

# Monthly Tending Newsletter



*Hello!*

Welcome to our new Essex Pedal Power Tending newsletter, covering Clacton and Jaywick, and Harwich and Dovercourt.

As the summer season unfolds, our dedicated Pedal Power teams are thrilled to bring you a lineup of community events, giveaways, and inspiring stories of our volunteers' journeys. Whether you're a seasoned cyclist or just looking for a fun way to engage with the community, our upcoming events and rides offer something for everyone.

Stay tuned with this newsletter for the latest updates and details on how you can participate in these exciting activities. Together, let's make this summer a memorable one, filled with adventure and the joy of cycling.

## 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.



## 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](#).



[Click here to skip to Clacton & Jaywick news](#)



[Click here to skip to Harwich & Dovercourt news](#)



# Clacton and Jaywick



  
**Dashboard**

**1,239**  
Total bikes distributed

**260,750km**  
Total distance travelled

**1,162,221**  
Total minutes active

## Rosie's Reflections



Hello! It's wonderful to hear many folks will be joining the upcoming Clacton carnival procession with Essex Pedal Power. If you haven't thought about this yet, please do, as we would love as many of you to join us as possible either with your bikes or not. We want you. There will be a light buffet before the procession.

The Mother Nature theme sounds fantastic, and it's great that the team here are drawing inspiration from "The Animals of Farthing Wood." Dressing up as a fox, badger, rabbit, or even a tree will surely add a lot of fun and creativity to the event! Who or what will you be this year?

Crafty Kerry's costume and decoration workshops are the perfect opportunity to get involved and bring your ideas to life. Any crafters out there please contact Kerry to help with the preparations for the carnival so we can give out best performance yet!

Don't forget to share your song suggestions for the Boom box for the procession on the Facebook page or directly with Kerry on 07842 418 911 [kerry.cook@theaws.org](mailto:kerry.cook@theaws.org)




A good reminder to bring extra layers for the ride home, especially if it gets chilly.

Let's make this year's carnival procession a memorable one! Have a fantastic time and enjoy the festivities! See you there




*Rosie*

## Join a Group Ride!




### Phil & Andys' Ride

-  Every 2nd Saturday of the month.
-  Meet 1:30pm, ride lasts 2 hours
-  Check the FB group for the meet point or send a message to Phil on 07972 45626




### Bread Pudding Crew Rides

-  Every Tuesday and Thursday morning
-  Meet 10am
-  RNLI Lifeboat House, message John on 07798 763688

### Get Cycling Rides

-  Second and fourth Sunday of the month
-  Meet 10am
-  Kingscliff Hotel, email Dave on [morgansoflyndhursthouse@yahoo.co.uk](mailto:morgansoflyndhursthouse@yahoo.co.uk)

### CVST Cycling Group

-  Every Tuesday
-  Meet 10am
-  RNLI Lifeboat Station





## Dates for the diary!



### Save the Date - Saturday 10th August

Join us in the Clacton Carnival Parade! Theme Mother Nature!

 Saturday 10th August

 Meet at 4pm for food and progression starts at 6pm

 West Road car park to Victoria Road

Be mindful that once our procession ends you will need to ride home! Last year it got a bit chilly at this time, so ideal to bring extra layers for the ride home.

### Save the Date - Sunday 1st September

Join us at our 3rd year anniversary for a another one of our interactive treasure hunt, meet new friends, music and food for the whole family.

Keep an eye out for more information.

### 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.

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



### Pride Festival and Communita Crafts!



We had an amazing day at the Pride festival on Saturday 28th June, giving away 12 out of 14 bike to new recipients and getting

another 22 people signed up to the cycling project.

The Essex Pedal Power community were also welcome to join us after the Pride festival, for a communita event, creating pom pom decorations, ready for the Clacton Carnival on Saturday 10th August. There will be many more Communita events coming to make decorations for your bikes, so keep an eye out on Social media for the next one.

### Big Bike Revival - Dr Bike Success!

We had a successful Saturday on the 15th June, with our Big Bike Revival Dr Bike Session. Many people turned up to join us down at the Greensward by the Toby Carvery to learn how to give their bike a basic service.

All bikes were welcome to get a free basic service on Saturday and our kids bikes were also invited back to get their bikes checked too.

The next Big Bike Revival session in Clacton will be on Saturday 20th July, 1 - 4pm. People are welcome to meet Phil and John at the Essex Pedal Power office in Jaywick for a group ride and learn to fix a puncture workshop in Clacton.



# Volunteer Story - Tobias Cook



Tobias Cook, retired at the age of 57 and moved down to Clacton 3 years ago. He has always had a passion for cycling and decided to join the Get Cycling group that cycle from Kingscliff hotel every Sunday morning.

