

Piotr's story

As a benefit for his involvement with the [Saints Foundation](#) and [Society of St James](#), Piotr received a free bike through the [Saints4Sport Project](#). Here he tells us how the scheme has helped him to save money, stay fit and do his bit for clean air.

"My name is Piotr Szyszkowski and I work for the Saints Foundation and have been involved with The Bridge Services via the Saints4Sport project. I have also been volunteering for the Society of Saint James for a few months now. Recently, I was offered a bike from the S4S My Journey to Employment Programme - a scheme that offers benefits for the volunteering staff, including lifestyle and environmental advantages, lower travel costs etc. I was given an opportunity to pick my own refurbished bike together with brand new safety equipment.

"As the cost of the daily commute is rising i.e. fuel prices, public transport costs and car parks charges etc., the use of a bicycle has become more attractive and appealing to me these days. I will be able to save on petrol and parking should not be an issue any more.

"With my strong focus on personal health, wellbeing and fitness, the bike scheme fits in well in my daily routine adding yet another outdoor activity to my running, swimming and gym 2-3/week.

"Commuting by bike also helps me fulfil my environmental responsibility as it should contribute to the overall reduction of carbon dioxide in the atmosphere. My contribution to the saving of CO2 emissions can be even more significant since the bike I received from My Journey to Employment can also be used for non-work journeys."