



Don't get cranky waiting in traffic...cycle to Dyce in August!

Event	Date, time, venue, Speaker	Contact
<p>Confident Cycling: 1 ½ hrs on-road training. Bikes needed. Aimed at those who have not been in the saddle for a while.</p> <p>Experienced cyclists will take less confident cyclists round the local roads to encourage confident cycling. Basic maintenance will be included. 12 maximum. Tuition by Gerard, CTC and members of Aberdeen Cyclists Forum.</p>	<p>17th August 12.00 PSN, Wellheads Place</p>	<p>Scott Telfer 01224 777568</p>
	<p>17th August 12.00 Aberdeen Airport</p>	<p>Stuart Torpey 01224 725068</p>
	<p>31st August 12.00 BP</p>	<p>Cheralynn Pieters 01224 833578</p>
<p>Cycle Maintenance, appointments every 10 minutes.</p> <p>Bring your bike for a check over and adjustment, or learn how to do it yourself. While you are waiting, feel free to 'look and learn'</p> <p>If you know you will need parts, ring Changing Gear and Ishbel will try to supply them on the day. Tuition by Changing Gear of Inverurie who offer 10% reduction on all parts and a service for £20 instead of the usual £30. Tel. 01467 670111.</p>	<p>3rd August 12.00 -14.00 Booking essential BP</p>	<p>Cheralynn Pieters 01224 833578</p>
<p>BUGs (Bicycle User Groups)</p> <p>How to set up a Bicycle User Group in your company. Bikes not needed.</p>	<p>10th August 12.00 onwards Farburn Ante Room, BP</p> <p>Sonia Element and other members of BP BUG</p>	<p>Sonia Element 01224 833069</p>
<p>SALARY SACRIFICE SCHEME FOR BIKE PURCHASE An explanation of what it involves and how to set up a system.</p> <p>Save up to 50% of the cost of the bike and safety equipment; pay monthly and save VAT, National Insurance and income tax; get any make or model from your local shop; save your employer money as well as through NI savings; minimal hassle!!! Gary is in the area all day, if you wish to arrange a meeting for him, give me a call.</p>	<p>24th August 12.30 – 13.30 PSN, Wellheads Place</p> <p>Gary of Cyclescheme Limited, Bath. A company set up to do all the hard work for you, for free!!</p>	<p>Morag Wood 01224 777943</p>
<p>The Cycle Friendly Employers Award:</p> <p>A short case study of the most recently awarded organisation, namely Gartnevel Hospital in Glasgow along with a more in-depth look at the assessment criteria via a PowerPoint presentation. This award links into the SHAW awards. Sandwich lunch provided.</p>	<p>31st August 12.30 -13.30 Aker Kvaerner</p> <p>Lindsay Brunton Cycle Scotland</p>	<p>Andy Massie 01224 406236</p>

Thanks to all the companies and individuals involved for giving up a bit more than their lunchtimes!

Marilyn Gardner, Manager Dyce TMO. 01224 833814