



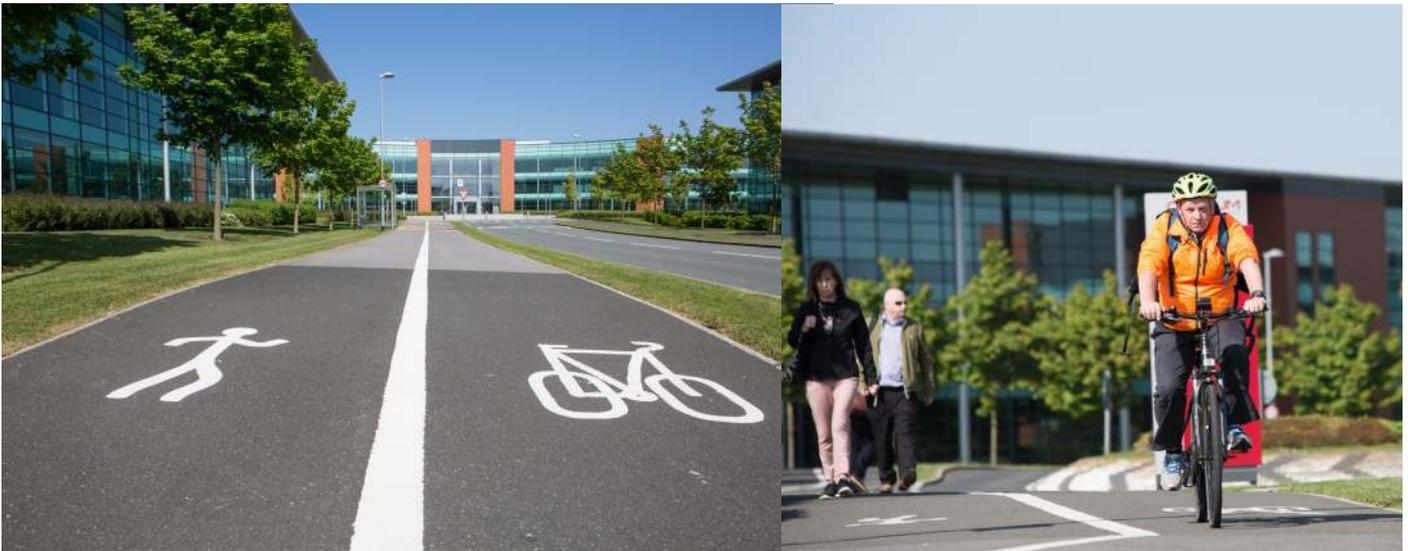
Multi Modal Travel: How staff can get active and improve their journey to work



Employer: The Hub, Quorum Business Park

Area: North Tyneside

Theme: Active Travel



Quorum business park's Commuter Centre offers a range of Transport & Travel support and Advice

Quorum Business Park have been part of the Better Health at Work award since 2013, we have done a number of cycling and walking challenges since we began the award but were keen to add sustainable transport to the mix this year as it features in our overarching business objectives.

Multimodality is the mixing of transport modes within the same journey or for different trips. Many of us instinctively opt for the same method of transport when moving around without necessarily examining the needs of the specific journey. As parking gets tighter and local congestion builds due to roadworks, I would like to you consider trying some different transport modes: cycle to or from a metro station, park your car up and cycle the last few miles or take the bus and get off a few stops early to stroll into work.

If you can't get a bus direct from your local area, why not get a bus as close as you can and then get a lift from someone?

You can find someone to car share with on the Quorum Liftshare Website.

The Hub could also help you get a week's free bus travel. As well as providing health benefits, significant savings can be achieved through a multimodal approach, particularly when short journeys are completed through walking and cycling.

By introducing some sustainable transport modes into our journeys, not only can we have a positive impact on the environment, we may just find that we're fitter and happier, with some extra spending money too!

Take a look at the different support available from The Hub....

MULTI MODAL TRAVEL

**For more information, contact Laura
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Award Case Study



North East
Better Health
at Work Award



Members of staff at the Hub work hard on a Sustainable Transport Strategy that benefits everyone onsite .

Quorum's Commuter Centre Supports Active Travel by:

- Free Journey Planning available onsite and online
- A Monthly Cycle Hub
- Free to hire Pool Bikes
- Bike Lock Sales
- Cycle Maps
- Free Guided Monthly Bike Rides
- Annual Cycle Challenges
- Bikers Breakfasts
- Bus Discounts and Free Travel Passes
- Mo Bike Promotions
- Second Hand Bike Sales
- Nordic Walking Sessions



Annual Bike rides!

'Every year we set a cycle challenge to encourage staff to engage in cycling for fun outside of work so that they might realise cycling to work could be a great option for them.

With 6% of Quorum staff regularly travelling to work by bike we exceed regional benchmarks and we have a bicycle User Group with a distribution of over 450 people.

Since 2013 74 people have taken part in our rides and each reports an increased engagement in cycling

This years challenge saw us cycle 70km in the North-umberland hills. We're already excited to see what 2019 brings!"

Laura McVittie.
Quorum Commuter Centre Manager