



CarShare2Cardiff.com

Newsletter

Cardiff Council : Tel (029) 2087 3722

Winter 2009

Issue 9



CarShare2Cardiff in the news!

The continuing success and popularity of Carshare2Cardiff has been celebrated in the news! A feature on the ITV Wales at Six News in January followed the morning commute of car sharers Neil and Menna from UWIC, highlighting the economic and environmental benefits of journey sharing. Car sharing as a money saving mode of transport has also recently been featured on the BBC in an article on Xray.

Welcome to the Winter newsletter for CarShare2Cardiff.com

New CarShare2Cardiff member!



Carshare2Cardiff is very pleased to introduce its newest member organisation, the National Assembly for Wales.

Around 350 staff based in Cardiff Bay as well as 60 Assembly members will have access to the scheme which is an integral part of the Assembly's Travel Plan and its commitment to promoting sustainability and reducing emissions.

UWIC News CarShare2UWIC



Both the UWIC staff and student car share groups continue to grow in number, with 65 active groups operating (19 staff groups and 46 student groups). With 288 members, UWIC is the second largest group on Carshare2Cardiff!

The car share spaces at Llandaff Campus are now daily operating at capacity and will be further expanded to meet demand, from 8 to 10 for staff and from 10 to 12 for students.

Bike, Walk and Run2UWIC!



The BUG (Bicycle Users Group) has grown to a staggering 169 members of staff now, which equates to 12% of all staff.

An extra all weather storage facility on Llandaff Campus has been provided as the existing one was operating at capacity. As part of refurbishment works a shower is also going to be installed which will be made accessible to BUG members.

A third purchase window for the Cycle to Work scheme is scheduled for May, giving staff an additional opportunity to buy a bicycle at a significantly reduced price.

In support of UWIC's Health & Well Being campaign a 'Bike2UWIC week' is to be held in the week beginning 9th March 2009. All cyclists can again claim a free breakfast. In keeping with the theme of the week the successful healthy breakfast option, 'a BUG BAG', will again be offered, as well as the traditional cooked one! A UWIC cycling proficiency test for cyclists is being developed and will be introduced over the summer. This will help cyclists to increase their cycling skills and confidence.

Four 'Free Breakfast' weeks a year for cyclists are now held and in June a 'Breakfast for Walkers' promotion will be held. UWIC pedometers will also be made available.

The possibility of a UWIC Running Club is being explored, with the aim of entering an Autumn 10km running Event. Staff will be encouraged to consider running for health reasons and to run to work as part of their Training for the event.



UWIC'S Cyncoed Campus

Staff Travel News

An overview for staff and new employees on how to travel to UWIC's various campuses in an environmentally friendly manner has been circulated to all 1400+ members of staff via their pay slips. The UWIC Travel Pages are also being updated and can be viewed at <http://www.uwic.ac.uk/sustainability/>.

Staff at the Howard Gardens Campus will soon have access to a new pool car and pool bikes for business travel. This will provide travel options which enable them to leave their own cars at home.

UNIVERSITY OF WALES INSTITUTE, CARDIFF

STAFF TRAVEL NEWS

The UWIC Rider... It's not just for students!
UWIC has been successfully introducing a number of alternatives to the car for several years.

The most successful scheme is the UWIC Rider, with nearly 2000 students and staff annually purchasing passes. The Rider travels across Cardiff between all UWIC campuses, morning and midnight.

Why is it so popular?
It allows free and unlimited access to all Cardiff bus services for the whole year for around £22 a month (£5.40 per week), which is deducted monthly from your salary. An application form is available from reception. UWIC makes no profit from this agreement with Cardiff Bus.

The year the Rider price has been streamlined to reduce journey times. A new Fast Track service linking Howard Gardens and the residential areas of Cardiff and Cyncoed with Llandaff Campus, has also been introduced. The combined effort will provide direct bus services to Llandaff Campus on average every 20 minutes.

DETAILS OF CARDIFF BUS ROUTES TO:
Cyncoed Campus: 2, 20A
Llandaff Campus: 1, 2
Cardiff Bay: 1, 2
Howard Gardens: Non-routine services

CarShare2UWIC... ever thought about sharing?
UWIC operates the second largest car share scheme in Cardiff. It's really simple to join and takes only 2 minutes of your time.

Car sharing not only saves you money, helps the environment and delivers you stress free to work, but it's also a great way for new members of staff to meet their colleagues and facilitate team research in Cardiff. There are dedicated spaces for car share users and the more staff that sign up, the more spaces will be created.

