

NHSGGC's Active Staff Service is designed to

To find out what activities are available in your

Email: activestaff.legacy2014@ggc.scot.nhs.uk

Friendly Employer status by Cycling Scotland.

QEUH and RHC have been awarded Cycle

at their workplace and in their local area.

area or to book one of our classes:

Visit: www.nhsggc.org.uk/activestaff

support staff to get more physically active, both

The hospitals can be reached on foot from **Cardonald train station and Govan Subway** station which is 1.3 miles from the hospital campus. Plan your route using the online journey planner www.walkit.com

There are shared access routes to and within the Hospitals campus and cycle hire facilities are available on site at Arrival Square as well as designated visitor cycle parking. Cyclists are encouraged to use the shared access paths in a considerate manner.

Entrance to the Queen Elizabeth University Hospital (QEUH) Glasgow (adult) building and Royal Hospital for Children (RHC) is at Arrival Square.

A directory of departments and electronic way finding information are within the entrances and volunteers are on hand to help direct patients and visitors.

The atrium of the QEUH houses retail shops and a coffee shop and there is a large restaurant/coffee area in the first floor of the hospital.

Active Staff

Call: 0141 201 4489



Cycling Information

NHSGGC have a Bicycle User group for staff.

NHS Greater Glasgow & Clyde are not responsible for loss or damage to property. Staff should be vigilant and use the secure cycle shelters, where possible. 'Sold Secure' D locks are recommended. Bikes can be security marked and registered at www.immobilise.com or www.bikeregister.com

Please contact TravelPo@ggc.scot.nhs.uk if you wish to be added to the BUG distribution list and be kept informed of initiatives and relevant cycling information for NHSGGC staff.

Cycling to Work

The Cycle to Work scheme is a salary sacrifice scheme available to NHS Greater Glasgow & Clyde staff*.

With Cyclescheme, you can get a bike tax-free, which for most people means they save about 32% of the cost. You can get just about any bike you like from a local bike shop, and it's good for your health and the environment too.

The code for the shelters and cycle lockers are managed by the Facilities Helpdesk within the Laboratory and Facilities Management Building. Tel (ext) 5555 or email:

QEUH.FacilitiesHelpdesk@ggc.scot.nhs.uk

Please note that there is a repair station at Arrival Square, yellow shelter and minor repairs box on the campus for staff use.

Information on Active Travel, cycling initiatives and travel plan activities is on Staffnet Transport Pages.

NHS Greater Glasgow & Clyde recognise that physical activity is essential for good health and encourage staff and visitors to consider cycling as a great way to travel to hospital sites. This map indicates the shared access routes to hospitals and healthcare facilities. Designated visitor cycle parking is located on most sites.

Commuter cycle training is available for NHS Greater Glasgow & Clyde staff. There are a range of training courses available from basic beginners training to advanced on-road manoeuvre training for proficient cyclists. Please note courses are arranged subject to demand.

For further information: Email: travelpo@ggc.scot.nhs.uk or telephone 0141 201 1439.







*Terms and Conditions apply

