



**1<sup>st</sup> July 2010**

## **Clydebank Housing Association Press Release**

### **Get On Yer Bike!**

Michael McLaughlin, Senior Administrative Assistant - Finance at Clydebank Housing Association (CHA) recently joined the Government's Cycle to Work scheme.

Michael who lives in the south side of Glasgow decided to get fit and help the environment and, through CHA joined the Cycle to Work Scheme. This new Government initiative has been introduced to promote healthier journeys to work and to reduce environmental pollution. The 1999 Finance Act introduced an annual tax exemption, which allows employers to loan cycles and cyclists' safety equipment to employees as a tax-free benefit. Michael cycles most days covering over 15 miles to and from CHA's offices.

This is another way in which CHA is helping the environment, they already have a Community Heating & Power Scheme (CHP) and an eco-friendly Electric Car Hire scheme for tenants and residents (cars run off excess power generated by the CHP)

Michael says "Although I must admit to still struggling up the odd hill, I am really enjoying cycling to and from work. The cycle to work scheme has enabled me to get a bike at a really good price (we don't pay the tax on it) - so not only am I helping the environment and keeping healthy(ish) but I am even saving money on my travel costs."

Sharon Keenan, Depute Director at CHA "Clydebank Housing Association is always looking for new ways to reduce its carbon emissions and by operating the Cycle to Work scheme for its employees, only adds to its array of environmental conscious offerings."

Clydebank Housing Association hopes that more staff will join the scheme and leave their cars at home, get fit and help the environment.

**Ends**

Contact: Ali Mailey, Communications Officer, Clydebank Housing Association.  
Tel 0141 941 1044/0141 533 7070, email [ali@clydebank-ha.org.uk](mailto:ali@clydebank-ha.org.uk)