

## Get fit for Summer

Save £'s and lose lbs by cycling to work!

**Cycling 5 miles to work and back each day burns around 2336 calories a week.** That's equivalent to around 5.84 hours in the gym! By not using your car, you are also saving about 178 kg of CO2 over the course of a year, not to mention the savings to your pocket in fuel costs. Cycling helps you stay fit and healthy, burns calories and reduces your carbon footprint too, so why not give it a go this Spring? Showers and bike shelters are available at head office and with Cyclescheme you can kit yourself out from head to toe ready for your commute to work. Cyclescheme is all about getting you on a bike and saving you money! For example a bike retailing at £500 could



end up costing you £340 or £28.33 per month through Cyclescheme, that's a saving of 32%. You can also include items such as bike helmets, clothing and accessories in the purchase price. So whilst you may not end up a gold medal winner like Victoria Pendleton (pictured above)

there really is no excuse not to get fit this summer. To find out more, visit: [cyclescheme.co.uk/302265](http://cyclescheme.co.uk/302265)



### Free Bike Checks

16th June, 2015 8:00am - 4:00 pm  
**Mr Cycle** will be to carrying out free bike checks at:  
 Waterside Management Suite,  
 Old Chapel Way,  
 Broadland Business Park,  
 Norwich, NR7 0WG  
 For more details visit: [mrcycle.co.uk](http://mrcycle.co.uk)

## Energy Usage 2014/15

**Good News!** The amount of energy consumed in 2014/15 by each employee at Fifers Lane decreased by 25% compared to 2013/14. A significant factor in this is the decrease in gas consumption of 45% whilst electricity consumption has decreased by 4%.

**Bad News!** This year both electricity and gas usage is

increasing! Electricity usage for February has increased by 11% and March by 13%. Gas consumption for February has increased by 111% and in March by 90%. The total electricity cost for Feb/Mar is £11,200 and the cost of gas over the same period is £6,300. Therefore, please be mindful of the energy being used, make sure electrical appliances

are switched off when not in use and heating is only used when required, especially as we approach the summer months.



# REUSE REDUCE RECYCLE

**Water consumption** is down by 28% per employee in comparison to 2013/14 based on actual meter readings. Even so costs are approximately £12,000. You can help reduce consumption by using only the necessary amount of water and making sure taps are turned off after use and report any leaks to the FM Helpdesk.



**Waste Recycling** - 99% of the waste (153tonnes) collected from Fifers Lane is processed following the waste hierarchy of prevention, minimisation, re-use, recycling, energy recovery and disposal. You can still do your bit by ensuring the correct waste goes into the recycling bins, flatten all cardboard boxes and try to use only the required amount of paper when copying. Please make sure you only put confidential waste into the confidential waste bins, last year 17.50tonnes was collected at a cost of £2,737.

Waste Oil Recycling Report - 2014	
Total Oil Delivered IN (litres)	36,400
Total Oil Collected OUT (litres)	3,327
Overall Recycle Rate (%) *	9%
Carbon Emission Saving (tonnes) *	7.55

**G2G** Convert Green Ltd  
**Bidvest 3663**  
**ACT ON CO<sub>2</sub>**

**3663 greener by the mile**

\* The recycle rate is the amount of waste oil generated from the amount of oil delivered in by Bidvest 3663. If Bidvest 3663 are the only supplier of oil, we would expect the recycle rate to be between 50-55%. If oil is being supplied in from additional suppliers, then this figure is a notional amount only.  
\*\* Calculation is based on comparing the carbon emissions for standard diesel and biodiesel (B30 mix) used in Bidvest 3663 lorries for the amount of B30 fuel made from the amount of waste oil collected from your sites in 2014

## Car Sharing, it can be a laugh!

In a brand new sitcom, Peter Kay experiences the highs and lows of car-sharing with a colleague. The series follows John (Peter Kay) and Kayleigh who have been thrown together in a company car share scheme, forcing their paths to cross as they journey to their respective jobs at a major out-of-town supermarket. **Peter Kay tackles car-sharing with a real sense of humour** (we didn't expect anything less), whilst breaking down the barriers and shedding light on some of the advantages. Amongst other things, the series shows that when car-sharing...

- We may all start a little bit shy and awkward, but it usually blossoms into genuine friendship
- Silences really can be comfortable
- It transforms your commute
- It's the best thing ever when you're not up to driving
- Sharers really do love a sing-along to the radio!



We now have a dedicated parking space at Fifers Lane for car sharers, so you can start your very own car sharing adventure! The space is located in the front car park near the Eventguard office and is available on a first come first served basis to registered users of the Liftshare site. For more details visit [norse.liftshare.com](http://norse.liftshare.com)

## Bike Week 2015

Bike Week is an annual opportunity to promote cycling, and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK, whether this be for fun, as a means of getting around to work or school, the local shops or just to visit friends. The 2015 event will take place 13-21st June but events still take place through until September and beyond! For more details visit: [bikeweek.org.uk](http://bikeweek.org.uk)