



Cycling services for businesses and organisations

There are many well documented good reasons to encourage your workforce to cycle and our aim is to facilitate this with a variety of services that help and encourage employees to get on their bikes more.

Dr Bike

We offer on-site bicycle repair for organizations, businesses, events and schools. Simply invite us to send a mobile mechanic to your workplace. 'Dr Bike' will then set to work on your wobbly wheels, squeaky brakes and broken gears, giving the bikes the TLC they need to make them a joy to ride – all whilst your workforce get on with their day or have a cup of tea!



A Dr Bike session is a perfect way for organizations and employers to encourage people to cycle regularly, offering the reward of a free service to those who commute each day, as well as an incentive for those trying cycling to work for the first time.

Our mechanic will give each bike a safety check and do basic repairs and maintenance; fixing punctures, adjusting gears, replacing pads and cable, and giving advice on maintaining bikes in good working order. Most minor problems can be fixed on the spot, and major problems are diagnosed and a bike "MOT" provided. A regular timetable of Dr Bike sessions is a great way to promote ongoing use of bikes for transport to work.

Costs

- £30+VAT/hour for each mechanic. Minimum 2 hours.

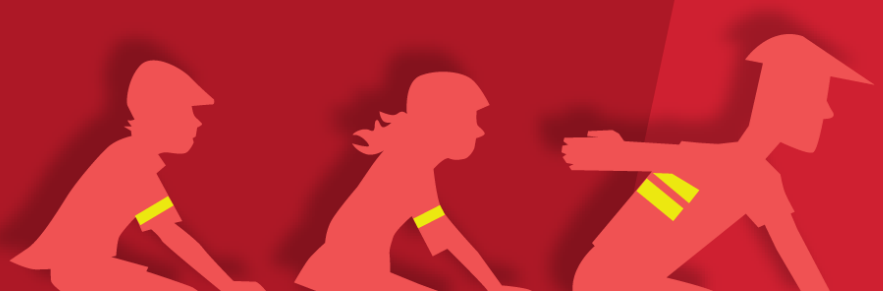
Detail:

- All travel and set-up costs within Cambridge City are included in the price. For events further afield, we charge £0.50/mile round trip from our office in central Cambridge. Eg Hinchinbrooke would be an extra 19 miles x 2 x £0.50 = £19
- Most minor repair equipment eg lubricants, bolts, puncture repair are free
- Other parts are charged at discounted rate (usually 20% off bike shop prices)



Outspoken!

Cycle Training



Bikeability Cycle Training

For businesses wishing to promote cycling, ensuring that employees feel safe and confident on their journey to work is crucial. Studies show that the best way to ensure this is through cycle training.

Individual's needs vary considerably when it comes to building confidence on the bike so we offer a range of training options from one-to-one training to group cycle training and from total beginner to advanced. We even offer a classroom session to help highlight hazard awareness and the most important factors to be aware of when cycling on the road.

Costs

- 1 trainee £24 per hour (includes VAT)
- 2 trainees £14 per hour per trainee (includes VAT)
- 3 trainees £10 per hour per trainee (includes VAT)
- Large group training/day rates – price on request

- Classroom session - £55+VAT

Detail:

- Course length is variable but often just one 2 hour session is all that's needed to boost someone's confidence.
- Group cycle training can enhance progress, is sociable and is less expensive.
- Training starts and finishes at your place of work.
- Usually no travel costs – we have instructors available in most areas of Cambridgeshire.





Outspoken!

Cycle Training



Bike Maintenance Training

One of the most common reasons for not cycling on a regular basis is the worry that you could easily become stranded miles from home/work should you get a puncture. Or perhaps the bike you have at home has been languishing in the shed with a flat tyre or snapped brake cable and you never did get round to taking it to the bike shop to be mended?



But what if you were able to recognise problems with your bike, fix punctures and do all sorts of bike maintenance yourself? You wouldn't need to rely so heavily on a bike shop and the extra confidence and freedom would mean you could head off for longer rides and save yourself a load of cash too.

For businesses and organisations, we have designed a couple of short demonstration sessions that gives you the essentials of looking after your bike. A great opportunity to get some top tips or refresh doing a puncture repair.

Costs

- £45 +VAT for each session
- All travel and set-up costs within Cambridge City are included in the price. For events further afield, we charge £0.50/mile round trip from our office in central Cambridge. Eg Hinchinbrooke would be an extra 19 miles x 2 x £0.50 = £19

Detail

- Suitable for groups of up to 18 people for session 1 and 12 for session 2.
- 1 hour long so easily fit into a lunch break

Session 1: Bike check & puncture repair

- Diagnose problems with your bike ('M' check)
- Different parts of the bike and their roles
- How to look after your bike
- Removing a wheel and doing a roadside puncture repair

Bring your own bike along to check it's roadworthiness!

Session 2: Brakes & Gears

- Detail of how brakes & gears work as well as all the various types
- Recognise when brake pads need changing
- Demonstrate changing brake pads (for V-brakes)



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Cycle Training



- Demonstrate setting up and adjusting gears (for derailleur type)

We run more in-depth, practical bike maintenance courses too to ensure you can demonstrate the essentials of bike repair. These are run in small groups and over a longer period. For more information on these, please visit our website.