2 years ago, Tobias and other Get Cycling members met Becky Dowling from CVST and started to play Beat the Street. Through the game of Beat the Street is where Tobias started to hear about Essex Pedal Power, and met a few more people in the community.

After Beat the Street, Becky introduced Tobias to Max, Essex Pedal Power's Volunteer Coordinator, where Tobias signed up to become a volunteer and started helping at giveaways. He now also helps build bikes, drive the van and at any events he is needed.

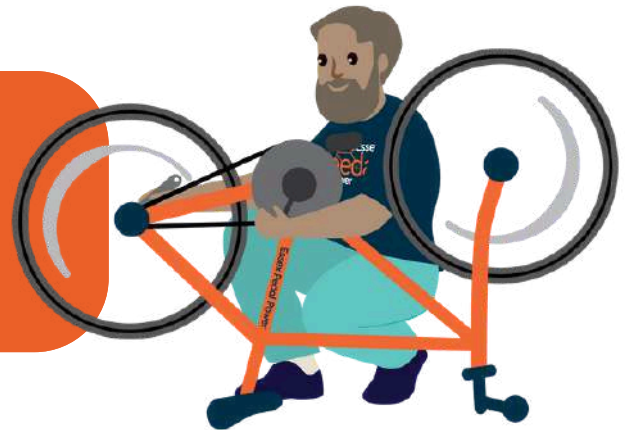


*Tobias said: "I think Becky thought I was a good people person and got along with anyone, which is why I have become a volunteer. Cycling has always been a passion of mine and it supports my physical and mental health, as well as helped me build a new circle of friends. I love being part of the community and representing Essex Pedal Power."*

Tobias was Volunteer of the year, at our Christmas awards, voted by staff, other volunteers and members of the Essex Pedal Power community. There is no more he would like to achieve but to help other volunteers, give younger volunteers the chance to progress and share his life experiences.

## 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.




## 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

# Harwich & Dovercourt



## Dashboard

505

Total bikes distributed

4,979km

Total distance travelled

43,059

Total minutes active

## Catching up with Carina



Since we launched in May 2023, over 600 adult and children's bikes have been given out across the local community and so many wonderful connections have been made. Some recipients are now able to get back into work now that they have a bike and for several families too who previously walked 3-4 miles to school, that can now cycle to school together as a family.

Through our volunteer opportunities, we have supported work experience with the local high school, teaching students basic bike maintenance and build skills, as well as helping them to develop other life skills; confidence, social skills, team building, time skills.

It's so sensational and warming to hear people's stories and how so many lives have been changed through the project. Our recent led ride to Suffolk via the Harwich foot ferry gave many participants the confidence to now travel outside of the Harwich and Dovercourt area, some of which have now planned to cycle together in the future.

*Carina*

## Big Bike Revival Events

### Harwich



Wednesday 17th July



10am - 1pm



Harwich history led ride to museum

### Jaywick



Saturday 20th July



1pm - 4pm



Group ride and learn to fix a puncture workshop

### Point Clear



Friday 2nd August



1pm - 4pm



Group ride and cake and cafe stop

### Harwich



Thursday 19th September



10am - 1pm



Fix it and led ride

### Point Clear



Wednesday 30th October



1pm - 4:30pm



Learn to fix session



# 1 Year Anniversary Celebration

On Saturday 22nd June, EPP Harwich and Dovercourt celebrated their one-year anniversary with a Bike Ride and Picnic in the park alongside Harwich Festival. The event began with a mass led ride along the promenade down to Cliff park where bike recipients, volunteers, partners and family and friends of EPP came together to celebrate this milestone with outdoor family games, a bike fix it session, picnic and cake! A local primary school and cubs group also draw pictures of bikes which were on display at the event to mark the occasion.



## Helping local Beavers!

Jack, our mechanic and our community connector Claire have spent an evening with a local Beavers group to support the 6-8-year-olds in gaining their bike badge. The children enjoyed cycling around a circuit, learnt how to pump up a tyre and gained knowledge of cycle safety.



## Pier Ride to raise money for Mind!

On Sunday 9th June, our mechanic Jack Wiltshire and bike builder/ride leader volunteer Ben took on the 7 piers 3 counties cycle race, covering 94 miles from Norfolk to Essex along the coastline.

Jack said 'It always great to try something new and raise money for good causes. There is so much lovely coastline locally to explore and I hope this inspires others to get out on their bikes and explore!' In total, £570 was raised for Mind.

## Stay in Touch!

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 <https://www.facebook.com/groups/977974756714040>

 [harwich.dovercourtepp@theaws.org](mailto:harwich.dovercourtepp@theaws.org)

## School Fix It Session

The team led an assembly for a local primary school and spoke to the children about the project and road safety. Lots of children expressed their bikes were in need of repairs and as a result, the team have arranged the fix it session with the school next month.