

# Cycling for staff

As an employee of Haringey Council, you can benefit from the range of cycle facilities and schemes we offer.

## Cycle training

If you work, live or study in Haringey you can learn to cycle or improve your cycling with one of our qualified instructors for FREE. Book today – visit

[www.cycleconfident.com](http://www.cycleconfident.com) or call **020 3031 6730**

## Pool bikes

The council has a range of bikes stored in the garage of Alex House car park. If you want to try one or use one – you can! Choose your bike, note the number and book it out at the reception area of Alex House. There is a key that corresponds to the number of the bike for the provided lock.

We do not specify how long you can borrow a bike for, but please add your phone number to the hire page and also bring the bike back on the first Thursday of every month for maintenance check by our Dr Bike Mechanic.

Anyone borrowing a bike must use the lock provided when out and about with the bike.

## Dr Bike

A Dr Bike mechanic visits River Park House car park on the first Thursday of every month from 12-2pm to service employee's bikes – no need to book, just turn up – and bring your bike. Service is free of charge, however replacement parts such as saddles, tyres, chains, etc. may be chargeable.

## Cycle to work scheme

The cycle to work scheme is a salary sacrifice scheme with the aim of encouraging people to cycle to work for health and convenience by making it more cost effective to buy a bike and/or safety accessories.

The council's provider is Cyclescheme, the leading Cycle to Work scheme in the UK, with access to 2,000 bicycle retailers, including the Evans cycle shop and independent shops in Haringey.

If you are interested in this, you can find out more by visiting the following webpage

[www.cyclescheme.co.uk](http://www.cyclescheme.co.uk) where you can check your repayments and the saving you can make by using the Cyclescheme calculator (external link). The average savings through this scheme is 25% to 39%.

A recent improvement to the scheme is the facility to allow you to "decide later", which means that you can decide on the amount you want, apply for the Certificate and then decide when and where you want to use it. The Cyclescheme website gives more details.

<http://intranet/shared-service-centre/human-resources/paypension-and-benefits/staff-benefits/staff-travel-plan#cycle2wk>



**Haringey**  
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## Try Before You Bike

This is an affordable bike scheme that will get you cycling!

From only £10 a month for kids, £20 a month for adults, £50 for electric and £100 for adapted and cargo bikes you can get a new bike and accessories delivered to your door along with a cycle safety session to help get you started. Cancel anytime with nothing more to pay - or keep the payments going until you own the bike. For more information visit: <https://peddlemywheels.com/>

## Bike register

Protect your bike from theft by joining the UK's national, Police approved, bicycle marking and registration scheme. Registration is FREE, visit: [www.bikeregister.com/](http://www.bikeregister.com/)

## Locking your bike

Before visiting a bike shop, check Sold Secure website <https://www.soldsecure.com/> (external link) to see which locks are the most secure. Expect to pay £40 plus for a secure lock. The optimum way to protect your bike from theft is to use two locks and always lock both wheels and the frame to the stand.

There are more bike security tips on TfL's page about avoiding bike thefts <https://tfl.gov.uk/modes/cycling/cycling-in-london/avoid-theft>

Always leave your bike somewhere where everyone can see it or in a well-lit area covered by CCTV.

