

Monthly Tending Newsletter



Hello!

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

Essex Pedal Power has had a successful month dedicated to its younger members, with a series of bike giveaways, training, and fix it sessions that have not only provided practical benefits but also fostered a spirit of engagement and health consciousness.

Please continue to read this newsletter to hear some heart warming volunteer stories, including those involving the commendable efforts of Glynis and the Ringway Jacobs volunteers, whose contributions have significantly helped the local community of cyclists.

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

1,336
Total bikes distributed

284,041km
Total distance travelled

1,195,186
Total minutes active

Rosie's Reflections



What a summer so far, with massive thanks to every single Essex Pedal Power rider out there. Here are some stats to date:

Essex Pedal Power riders' have racked up some impressive mileage, having collectively cycled 383,345 km, which is equivalent to circling the globe 9.5 times! The local Clacton and Jaywick family of riders have covered 273,520 km, equivalent to 6.8 global circumnavigations since 2021, helping to improve both their physical and mental health.




The Essex Pedal Power team, part of The Active Wellbeing Society, has also been fostering community spirit through various initiatives, at the Sunspot Café, as well as a bike hire pilot. There are so many things to look forward to as well, such as the 3-year anniversary of Essex Pedal Power on Sunday 1st September, promising a day filled with activities, food, music, and Cheryl's fabulous cakes.

The celebration will also include a Treasure Hunt ride, which promises to be an exhilarating journey through the heart of the town, kicking off at the bustling Town Centre Square. We hope participants enjoy the excitement of unravelling clues and navigating their way to the Sunspot covered market, where a vibrant celebration awaits. It's something that I am certainly looking forward to, and I hope to 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 forth Sunday of the month
-  Meet 10am
-  Kingscliff Hotel, email Dave on morgansoflyndhursthouse@yahoo.co.uk

CVST Cycling Group

-  Every Tuesday and Thursday
-  Tuesday meet 10am and Thursday meet 9.30am
-  RNLI Lifeboat Station



Clacton Carnival Celebrations



The Clacton Carnival was a blast with around 40 members of the Essex Pedal Power group joining the festivities. The community event was a hit, starting with a shared meal. Kerry and her team of crafty volunteers put in a stellar effort to create costumes for everyone. It was a delightful time of making crafts, indulging in cake, and enjoying the camaraderie.

On the day of the carnival, the weather was perfect, new faces appeared, and everyone was reminded to smile, wave, and support the local RNLI charity, which holds great significance for the community.

Thank you goes out to all those who contributed their time and effort to represent Essex Pedal Power, making the evening not only memorable but also a testament to the power of community.



Helping Local Police Cadets

Max and Kelvin were asked to join the Police cadets to teach them about bikes and road safety. The cadets participated in a few fun games about bike control. Then all excelled in quizzes about bike parts names and road signs. We ended the evening with an introduction on bike maintenance and how to fix a puncture.

Simon Smith, police cadet unit manager, said: *'It was a good night and very much like to have you guys on board and working alongside one another.'*

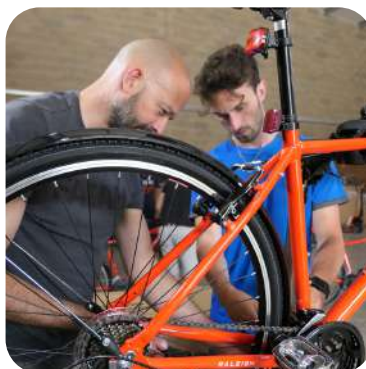


Ringway Jacobs volunteers helped clear the cycle path and built some bikes!

The community spirit in Essex shines brightly with the recent efforts by a team of volunteers from Ringway Jacobs, from Chelmsford. Their dedication to clearing the cycle path from Clacton to Jaywick, on Wednesday 24th July, not only enhances the safety and accessibility for cyclists, dog walkers, and runners but also fosters a sense of shared responsibility and care for the local environment.

After lunch, the volunteers' learnt new skills, with bike building from Kelvin. Such initiatives are a testament to the power of collective action and the positive impact it can have on community well-being.

Learn more about Ringway Jacobs [Here](#).



Kids Bike Training

Essex Pedal Power, in collaboration with BikeAbility, has been helping get the children in Clacton and Jaywick on bikes. The week commencing 29th July, training sessions took place to empower young cyclists and give them more confidence while riding. These sessions not only equipped the children with the necessary skills to navigate the roads safely but also instilled a sense of confidence to ride alongside family and friends.

After the training the kids were given a gift by Essex Pedal Power!



Date for the diary!

Save the Date - Sunday 1st September

Join us at our 3rd year anniversary!



Sunday 1st September



Treasure hunt starts at 11.30am.
Celebrations start at 12.15pm.



Celebrations at SunSpot

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](#).

