



**WORKPLACE BIKE WORKSHOPS
AND REPAIRS**

OFFER A TOTALLY DIFFERENT REWARD TO YOUR STAFF

- **ONE IN TWENTY BELFAST RESIDENTS REGULARLY CYCLE TO WORK.**
- **TOGETHER WE CYCLE TWO AND A HALF TIMES AROUND THE WORLD EVERY DAY!**
- **71% OF RESIDENTS SAY BELFAST WOULD BE A BETTER PLACE TO LIVE AND WORK IF MORE PEOPLE CYCLED.**

Parking is expensive. Traffic comes to a near standstill at rush hour. Public transport is crowded and delayed. Instead, commuters are taking to their bikes - or considering it - for at least some days of the week.

Take the opportunity to promote cycling to work

- ✓ Better physical and mental health
- ✓ Lower environmental impact
- ✓ Lower parking and travel costs
- ✓ Staff satisfaction and retention
- ✓ Value benefit for staff
- ✓ Networking and cross-dept working

Most commuting journeys into Belfast are less than five miles, just half an hour by bike. In many cases, that's likely to be equal or even quicker than commuting by car, train or bus at rush hour.

By cycling, staff will arrive at work feeling better about themselves, their work, their physical and mental health. And wide awake, ready for the day.

But there's a problem.

Most don't know how to fix and maintain their bikes. Too frequently, if a chain comes off, the brakes get stuck, or a bike gets a puncture, the bike goes into the shed to rust. Your staff get back into the car or onto a crowded bus, and arrive frustrated.

- **What if your team had the opportunity to learn the basics of bike repair and maintenance during their lunch hour, at no cost to them?**
- **What if you enabled your staff to have their bikes serviced and repaired on-site, for free, while they worked?**

My Bike At Work scheme offers you the opportunity to reward your staff for dedication to your organisation, while promoting their health and well being, and contributing to achieving your own environmental and social responsibility outcomes.

54% of Belfast residents said they would like to start riding a bike or could cycle more.

Bikes currently take nearly 7,000 cars off Belfast roads daily, a traffic jam equal to 21 miles.

Benefits to your staff:

Improve and add to their skills set
Improve physical and mental health
Better their sense of belonging
Opportunities for cross-departmental networking
Save their paying for gym membership
Trickle down benefits for their families
Get their bikes fixed, while they work

Benefits to you:

Easy and value-added benefit for staff
Improve team work and engagement
Healthier, happier workforce
Lower environmental impact
Reduce parking costs
Improved employee offer and staff retention
PR and social responsibility opportunities



"Commuters who cycled were associated with a 41% lower risk of premature death. Being more physically active can reduce your risk of developing chronic conditions including heart disease, stroke, type 2 diabetes, cancer, respiratory conditions and dementia. It also improves sleep, helps maintain a healthy weight and reduces stress and anxiety."

Mary Black, Assistant Director of Health and Social Wellbeing Improvement with the Public Health Agency (PHA)

I've just enjoyed a practical session where I worked on my bike while Gideon looked on and instructed. I thoroughly enjoyed this and would highly recommend it. It's now riding better than a brand new bike!! Can't recommend That Holywood Bike Thing highly enough.

Darren Marshall



Workplace Bike Maintenance Training

I'll design a bespoke training session for your staff, based on their needs and bikes.

Why cycle to work?

Puncture repairs

Setting up brakes

Fine tuning gears

Tackling frequent bike problems

On-Site Bike Repairs

I'll come to your workplace to repair staff bikes while they work.

Bike health and safety check

Set-up gears, brakes and wheels

Identify other problems and fix

New parts supplied and fit on-site

Advice and information supplied to staff

That Holywood Bike Thing offers value for money bike repairs and bike maintenance, as well as workshops on safe cycling and cycle fixing.

I have 15 years experience as a regular cyclist repairing and maintaining my own bikes, and nearly four years as a bike mechanic working with the bicycle re:cycle project in east Belfast and from my own workshop.

I am a qualified Cytech Technician, the recognised certificate for bike mechanics by the Association of Cycle Traders. I am also a certified First Aider, and have Access NI clearance.

In a previous life, I worked as a writer, communications and marketing consultant and a professional trainer.

Gideon Burrows

Contact me now to discuss your needs:

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"Got our family bikes up and running beautifully for the summer. Full of advice and information as well as genuinely wanting to save you money. Gideon's genuine passion for cycling (and people) shines through."

Claire McCool

THAT HOLYWOOD
BIKE THING

