

## Supporting our students towards sustainable travel

At King's we would like to support students to choose sustainable forms of transport where this is possible.

### **Cycling**

As well as being beneficial for both mental and physical health, travelling via bike is a great thing to do to mitigate against the climate emergency and you might be interested to read more about how transport affects our public and climate health in this [BMJ article](#).

Students can now access information on keats that supports them with information about where to access funding, cycle training and navigating safe routes; and this is also summarised below. When students join you on placement, we'd be grateful for your support in signposting this and ensuring they are aware of any secure parking facilities or showers.

#### Help with cost:

- **'Try before you Bike'** allows you to hire your choice of bike and accessories for a trial period (starting at £30 per month) after which you will have the option to return the bike or buy it at a reasonable price with the hire fees deducted from the cost (anyone who lives, works or studies within [Lambeth](#) or [Southwark](#) is eligible).
- If you're a 4th or 5th year medical student in receipt of an NHS bursary you can be reimbursed 20p per mile from cycling to placement which you can find [here](#).

#### Getting around:

- **'citymapper'** app gives you options for quiet (or fast) routes
- [London Cycle Routes youtube channel](#) has very clear instructions for routes that avoid main roads.

#### Safety and Confidence:

- [London Cycling Campaign](#) has helpful tips to build up confidence and to stay safe
- **'Cycle confident'** and **'Bikeability'** offer local cycling training and skills courses in many London boroughs.
- [JoyRiders](#) organise cycle rides for women at all levels including 'true beginner'
- <https://www.cyclesisters.org.uk> is a charity focused on making cycling more accessible for muslim women.
- [Wheels for Wellbeing](#) promotes inclusive cycling and runs sessions to help those with disabilities access cycling.

#### Secure bike storage and showers

- the security teams at both Guy's and Denmark Hill campuses will be able to help you access the secure bike storage there and do ask at your hospital or GP placement.
- Showers in [KCLSU](#)

### Wider reading about cycling

- In this [BMJ article, James Woodcock and colleagues](#) analyse how transport effects public and climate health
- Scarlett McNally points out the importance of making our roads safer in this [BMJ opinion piece](#).
- In this [article](#), a patient with Ehlers Danlos syndrome explains how using a tricycle helped her to get about and reduced her pain.
- Alongside supporting wider public health and climate health benefits cycling is also becoming part of how we deliver an efficient health service. The [London Ambulance Service cycle responders](#) operate in areas that are difficult to reach by an ambulance such as congested areas of London; GSTT [district nurses are using e-bikes](#) for home visits; and UCLH have a [health clinic built into an eco-tricycle](#) to provide outreach services to homeless and vulnerable patients.