

Bikes@Work News

A snapshot of the latest Bikes@Work activities, plus some active transport inspiration from near and far.

<http://www.bikesatwork.com.au>

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Spring 2009



Dates for the Diary

- | | |
|-------------------|--|
| Wed 14
October | National Ride2Work Day
Sustainable Transport Expo
@ Victoria Green, Docklands. |
| Sat 24
October | International Day of
Climate Action |
| 11-14
November | Bicycle Film Festival - Sydney |
| 26-29
November | Bicycle Film Festival -
Melbourne |



CycleWise in the Community

After two successful autumn CycleWise courses in Brunswick, a half day CycleWise Spring Intensive was run on Sunday 6th of September. Melbourne's erratic spring weather was kind to us meaning we didn't have to battle against gale force winds, rain and hail. The CycleWise Community courses are designed for people who can ride a bike but don't feel confident on the roads. It consists of an initial info session (usually in a local café) followed by practical session to work on bike skills and build riders' confidence in different traffic situations.

Here's what recent participant Julie had to say:

"...an excellent course, ... Rosy is very approachable and helpful, I got some great tips and now feel much more confident in riding on the road"

Who's that cyclist?

If I was flattened and transformed into white paint on the road, I'd probably look something like this. I took this photo in Kanazawa, Japan, where most of the bike riders look much like this picture. Riding city bikes with a step through frame, basket, seat down low andwait for it.....no helmet!





Peddalling Women's Health

Women's Health in the North leads the way showing that two wheeled transport really does *'make all the difference'*

Women's Health in the North (WHIN) undertakes a number of activities to support the health and wellbeing of women in Melbourne's northern metropolitan region. Their motto is "Making all the difference" and they achieve this through providing health information, education and training, delivering innovative health promotion and community education projects, forming partnerships, and ongoing advocacy and research on women's health and well-being needs. They particularly work to meet the needs of women who are most

marginalized by the health system. With this in mind, it makes perfect sense that they decided to supplement their existing car fleet (2 small cars) with a shared staff bicycle. Bikes@Work assisted WHIN through the jungle of risk management, liability and insurance concerns, bike fleet set-up, accessories, induction and training. The pool bicycle currently has 5 users (that's more than 35% of their staff!) and has settled in well to its High Street Thornbury home - just a few doors up from where it started life in

the Human Powered Cycles workshop. Adriana (admin and finance coordinator) was grateful for the help from Bikes@Work stating, *"Rosy from [bikes@work](#) was great. She met with us initially to look at our requirements... recommended a couple of bikes as well as accessories and safety gear we might consider; helped with all the paperwork ... and ran a training session for us ... Throughout all this she's been very helpful and accommodating. We will be recommending her."* Thanks Adriana!

CycleWise2Work – Lunchtime sessions

The lunchtime CycleWise2Work or 'defensive cycling' sessions have been proving popular with the larger CBD employers. The 45-minute session covers road rules, traffic tips and info about on-line resources to promote safe and responsible bicycle commuting. It can be run as part of employee health and wellbeing initiatives or in the lead-up to

corporate cycling events such as National Ride to Work Day. It includes a powerpoint presentation, a short cycling safety video (produced by the Cycling Promotion Fund) and question time. Past clients include Lend Lease, Sustainability Victoria and Price-waterhouse Coopers. **Now's a great time to encourage staff to get back on their bikes with CycleWise2Work.**



Would bicycle registration reduce theft in Melbourne?

Secure bicycle parking doesn't seem to be a problem in Japan. Most bikes are left unsecured outside train stations, shopping centres and houses. At the very most, a flimsy cable or rear wheel lock is used to prevent it being ridden away (by mistake?). So begs the question, *why is no one worried about having their bike nicked?*



Earlier this year my partner was a victim of bicycle theft, having his treasured mountain bike stolen from Flinders Street bike racks during the Sustainable Living Festival. Over 5,000 bicycles are stolen in Victoria every year (BV website) and it seems only the heaviest, reinforced and expensive locks will serve as a deterrent to determined bike thieves.

We know that the Japanese are good law-abiding citizens, but

then again, so are the majority of Australians, aren't they?

Inside one of Osaka's main train stations I saw signs warning people about bag snatchers doing "ride-bys" on the back of scooters. Just outside the station were hundreds of bikes parked on the pavement, not a single one locked to a pole (in fact bike hoops don't seem to exist in Japan). If there are bag snatchers, why not bike snatchers?

It could have something to do

with the fact that all bicycles are registered by the bicycle shop at the time of purchase. Registration is free of charge and policed by the local authorities. This, combined with the fact that the majority of bikes are practical city bikes and not fancy carbon fibre road bikes, means there is very limited opportunity for on-selling and profiting from stolen bikes.

Could registration reduce bike theft in Australia?

WorkHealth initiative offers free health checks and health promotion grants

Almost a year after the Victorian Government's health promotion initiative was announced, **WorkHealth** has been rolled out across Melbourne. Free worker health checks are now available to all workplaces in the Melbourne metro, Loddon Mallee and Barwon South West areas. Once the majority of employees have been

offered health checks, workplaces can apply for grants to implement health promotion programs. Funding amounts depend on the organisation's annual turnover and number of staff participating in the project. Examples of projects that can be funded by the grants are: corporate bike fleets, facilitator to conduct sessions to encourage

active lifestyles (eg. Bikes@Work's seminar and practical sessions) and on-site sessions on relevant health topics (eg. Exercise and type 2 diabetes). *Funding round 2 closes on 27 Nov so check out:*

www.workhealth.vic.gov.au

WorkHealth