



**North Cumbria
University Hospitals**
NHS Trust

Our Ref: Waverly 62017

Date: 31 August 2017

Estates office
Cumberland Infirmary
Carlisle
CA2 7HY

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Dear Sir,

The following letter is in support of the re-opening of the Waverly Viaduct, near the Cumberland Infirmary. Opening the viaduct would give staff and visitors an alternative way, across the river Eden, to access the hospital.

Being a health facility we encourage fitness and wellbeing for our staff, patients and visitors. Opening the viaduct gives people a route, away from traffic, to walk or cycle to the hospital and also allows staff to exercise away from the busy city on their lunch or after work.

The viaduct would allow many of our patients, some of whom are disabled or less mobile, the chance to quickly and easily access the countryside surrounding the infirmary.

As a forward looking Trust we have asked for volunteers from across the organisation to become Workplace Health Advocates; anyone can volunteer regardless of role or experience and through this we are hoping to encourage running and walking groups to be set up. Challenges will also be set up, like walk a mile every lunch time, and the best team will be highlighted on the Trust intranet. Having a facility like the pathway across the viaduct and through the countryside will encourage these activities and benefit the health and wellbeing of our staff.

The Sheepmount running track facility is used by our staff in close partnership with the Border Harriers running club. The viaduct and pathways will help with their route planning and encourage beginners to join in as they can have a choice of routes close to their place of work.

Relatively small amounts of exercise can have huge benefits to your health and help prevent serious health conditions like diabetes, cancer and heart disease.

We want to encourage all of our staff, patients and visitors to be more physically active and believe that re-opening the Waverly Viaduct would help achieve this aim and benefit all users of the Cumberland Infirmary.

Kind regards.

Yours sincerely