

WELCOME TO LEEDS TEACHING HOSPITALS

MAKE YOUR TRAVEL GREENER AND HEALTHIER



At Leeds Teaching Hospitals NHS Trust (LTHT), we are committed to reducing our carbon footprint and promoting sustainable travel. Choosing active and sustainable travel options benefits your health, the environment, and can save you money!

Active Travel Options



Walking

- Walking is one of the easiest ways to stay active while commuting.
- Estimated walking times between LTHT sites:
 - St. James's Hospital to Leeds General Infirmary: 34mins
 - Chapel Allerton Hospital to St. James's Hospital: 49 mins
- Safe pedestrian routes and crossings are available around our hospital sites.



Cycling

- **Cycle Storage & Facilities:** Secure cycle parking is available at our major LTHT sites, with plans to expand to Seacroft and Wharfedale hospitals.
- **Cycle-to-Work Scheme:** Staff can save on bike purchases through our salary sacrifice scheme.
- **Nearby Cycle Routes:** LTHT sites are accessible via several dedicated cycle paths.
- **Showers & Lockers:** Available for staff cycling to work – check your site's facilities.



Public Transport Options

Bus Services

- Several **First Bus and Arriva** bus routes connect LTHT sites. staff can benefit from discounted travel passes.
- **LTHT Shuttle Bus:** Free inter-site shuttle for staff between Leeds General Infirmary, St. James's, Chapel Allerton, and Seacroft Hospitals and from Leeds train station to St James's.



Train Services

- Leeds Railway Station is a key transport hub within walking distance of LGI.



Car Sharing and Greener Driving

- **LTHT Car-Sharing Scheme:** Find colleagues to share rides and reduce emissions.
- **Electric Vehicle (EV) Charging:** Charging points available at selected LTHT sites.



Greener Travel

Health and Financial Benefits

- **Save Money:** Reduce costs on fuel, parking, and public transport with transport discounts available to our staff.
- **Improve Well-being:** Walking and cycling boost mental and physical health.
- **Lower Carbon Footprint:** Help LTHT meet its sustainability goals by choosing greener travel.

Useful Links and Resources

- LTHT Sustainable Travel Page: [Sustainable Travel and Parking – Leeds Teaching Hospitals NHS Trust \(leadsth.nhs.uk\)](https://www.leadsth.nhs.uk/sustainable-travel)
- Public Transport Discounts: [Public Transport Discounts – Leeds Teaching Hospitals NHS Trust \(leadsth.nhs.uk\)](https://www.leadsth.nhs.uk/public-transport-discounts)
- Shuttle bus timetable: [Shuttle Bus – Leeds Teaching Hospitals NHS Trust \(leadsth.nhs.uk\)](https://www.leadsth.nhs.uk/shuttle-bus)
- Contact for transport enquiries: <mailto:leadsth-tr.F-Transport@nhs.net>



Visit the Sustainable Travel Intranet page for more.

Let's make travel to work healthier, greener and more sustainable together!

