essex Pedal Power has prompted the early action of making cycling parking more accessible, new lighting for cycle parking, improved shower facilities, and new lockers to store cycling clothing and equipment.

EPP Basildon has an important role to play in contributing to the NHS Net Zero Travel and Transport strategy, which commits to halve staff travel emissions by 2033.

## 50%

**car journeys reduced weekly**



This modal shift is having a substantial impact on reducing carbon emissions, improving air quality and reducing congestion.



Basildon and Brentwood Alliance are excited to be working with Essex Pedal Power in Basildon and supporting our residents to become more active by being able to access free bikes that will encourage healthier lifestyles but also support with the active travel by reducing the number of vehicles on the road and improving the air quality in and round the hospital site. The bike scheme will also support local people into employment opportunities, which in turn would be a positive impact on the local economy of Basildon



Pam Green, Director at Basildon and Brentwood Health Alliance

## 9%

**increase in life satisfaction**



**National Free Bikes Scheme could deliver £20 of social value, per £1 spent**