Staff Celebrate National Bike Week With Cycle Scheme

Thursday 5 June, 2014

Celebrating National Bike Week on 14 June 2014 to 22 June 2014, Peninsula Community Health is launching the second phase of its cycle scheme.

After winning a Gold Award for the second year running from Workplace Health, the provider of NHS adult community health services in Cornwall and the Isles is always looking to improve the wellbeing of their staff where possible.

The cycle scheme was initially launched to assist staff in their travel to work and wellbeing. Due to its success, staff will have another opportunity to sign up to the salary sacrifice scheme, where they can enjoy choosing a bike up to the value of £1,000.

With bikes ranging from basic to custom-made models used by proficient cyclists, staff at Peninsula Community Health can save between 30% and 42% on the cost of a brand new bike by taking part in the scheme.

By choosing to sacrifice their salary for the opportunity to purchase a bike, staff can also expect to see many other benefits including tax and National Insurance savings, health benefits and improvement of “green credentials”.

Kate Churchward, a Stroke Care Co-ordinator/Clinical Education for Peninsula Community Health, took part in the successful first phase of the salary sacrifice scheme.

Kate commented: “The cycle to work scheme is fantastic and the process to apply for a bike was so easy. I now have my brand new bike and I'm really happy that I went for it. Cycling is something I have been able to do with my family and to improve our fitness together. I would definitely recommend taking part in the scheme!”

From travel costs alone, staff can save on average £1,175 a year from the cycle scheme. A nine mile commute will see staff burn around 4,205 calories a week – the equivalent of 10 hours in the gym. By not using a car to commute to work, Peninsula Community Health staff will also be saving around 320kg of CO2 over the course of a year.

- Ends -

Notes for editors:

Peninsula Community Health, a not-for-profit community interest company, is the provider of community-based health services to adults in Cornwall and the Isles of Scilly and provides NHS services through CommunityHospitals, Minor Injuries Units and Community Nursing Teams.
For further information visit www.peninsulacommunityhealth.co.uk

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Please note, out of hours media enquiries should be directed to our main switchboard at Bodmin: 01208 251300. Ask for the director on call.

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