



# Newsletter

## Clacton and Jaywick Sands



### Rosie's Ramblings

Essex Pedal Power's journey, now in its third year, is a testament to the community's passion for cycling. With over a thousand riders, it's clear that the initiative has significantly impacted the local area, encouraging more people to take up cycling. The stories shared by Denise and Andrew on the social FB community page have not only inspired others but have also brought the community closer together. Their commitment to participating in Ford RideLondon-Essex is a remarkable milestone. It's heartening to see organizations like Active Essex and the London Marathon Foundation supporting such endeavours. As they gear up for this significant challenge, the entire community's support is undoubtedly a source of encouragement for them. Here's to hoping they find the event to be a fulfilling and joyous experience, adding another chapter to their cycling adventures.

*Rosie*



### Fun Fact

In 2019 Sergey Dashevsky rode the smallest bicycle ever made. The mini-bike is only 8.4 cm long.



### Nominated for another award!

Essex Pedal Power in Tendring have been shortlisted in the Public Health category for the Local Government Chronical awards 2024. Essex Pedal Power in Clacton and Jaywick and Harwich and Dovercourt were nominated by Tendring District Council.

However, Essex Pedal Power in Colchester has also been shortlisted and was nominated by Colchester City Council. The winners of this award will be announced at an award ceremony in London on the 12th June. Find out more information on this award [here](#).

### RideLondon

RideLondon will be coming through Colchester on Friday 24th May. Ending on the High Street between 3 - 3.30. Find out more [here](#).



## Dashboard

**242,123km**

Total distance travelled

**1258**

Total bikes distributed

**1,068,451**

Total minutes active

## Baseline Survey

Have you completed our baseline survey? If you are eligible for one of our bikes please complete this baseline survey to help us understand individuals participation in their local area, physical activity levels and the wellbeing in Essex.

To complete the survey click [here](#).

Some Clacton, Walton, Harwich and Jaywick residents joined Becky D for some Ride Leader training, on Thursday 25th April, including Rosie, Kerry and Ian.

They are currently practicing their skills and will be setting up some more group rides when they feel ready.

## Ride Leader Training complete



## Tour De Tendring is back!

Update: Tour De Tendring is now only running from Dovercourt.

Date: Sunday 19th May 2024

Starting points: Dovercourt Bay Lifestyles

Routes: 20 miles and 60 miles

You can join some of our other members doing the 20 mile ride or try the 60 mile ride. Essex Pedal Power Harwich and Dovercourt will be at the Dovercourt Bay lifestyles to represent EPP with many other stalls. So spend the day enjoying some food, refreshments, music and other stalls over in Harwich.

If you would like more information or to take part in Tour De Tendring register by [clicking here](#).



## Get your bike fixed!

Do you need our mechanic to have a look at your bike?

[Click Here](#) or contact the office for more information.

## Are you waiting for a bike?

Are you on the waiting list for an Essex Pedal Power bike? Please check with the team if we have the right email address for you. Contact us on:

✉ [Essexpedalpower@theaws.org](mailto:Essexpedalpower@theaws.org)

☎ 01255 764692



## Members of the community complete training

3 of our amazing volunteers, Phil, John and Billie, have been completing their Level 1 City and Guilds mechanics training at the Lee Valley Velodrome.

Phil Cunliffe is one of our new ride leaders, who has created new rides every 2nd Saturday of the month at 1.30pm, with Andrew Hobson. For more information on these rides send Phil a message on 07972 45626.



John Barnsdale is one of the members of our Bread Pudding Crew, who go on group rides every Tuesday and Thursday mornings. Send John a message for more information on these rides on 07798 763688.

Lastly, Billie is one of our volunteers, who has helped at many events since last year. Learn more about Billie's story with Essex Pedal Power and how the course has helped develop her skills below.



## Other Group Rides to join in

Get Cycling rides - 2nd & 4th Sunday of the month

Email Dave

morgansoflyndhursthouse@yahoo.co.uk

Meet: 10am at Kingscliff Hotel

CVST cycling group - Every Tuesday.

Meet: 10am at RNLI lifeboat station

## Billie's story

Billie first heard about Essex Pedal Power through social media and Kerry, about a year ago. She got her bike after applying and soon after also signed up to become a volunteer. She had already volunteered for Air Cadets, SOS bus and St Johns ambulance.

Volunteering with Essex Pedal Power has helped Billie gain her level 1 City and Guilds in bike maintenance and she has gained so many skills in building bikes with Kelvin. Due to Billie's autism, she has created a hyperfocus on bikes and spends most her free time on practising her skills on a damaged bike she just bought at home.

She said: "Volunteering to work on building and repairing bikes is great for neurodivergent people, as there is so much for them to hyperfocus on and give a great sense of achievement every time I see someone on a bike I built."



## Volunteering opportunities

Join our volunteering team at Essex Pedal Power and help at events, with bike building, van driving, office support and informal rides.

Contact our team for more information on how to get involved.

## New Active Wellbeing Centre in Tendring

Have your say on improvements in your area!

Tendring District Council is now consulting on a draft Sport and Activity Strategy. The draft strategy also sets out to work with health partners to create a new Active Wellbeing Centre in Tendring. For more information visit the council website [here](#).

[Complete the survey here.](#)

## Track yourself

Join the free Strava app to help track your progress and cheer each other on. Join [Strava here](#).



Another free app to join is Love to Ride, which sets you challenges and allows you to win prizes. Join the Essex Pedal Power group on [Love to Ride Here](#).

## Good Luck to Andrew and Denise

RideLondon is not far away for these amazing riders. Andrew and Denise will be cycling in the Ford RideLondon-Essex 60 mile route on Sunday 26th May. We would like to say a massive good luck to you from the whole of the Essex Pedal Power community!



## Need to book on bike confidence or learn to ride training?

There have been some amazing results so far with people who have attended these training courses, building their confidence of riding a bike. These sessions are filling up fast, so book your place, as soon as possible.

The next 3 months of training:

Bike confidence:

- Saturday 1st June at Clacton Coastal Academy
- Saturday 6th July at Clacton Leisure Centre
- Saturday 3rd August at Clacton Coastal Academy

Learn to ride:

- Saturday 1st June at Clacton Leisure Centre
- Saturday 6th July at Clacton Coastal Academy
- Saturday 3rd August at Clacton Leisure Centre



If you don't have a bike yet, we can lend you a bike to train with. Scan the QR code to book onto one of the sessions now, or click [here](#).


## Stay in Touch!

We always love to stay in touch with you the Essex Pedal Power community, so whether you fancy popping into the office for a cup of tea, want to drop us a email with your stories, or share photos and connect with others on our Facebook community group, we'd love to hear from you!

 <https://www.facebook.com/groups/423845785518156>

 [Essexpedalpower@theaws.org](mailto:Essexpedalpower@theaws.org)

 01255 764692

 Essex Pedal Power Office, Unit 8, The Enterprise Centre, Lotus Way, Jaywick Sands, Clacton on Sea, Essex, CO15 2LU