To register, log on to www.carshare2uwic.com and simply click on the UWIC logo.

UWIC
Cardiff's metropolitan university
prydoldd metropolitan Cymdeithas

UWIC Rider

All previous records for the sales of UWIC Rider have been surpassed this year, with over 2000 students and staff having purchased academic year and annual passes. The number 52 bus service vehicles have now been fitted with 'proximity Sensors' to allow speedy access onto the Cyncoed Campus, which will reduce travel times.

WMC News

On Monday 23rd February the official launch of the Welsh Assembly Government's Walking and Cycling four year action

plan and Sustrans Active Workplace Toolkit took place at Wales Millennium Centre. This joint event also publicised the launch of the Centre's new pool bike scheme.

The scheme has been funded in part by the Sports Council for Wales' Community Chest award, enabling a new folding bike to be added to the fleet. The bikes will be made available for staff and visiting artists at the Centre, enabling them to travel in a healthy and sustainable way whilst performing at Wales Millennium Centre

This joint project presents an excellent example of how Sustrans' Workplace Toolkit is being used by organisations across Wales, turning the objectives of the Walking and Cycling Strategy into practical action. On the advice of the Toolkit Wales Millennium Centre has also set up a Bicycle Users Group (BUG), members of which attended the launch. Wales Millennium Centre is also a good example of an organisation which has senior management buy-in to the scheme, the Chief Executive Judith Isherwood fully endorses the pool bike initiative and all efforts which encourage staff to walk and cycle to work. The BUG group has also organised

cycle training for its less confident cyclists and has sent a member of staff on a maintenance course so that the pool bikes are kept in tip-top condition.

Wales Millennium Centre hopes to set an excellent example for other organisations. Not only is it promoting active travel to its own staff but it also encourages other organisations within the Centre to do the same. The arrival of the BBC National Orchestra for Wales has heralded the recent addition of another 40 cycle parking spaces - most of which are full every day.

Velindre NHS Trust

The membership of the Velindre car share scheme is continuing to grow, with new members joining every week and the first two car sharer groups established. Work on the Velindre Hospital Travel Plan is also progressing as developments on site get underway.

Hyder News

The car share scheme at Hyder continues to grow steadily. The additional capacity provided by new car share spaces has been welcomed by staff and are being well used.

Cardiff Council News

New lockers at County Hall have been installed and are being allocated. Staff using active modes of travel are encouraged to apply for one. The first round of cycle training sessions at County Hall has been held and a second series is planned for the Spring. Both cycling and bike maintenance sessions will be available for staff at County Hall and City Hall. The first buying window for the Council's Cycle To Work scheme started on 15th February with a series of roadshows held by Cycle Solutions. Staff across the Council will be able to benefit from the scheme, with potential savings of 40% on purchases.

Do you walk or cycle to work?



These lockers are available for staff who use active modes of travel!



Please contact travelplans@cardiff.gov.uk for more information.



Healthy and active travel



Walking and cycling in Cardiff

If you've made a New Year's resolution to get fit or just to do a bit more exercise, active travel could be what you're looking for. Walking and cycling are ideal forms of physical activity and can be easily integrated into your daily life so you don't need to find time or go to the expense of going to the gym!

We all need regular exercise to remain healthy but worrying levels of people in Wales still don't get their '5 x 30' - the recommended 30 minutes of physical activity on five or more days a week.

Regular physical activity can help you to:

- Lose weight
- Lower your risk of heart disease, stroke, some types of cancer and diabetes
- Improve your fitness, energy levels and general feeling of wellbeing
- Promote better sleep.

Using active modes of travel - walking, cycling, or even running - can also help to save you money and time on your journeys. And if you don't want to travel on your own, you can use **Carshare2Cardiff** to find a match for your journey!

If you need some ideas to get you started, Cardiff Council has a range of leaflets with suggested routes.



New Poster

Carshare2Cardiff isn't just for car sharers! Explore the journey sharing options and look for someone to walk or cycle with.



Useful Information:

Planning for Travel:

Traveline Cymru: www.traveline-cymru.org.uk (tel. 0871 200 22 33)

Walking and cycling:

Sustrans: www.sustrans.org.uk

Ramblers: www.ramblers.org.uk/wales/

Travel Plans:

www.cardiff.gov.uk/travelplans or www.keepingcardiffmoving.co.uk

e-mail: travelplans@cardiff.gov.uk