



Doctor Bike

Hello!

Our cycle-therapist, Doctor Bike, is available to visit workplaces, schools, colleges, community centres or events such as festivals and carnivals.

Resplendent in white coat with stethoscope and tools at the ready, Doctor Bike will...

- Hold a cycle surgery.
- Give bicycles a check-up.
- Carry out minor surgery on the spot, fixing punctures, tuning gears and replacing cables and brake blocks.
- Write prescriptions, to take to a cycle shop, if bikes need more intensive care.
- Offer advice about cycle maintenance.
- Give out free leaflets and cycle maps.

A cycle surgery is huge fun. It's practical too because it gets bikes working smoothly and safely... and that's the first step to getting more people cycling. If your organisation has a Green Travel Plan a Doctor Bike surgery is a great way to encourage cycle commuting.

Doctor Bike is provided by Life Cycle UK, the cycle promotion charity. We've run cycle surgeries for Government agencies, local councils, schools, colleges and universities, and hundreds of employers including John Lewis, Price Waterhouse Cooper, The Audit Commission and Halifax Bank of Scotland. We can also run a cycle information stall, an inspirational roadshow or provide cycle skills training for your people. Please contact us for more information about these services or visit our website.

What you need to provide

We can run a Doctor Bike surgery almost anywhere, indoors or outside. We need a large well-lit space (16 square metres or more), a sturdy table and, if outdoors, a canopy or gazebo in case of rain.

Cost

- A two-and-a-half hour cycle surgery with **one** mechanic costs **£165**. Additional time can be booked at a rate of £66 per hour.
- A two-and-a-half hour cycle surgery with **two** mechanics costs **£200**. Additional time can be booked at a rate of £80 per hour.

The price includes the provision of spare parts such as brake blocks, inner tubes and cables. There will be an additional charge for travel costs for locations outside Bristol.

Life Cycle UK ● 86 Colston Street ● Bristol BS1 5BB ● 0117 929 0440

www.lifecycleuk.org.uk



Frequently Asked Questions

How many Doctor Bikes will I need?

A Doctor Bike surgery runs for at least two-and-a-half hours. One Doctor is often enough but we recommend a pair if there's demand. In two-and-a-half hours a single Doctor Bike will be able to treat about 15 bicycles, two Doctors will treat 30 or more.

What will Doctor Bike do?

Doctor Bike will check bicycles over and fix simple faults such as flat tyres, broken cables, noisy gear-changes and problems with brakes. In addition, they will give out lots of advice and tips about caring for a bike and doing basic maintenance.

What won't Doctor Bike do?

Doctor Bike will not do major repairs and time-consuming tasks. These are best done by a reputable repair shop. Doctor Bike will give people written advice in the form of a "prescription" which will help them if they need to take their bike to a cycle shop.

When is Doctor Bike available?

A cycle surgery is a brilliant way to celebrate Bike Week which is held in June every year (but book early – we're in great demand that week!) Doctor Bike also fits well with World Health Day or European Mobility Week. You're not restricted to these days though, we can run a cycle surgery whenever you like!

Can we take photographs of Doctor Bike for our newsletter?

Certainly!. Doctor Bike will be pleased to pose with white coat and stethoscope. It makes a great picture.

How do I book a visit from Doctor Bike?

Simply phone the Life Cycle UK office (0117 99 0440). We will check our mechanics' availability and diary your Doctor Bike surgery. You can pay by credit card over the phone or we can invoice you if you prefer.

Note

The provision of Doctor Bike is subject to Life Cycle UK's Terms and Conditions, copies of which are available via our website.