

# One Journey Better



## Cycle Confidence and Maintenance Training for Workplaces

Brighton & Hove City Council (BHCC) offers **cycle training** for everyone in the city. While most cycle training is delivered through courses for children in schools, commonly known as [Bikeability](#), the number of adults requesting training is becoming increasingly popular. Our [City Cycling Skills](#) project offers cycle training and maintenance courses on an individual basis. Individuals can book training sessions and classes directly with us through the above link. These courses are heavily subsidised and attendees are required to pay a small contribution towards the course.

If, however, your workplace would like to organise cycle training or basic maintenance courses for staff, please email [transport.projects@brighton-hove.gov.uk](mailto:transport.projects@brighton-hove.gov.uk) and request a corporate cycle training and maintenance course form. These courses can be offered for **free** as an addition to the [workplace travel offer](#).

Our expert, friendly and professional cycle instructors can teach **all levels of cycle skills**, from complete beginners to experienced commuters who want to hone their cycle craft, for example navigating junctions and road positioning. Cycle training can be tailored for individuals or small groups (max of six in a group) of the same ability and can be run from your workplace.

Our instructors are trained to the national standard for cycle training and deliver training based on these guidelines.

Our **basic cycle maintenance courses** teach employees how to maintain their bicycles so they run smoothly throughout the year and fix punctures should they occur. Maintenance courses can be delivered at your workplace or at our venue at The Level in Brighton.

BHCC offer a number of **cycle challenges throughout the year**, these are open to workplaces across the city and are a great way to encourage staff to cycling and reward them for doing so.

If your workplace wants to enter Love to Ride's cycle challenges and compete against other companies, register and sign up here: [www.lovetoride.net/brighton](http://www.lovetoride.net/brighton). By riding their bikes, your staff can win some great cycling prizes.

One Journey Better **by bike**

[www.brighton-hove.gov.uk/onejourneybetter](http://www.brighton-hove.gov.uk/onejourneybetter)

Funded by the Department for Transport's Access Fund.

Additionally, if you want to promote safe cycling routes to staff use our **cycle map** which can be accessed here: <http://www.brightonandhovecyclemap.com/>

If you have any questions regarding this offer email [transport.projects@brighton-hove.gov.uk](mailto:transport.projects@brighton-hove.gov.uk) or call 01273 295456.

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**Brighton & Hove  
City Council**