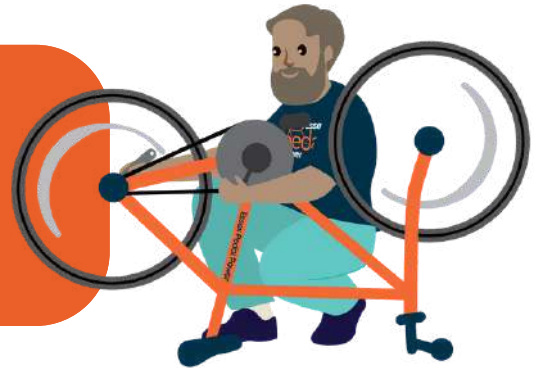
SCAN ME



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!

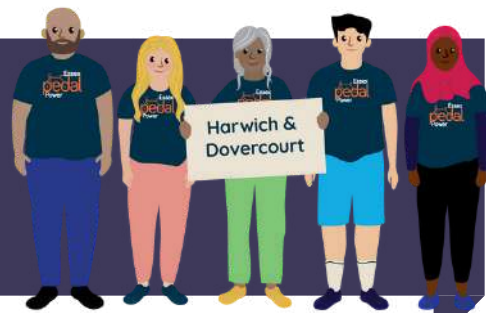
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Harwich & Dovercourt



Dashboard

725

Total bikes distributed

6,668km

Total distance travelled

48,502

Total minutes active

Catching up with Carina



Hi everyone!

Its been great to hear and see many of you getting out and about in the sunshine on your bikes over the summer. How amazing that many of you have been venturing out of the local areas with your bikes too, making the most of so many wonderful places and ride routes across Essex and Suffolk.

We are excited to begin wrapping led rides around other local activities and places to visit following the success of our Essex to Suffolk led ride via the Felixstowe Ferry last month, and our family coastal led ride to the Electric Palace Cinema in Harwich – one of the world's oldest cinemas and least altered purpose built cinemas. There are so many wonderful places on our doorstep to explore, so all the more reason to get out on the bikes and in nature.

We all love hearing about your summer cycling adventures, so please keep sharing them across our social media channels. These are often also a great inspiration to others.

Carina

Big Bike Revival Events

Harwich



Thursday 19th September



10am - 1pm



Fix it and led ride

Point Clear



Wednesday 30th October



1pm - 4:30pm



Learn to fix session

Kids Bike Giveaway

Jj attends the Ramsey & Oakley Beavers, We were told he had out grown his current bike, when we helped the beavers to complete their cycling badges.

He was lucky enough to borrow a bike from Essex pedal power to complete his cycling badge and also learn to ride a bike with gears. He was thrilled!

He received a bike from Essex pedal power, which helps him to continue joining us for weekend rides in the countryside as a family and he will cycle to beavers each week.



Group ride to Felixstowe



On Tues 9th July, several bike recipients and local cyclists were invited for a bike ride from Harwich to Felixstowe via foot ferry.

Despite the drizzly weather, it was a warm day and the cyclists took in the views along to the touristic Felixstowe seafront, heading towards Bawdsy Ferry for a refreshment Pitt-stop. We were joined by our local Cycling UK rep, Ian Small, who shared some of his cycling stories and how cycling has helped them in so many ways.

On the return journey, everybody stopped off for lunch and a slice of birthday cake to celebrate the birthday of one of our bike recipients, and now volunteer bike builder and ride leaders.



Big Bike Revival Ride to museums

Great turn out on weds 17th July for our led ride along the Dovercourt and Harwich seafront to Harwich museum, followed by a history tour and private talk, delving into Harwich's rich history!



Volunteer Story - Glynis Zimmermann



Glynis Zimmermann, has been volunteering with Harwich and Dovercourt Essex Pedal Power since October 2023. After retiring at 63 from being a lollypop lady, she needed something to fill her time, and she wanted to help others in the community.

She had volunteered at the Harwich Museum before volunteering at Essex Pedal Power giveaways. She also volunteers as a cub leader, helping the cubs work towards a range of skill-boosting badges and awards.

Now she is volunteering with the project, Glynis said: *"I love it! I love the banter with the team and meeting everyone from different walks of life and the children.*

"It's so satisfying and seeing peoples faces light up when they receive their bike is incredible. It's a fantastic scheme and it's just nice to see the bikes out and about. I know it's helping people with their mental and physical health and the team are fantastic people to work with."

Glynis has just received her 50 hours of volunteering certificate with Essex Pedal Power and enjoying getting more experience with talking to people and teach them about their bikes at giveaways. She would love to continue with Essex Pedal Power and start learning to build bikes or help with admin work.



Stay in Touch!

We always love to stay in touch with you the Essex Pedal Power community, so whether you 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/977974756714040>

 harwich.dovercourtepp@theaws.org

Supporting Schools

We have continued to support local primary schools by supporting children with Bikeability and bike maintenance.

We also ran an in-school Fix it session and cycle fun session to encourage cycling and get bikes back on the road that require some maintenance.