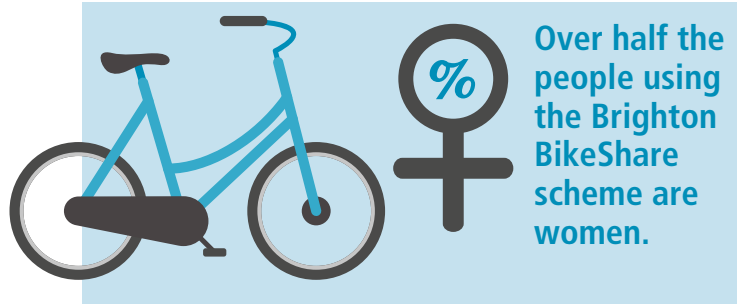


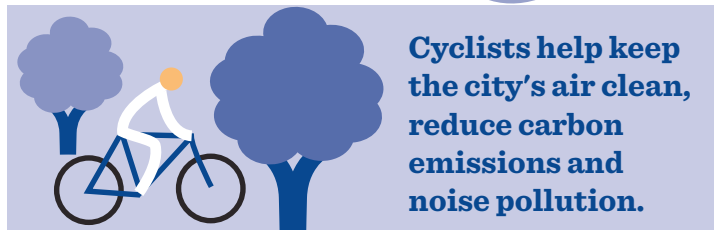
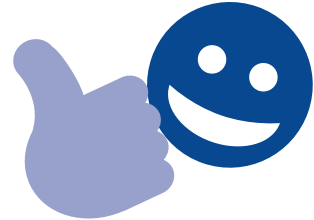
# Wheels for Women

More women are experiencing the benefits of cycling.



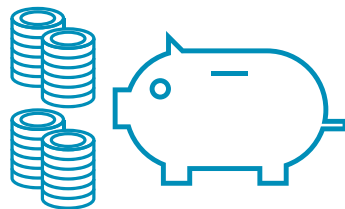
Cycling feels great and is good for everyone!

Cycling gives you a feeling of wellbeing, freedom and independence.



**80%** of people using Brighton Bikeshare say they save time and their journeys are easier.

Cycling saves money! You could save up to **£1000** a year by using the car less.



## Local help to get cycling.

Sustrans are working with local schools to support girls cycling to school, as currently boys are

**10x** more likely to cycle to school than girls. Find out more by following the link below.

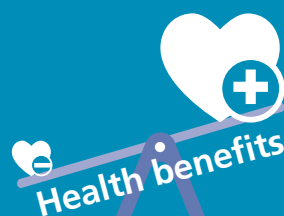
Brighton & Hove City Council offers affordable cycle training & maintenance classes for beginners.



## How safe is cycling?

Regular cyclists are less likely to develop cancer, diabetes or heart disease, outweighing the risks of cycling

**20:1**



You are exposed to less pollution cycling than in a car.



The chance of being involved in a collision in Brighton & Hove is **low**, almost the same for cyclists as it is for pedestrians.

For support and advice to help you get cycling visit:  
[www.brighton-hove.gov.uk/wheels-for-women](http://www.brighton-hove.gov.uk/wheels-for-women)