



# Newsletter

## Clacton and Jaywick Sands



### Rosie's Ramblings

This summer is gearing up to be a wheelie good time! We're not just spinning our gears; we're kicking off with the latest edition of the Big Bike Revival programme. Dr. Bike is in the house, prescribing fresh air and fun on two wheels.

I'm thrilled to introduce Marie-Ann, the new powerhouse who'll be overseeing the Essex Pedal Power projects across Essex. She's the extra gear in our bike chain, ensuring we're all pedalling in harmony.

Mark your calendars for September 1st, where we'll be celebrating our 3rd anniversary with a treasure hunt that's more sought after than a puncture repair kit at the end of a long ride. In other exciting news we've been shortlisted for the LGC Awards. Will we pedal to victory? Stay tuned for the next newsletter or join our Facebook community group to find out!

*Rosie*



### Fun Fact

The largest rideable bicycle has a wheel diameter of 3.3 m (10 ft 9.92 in) and was built by Didi Senft from Germany.



### Group Rides to join

**Phil & Andys' Ride** – Every 2nd Saturday of the month.

Meet: 1.30pm. Check the FB group for the meet point or send a message to Phil on 07972 45626. Ride lasts 2 hours

**Bread Pudding Crew Rides** – Every Tuesday & Thursday morning Send a message to John on 07798763688  
Meet: 10am at RNLI Lifeboat House

**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



## Dashboard

251,312km

Total distance travelled

1,184

Total bikes distributed

1,112,750

Total minutes active

## Baseline Survey

Have you completed our baseline survey?

If you are eligible for one of our bikes please complete this survey to help us understand individuals participation, wellbeing and physical activity levels in your local area.

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



## Tour De Tendring



Tour De Tendring was a great success with many riders taking part in the ride on Sunday 19th May. Amongst the riders were some of the Essex Pedal Power volunteers and bike recipients from Clacton and Jaywick, Harwich and Dovercourt, and Colchester, who all completed their 20 and 60 mile rides.

Clacton and Jaywick Essex Pedal Power had a presence half way through the 60 mile route at the Kingscliff Hotel Car Park where bike maintenance support and snacks and refreshments for the riders were on offer.

Harwich and Dovercourt Essex Pedal Power showed their support at the start and finish line at Dovercourt Bay Lifestyles, where they supported the Essex Pedal Power riders and hosted a bike giveaway to Harwich residents, giving out their 500th bike!



## Big Bike Revival is BACK!

Big Bike Revival is back, starting with a Dr Bike session, where a mechanic will be available to do basic services to ensure all bikes are safe to ride.

On Saturday 15th June we'll be at west Greensward by the Toby Carvery at 10.30am - 1.30pm. All bikes are welcome!



## Volunteering Opportunities

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

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

## Save the Date - Saturday 29th June

Come along and join us at Pride on Saturday 29th June at the Greensward!

- Giveaway at 10am - 12pm
- A communiTea event at 2-4pm, where we will be making decorations for the Clacton Carnival, with the theme: Mother Nature!

## Well done to Andrew and Denise!



A massive congratulations to Andrew and Denise, who managed to complete the Ford Ride London-Essex 60 mile ride, taking them 5 hours 27 minutes! Well done to everyone else who got involved in the weekends events and a big thank you to all who supported.

Read Andrew and Denise's story [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



## Save the Date - Sunday 1st September

Sunday 1st September will be our 3rd year celebration. So Save the Date and join us for an interactive treasure hunt, meet new friends, music and food for the whole family.

Keep an eye out for more information.

## Meet Marie-Ann!

I've lived in Clacton for 5 years with my partner. I love sea swimming and helped to establish Clacton Bluetits Chill Swimmers 3 years ago, as well as helping to set up Laughing Lobsters sea swimming group.

I am also Co-Chair of Tendring Coastal Community Group, which was set up to campaign for a space along the seafront for beach activities including cycling and swimming, as well as general community use. I am thrilled to now be part 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 6th July at Clacton Leisure Centre
- Saturday 3rd August at Clacton Coastal Academy
- Saturday 7th September at Clacton Leisure Centre

Learn to ride:

- Saturday 6th July at Clacton Coastal Academy
- Saturday 3rd August at Clacton Leisure Centre
- Saturday 7th September at Clacton Coastal Academy

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](#).

SCAN ME




## 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)

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