

FREE STAFF CYCLE SCHEME

WHY CYCLING



- Our jobs are sedentary desk based jobs.
- Proven benefits for your mental & physical health.
- Helps weight loss, build tone/muscle, and good for your joints.
- NHS recommends 150 mins of moderate exercise spread evenly per week → Cycling is moderate-rigorous exercise
- Saves money on transport & increases discretionary income
- In London, this is nearly always the quickest mode of transport.
- Pollution-free and protects our air quality. London is the 18th most polluted city on Earth!
- Practice staff can lead by example and show your community of patients a healthy active lifestyle.
- Reduce health inequalities for ethnic minority staff.
 - London cyclists are mainly white affluent males.
 - People living in UK's most deprived areas live 19 years less than people living in UK's least deprived areas.

SMALL PRINT

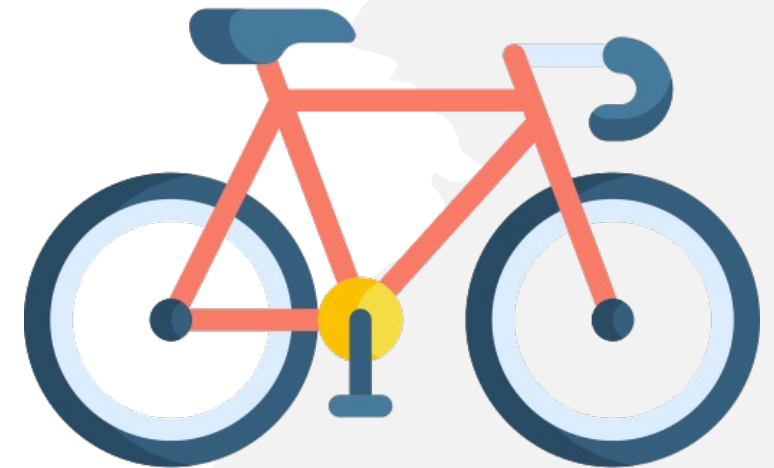
- HMRC require that the bikes are used mainly (50%) for work related journeys. WGS will not monitor this.
- Staff cannot initially sell the bikes. For tax purposes, they are technically owned by the GP Practice.
- If you want to sell the bike HMRC stipulates that you will have to 'buy' the bike from the practice first at a modest price. HMRC suggests acceptable values to be 18% of cost after 1yr, 8% after 3yrs or £0 after 5yrs.
- Staff who leave the practice can either give the bike back to the practice and pay £0, or buy it at the above modest rates.
- One bike per staff member

SCHEME

- A free new or used bike and helmet of your choice that costs up to £500.
- More expensive bikes can be considered for full time staff who agree to cycle to work every day.

ELIGIBLE STAFF

- All staff who work at least 2 days/week at WGS
- If you don't know how to ride a bike then a free Brent Cycle Skills course will teach you!



CONDITIONS

- Staff receiving a free bike agree to stay at WGS for 6mths of receiving the bike.
- WGS require that staff must use the bike for at least 25% of their commutes to work, and WGS will monitor this.
- Staff are encouraged to join the WGS Straua cycling group