

Press Release

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RUH Staff Cycle to Work

On Wednesday 20 June, staff will be able to enjoy a free breakfast as a reward for cycling to work. The incentive is being offered as part of National Bike Week (16-24 June), to promote the health and environmental benefits of travelling to work using a sustainable method of transport.

During the day cycle enthusiasts at the RUH can also check out a range of new bikes on display in the hospital's atrium. Staff will be encouraged to join the national Cyclescheme, which could save them up to 50% off a new bike.

Consultant occupational physician at the RUH, Dr Colin Payton says: "We are encouraging lots of staff to get into cycling, which is a great form of exercise and a good way to get fit. There has been a great deal of interest in Cyclescheme and so far 70 staff have taken up the opportunity to get bikes and safety equipment, such as helmets and lights, at a substantial discount.

Respiratory consultant Noeleen Foley, sister on cardiac ward Elizabeth Richards and matron Alison Tucker and are three of the many RUH staff who are reaping the benefits of cycling to work.

Noeleen purchased her bike through Cyclescheme and cycles to work whenever she can: "Buying a bike through Cyclescheme is cheaper than most gym memberships and it's a one-off payment. I'm a member of Sustrans who promote cycling and walking as healthy forms of transport. Bath isn't an easy city to cycle around because of its topography, but it is possible. It would be great to see improved cycle routes around Bath to encourage more people to ride their bikes."

Elizabeth has a five mile cycle along the cycle track. She says: "I enjoy cycling to work and particularly the journey home. It relieves me from the stresses of the day and allows me time for reflection. I don't have to worry about the traffic, though I have had a few near misses with the squirrels, the occasional rat and a dog owner! I am protected from the wind and rain."

Alison says: "Cycling to work is downhill all the way; it's quite exhilarating to get to work so speedily with relatively little effort! Getting home is slightly more of a challenge, it's clearly doing me good (a mantra I repeat to myself on the steepest part of the hill). I can collapse in a heap unobserved by all but family when I get home. The other benefit is that, even when the city is grid locked, I can nip through the traffic and carry on cycling."

Another initiative to encourage staff to 'think greener travel' is Jam Busting June, a commuter challenge jointly launched by local councils. Those taking part in the commuter challenge will be entered into a prize draw for every three days they commute to work by a sustainable mode of transport. One of three bikes, a family train ticket to a destination of choice or free bus travel for a month are among the prizes.

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For more information please contact:

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