



# Cycling

**Encouraging your employees to cycle** can deliver significant benefits for your business.



## Financial savings

If your employees cycle to business meetings, you could save on fares and petrol expenses. Moreover, research suggests that active employees (such as cyclists) take fewer sick days.

## Happier, healthier, more productive employees

As well as improving physical health, cycling has a positive effect on emotional health, enhancing levels of wellbeing, self-confidence and tolerance to stress.

## Cleaner air and environment

With more employees cycling you can substantially reduce your organisation's carbon emissions, help reduce congestion and improve the air quality in your area.

## Cycle to Work scheme

The popular salary-sacrifice scheme offers employees tax and National Insurance (NI) savings of up to 47% on the cost of a new bike and/or accessories valued between £100-£1,000, as well as NI savings for employers.

[FOR FURTHER INFORMATION](http://www.gov.uk/government/publications/cycle-to-work-scheme-implementation-guidance)  
visit [www.gov.uk/government/publications/cycle-to-work-scheme-implementation-guidance](http://www.gov.uk/government/publications/cycle-to-work-scheme-implementation-guidance)



## Free bike maintenance

Havering Council runs **free** bike maintenance classes. Held at myplace, Harold Hill, there is both a basic and an advanced course, covering everything from how to fix a puncture to the removal and installation of parts. Cyclists should take their own bike to the sessions.

FOR FURTHER  
INFORMATION

visit [www.havering.gov.uk/  
cyclemaintenance](http://www.havering.gov.uk/cyclemaintenance)

PER YEAR...



4.5

**SICK DAYS**

AVERAGE  
UK WORKER



2.4

**SICK DAYS**

PEOPLE  
WHO CYCLE

## Free cycle training

Cycle Confident offers **free cycle training** to everyone working or living in Havering.

## FOR DETAILS

visit [www.cycleconfident.com/sponsors/havering/](http://www.cycleconfident.com/sponsors/havering/)

## Mark it in the Market

Free bike security marking and registration is offered on the first Saturday of every month at Romford Market.

Registering your bike helps the police and retailers identify and verify the legitimate owner of bikes that have been stolen or are being resold.

Security marking deters potential thieves as your bike can be easily traced if it is stolen.

## FOR CYCLING RELATED QUERIES

email [john.lynn@havering.gov.uk](mailto:john.lynn@havering.gov.uk)



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can make a healthier  
borough with cleaner air  
for today and the future.**