

Cycle to work day – Cycle to woohah

Thursday 3 August 2023



Cycle to work ~~woohah~~ woohah

Save the date!

Cycle to Work Day is coming -
Thursday 3rd August 2023



BHN extras

IN PARTNERSHIP WITH
RALEIGH

The UK's biggest celebration of cycle commuting is back on Thursday 3rd August 2023, and want you to get involved.

Whether you've never cycled before, not ridden in a while or cycle every day, Cycle to Work Day is for you. It is a day to get in the saddle and experience the brilliant benefits everyday cycling offers – mental, physical and financial – first hand.

Although the event may be called Cycle to Work Day, but you are encouraged to participate in any and all types of bike rides – whether it's cycling to the shops or meeting up with friends for a group ride.

You can also join the cycle scheme "Love to Ride" community where you can log journeys, celebrate your success and get rewards as well as staying healthy. To participate log onto the [Love to Ride](#) webpages and sign up. Once signed up, to be entered into their prize draw all you need to do is log a bike ride on 3 August 2023.

Looking for a new bike, upgrade your old bike or get some bicycle accessories? The Council in partnership with our benefits provider Vivup has some great discounts available as part of the Cycle to Work package. To access all you need to do is register with Vivup then start using the range of discounts available. Details on how to register can be found on the HR Mytoolkit under [Employee Benefits Scheme](#)

For more information on the benefits of cycling and debunking some myths, go to the HWL's [Spotlight On](#) page

Benefits of cycling

Cycling is good exercise; the health benefits far outweigh the risk and its easy to fit into the daily routine.

It's widely accepted that cycling is excellent exercise: it helps people meet the physical activity levels recommended by the NHS, and it's good for mental health and well-being.

It also reduces the risk of life-threatening conditions that are costly to treat, such as cancer, type 2 diabetes, heart disease and obesity – the latter being a major health challenge putting enormous pressure on our health services.

Here is some recent evidence for the benefits:

- Compared to commuting by car, cycling is associated with a lower chance of dying from cardiovascular disease (-24%) and cancer (-16%).
- Increased walking and cycling in England could save 1,189 people from early deaths each year.
- Analysis of data relating to cycle commuters in Stockholm County concluded that: "The current number of bicycle commuters were 53 000, and the scenario estimated an additional 111 000. Their mean bicycle distances were 4.5 and 3.4 km respectively. On average these respective amounts of physical activity reduced the yearly mortality by 16% and 12%, resulting in 11.3 and 16.2 fewer preterm deaths per year."
- According to a study that followed 8,000 school children over a period of years, pupils who walk or cycle to school may have a healthier body weight than those who arrive by car.
- Happily, cycling is easier to fit into the daily routine than most other forms of exercise because it doubles up as transport to and from school, shops, work etc., and it's much cheaper and, potentially, more scenic, than going to the gym.

Myths and facts on cycling

Whatever way you choose to travel, everyone is just trying to get from A to B, but when Cycling Scotland ran focus groups with car drivers, some myths about cycling came up again and again – which could go some way to explain the resentment some people feel towards people on bikes.

[Cycling Scotland](#) therefore thought it might be helpful to share the truths behind the myths....

<https://youtu.be/JJSFMLuJQXI>

Myth: If there is a bike lane, people on bikes should get off the road.

Fact: It's not compulsory to cycle in a bike lane or on a shared pavement.

<https://youtu.be/mDvRoMjh2EQ>

Myth: People on bikes shouldn't move past stationary traffic.

Fact: Filtering is legal. People on bikes can ride past stationary traffic to keep moving.

https://youtu.be/R0_xD8avUu0

Myth: Cycling slows down road traffic.

Fact: Bikes take up less space and cause less congestion than cars.

<https://youtu.be/-vTzDh4t1Mg>

Myth: People on bikes should cycle close to the gutter.

Fact: The centre of the lane is often the safest place to cycle to see the road ahead, be seen, and prevent close passes.

<https://youtu.be/8-nBk3A6lcE>

Myth: Cyclists shouldn't be in the middle of the road.

Fact: The Highway Code advises people to cycle in the middle of the lane, as it's often the safest place.

<https://youtu.be/1ZrKo6zsSAU>

Myth: Cyclists don't pay road tax.

Fact: Everyone pays for our roads through general and local taxation.

<https://youtu.be/OC972JqVMRk>

Myth: There's no cycle proficiency training these days.

Fact: Cycle proficiency training is still happening in schools across Scotland... it's just called something else now - Bikeability Scotland.

<https://youtu.be/taW033OyHt0>

Myth: Cars have right of way over bikes.

Fact: People on bikes have equal rights to people in any vehicle.

<https://youtu.be/Neg959h0k4Q>

Myth: Cycling two abreast is illegal.

Fact: The Highway Code advises that it is legal and can be safer for people to ride side-by-side on roads in Scotland, to prevent dangerous overtaking.