

# FOOTPRINT

Hill House School

Cambian  
Hill House School

Edition #31 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

## ON YOUR BIKE!

Did you know that last week was Bike Week?

Bike Week is all about encouraging as many people as possible to get out there and enjoy their local community by bike. Many people have taken up cycling or rediscovered it over the last few years; some for exercise, some for commuting to work, to go to the shops or even just to be able to see friends and family. Riding a bicycle can give you the freedom to choose how to travel and how to live a healthier and more sustainable lifestyle.

The young people at Hill House certainly enjoy it.



## Did you also know...

- ♥ Mental health conditions such as depression, stress and anxiety can be reduced by regular bike riding.
- ♥ Cycling to work can mean you have a 45% lower risk of developing cancer, and a 46% lower risk of cardiovascular disease - your health - better by bike
- ♥ A switch of one journey per day reduces a person's carbon footprint by approximately 0.5 tonnes over a year - your climate - better by bike
- ♥ If all cycle journeys increased from the current level of 2% to 25% by 2050, the collective benefit would be £248bn - your pocket - better by bike.

Let's make every week bike week!

#MAKEONECHANGE

# FOOTPRINT

Hill House School

Cambian  
Hill House School

Edition #31 2022



## CYCLE2WORK

Cycle2Work is a government initiative that was introduced in 2001 to encourage more people to travel to and from work by bike, enabling people to make healthier choices and reducing the UK's carbon footprint.

The changes to National Insurance Contributions (NIC) this tax year mean that the potential savings for employees taking part in the scheme have now increased to up to 33.25% (for a basic rate taxpayer) and more for additional/higher rate taxpayers.

Cycle2Work is supported by a wide range of specialist bike dealers, catering to everyone regardless of their needs, budget, location or journey to work!

Cycle2work's partner, Halfords, have introduced a wider range of e-bikes and also offer free e-bike test rides but there are other outlets such as Tredz and selected independent bike shops. Check with your local independent bike store.

**CYCLE2WORK SCHEME**

# ELECTRIC BIKE BOOST

SAVE UP TO **33.25%\*** WITH CYCLE2WORK

Cycle to work with an electric boost! Take the effort out of your commute with an e-bike!



Not sure? Book an e-bike test ride using this QR code

Sign up and save with Cycle2Work today!

**cycle2work**

Bike window open:

**ALL YEAR ROUND**

Save up to 33.25%\* on bikes and accessories at the following:

**halfords** **tredz** **Independent Bike Shops**

\*Based on a basic rate tax payer. Higher rate tax payers save up to 43.25%  
Additional rate tax payers save up to 48.25%

Anyone working at Hill House can access the scheme. For more information and register through the Cambian Extras Platform.

## Be green, get fit and beat the morning commute!

#MAKEONECHANGE