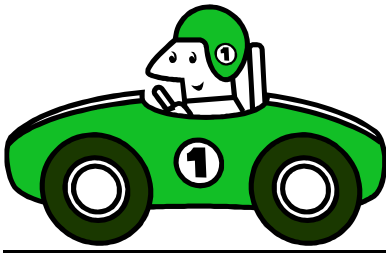


## THE CAR AND YOUR HEALTH



Richmond Medical Centre has been aware for some time of the negative impact of the car on everyone's quality of life. Our love affair with the car is beginning to have serious effects on all our lives.

Have you thought?

- The difficulty you have had losing weight could in part be due to your choosing to use a car rather than walking.
- Each time you get into the car for a journey less than 2 miles it has a disproportionate effect on your environment.
- Diabetes, heart disease and chronic lung disease can all be exacerbated by lack of exercise – taking to the car too often.
- The risk to pedestrians and other road users increases with the density of traffic on our roads. Richmond Road is now very busy and dangerous.
- Sitting in traffic jams and lack of exercise affects your mental health adversely. More people on the streets walking makes for safer streets for all.
- If people did not use their cars as much, the roads would be safer for cyclists.
- More cyclists and walkers – less cars which mean less climate change.

In Summary:

Walking and cycling are good for your health and much better for the environment. That is the global environment but also the environment here in Richmond.



We have some **proposals** and would welcome people's views:

- As many people as possible could choose the repeat dispensing system where you can have 6 or 12 prescriptions sent to the chemist and you do not have to drop your prescription requests in. This works for people on drugs which tend not to change often.
- People who are IT literate would not come to the surgery with requests for prescriptions or other non urgent items, they e-mail requests through our website [info@richmondmedicalcentre.co.uk](mailto:info@richmondmedicalcentre.co.uk)
- Patients do not need to collect the prescription in person but can go to the chemist – i.e. have the prescription collected from us by the chemist – this helps our neighbours on Richmond Road who are really struggling with the traffic. Much of this is related to patients dropping off prescription requests or picking up prescriptions.
- When you do have to come to surgery in a car, it is because you are disabled or too ill to walk and we will be helping you find a parking space by designating half the car park for disabled parking. This means able bodied patients will no longer be able to park in the

facility as we need some space for doctors on call who have to come and go visiting patients at home. Other staff are being encouraged to think about walking to work or using public transport if they can.

- If you do stop in the car park you should turn your engine off. Sitting in a stationary car with the engine running is dangerous for your health and others around you.

We are asking for the help of all patients to help make Richmond a safer and more pleasant environment.

Views on our proposals are very welcome. If you have any ideas for us to help the environment we would like to hear from you. Ideas from children are particularly welcome as it is their future we could all be destroying.

We will be running a competition on the environment for children aged 5-12 in the near future. Watch the website!

Contact us by - telephone: 0845 122 2831  
- letter: 462 Richmond Road, Sheffield, S13 8NA  
- email: [info@richmondmedicalcentre.co.uk](mailto:info@richmondmedicalcentre.co.uk)

Visit our website for more information –  
[www.richmondmedicalcentre.co.uk](http://www.richmondmedicalcentre.co.uk)