

Essex pedal Power



Autumn 2024 Newsletter



3,266

bikes given out in total
(3892 available)



1,059

people have attended
bike training sessions



502

bike training
sessions



8,416

hours logged by
74 volunteers

Hello!

Welcome to the inaugural edition of the Essex Pedal Power (EPP) Newsletter! We're excited to share the first of many updates, stories, and successes from our growing cycling community. In this edition, you'll discover how EPP is empowering individuals across Essex by providing bikes, training, and support, fostering a healthier, more active lifestyle. From bike giveaways to volunteer contributions, we'll take you through the impact we've made so far and what's in store for the future. Thank you for being a part of this exciting journey as we pedal toward a brighter, more connected community!



51,611

of CO2 saved in total

Equivalent to 422,366 10km
trips with a diesel car



400,200km

travelled by bike recipients

Equivalent to 10 times around the
earth



Basildon Update

Working alongside ATF to deliver Big Bike Revival (BBR) events this summer

ATF is one of our bike referral partners (LTO - locally trusted organisations). They are deeply embedded in the Pitsea, Vange and Laindon communities, and refer their service users and volunteers to EPP. It's a fantastic partnership, and at the start of the summer, ATF approached us because they wanted to deliver a summer cycling programme. We helped them apply for Cycling UK's BBR funding and supported the delivery of some of their events, which included led rides, bike fix sessions and learn to fix workshops. Most memorable was the "heritage bike ride" - a group cycle touring Basildon's unique and hidden heritage sites.

Highlights on the day included...

- Tracing the route of a top secret WW2 fuel pipeline
- Visiting an intact medieval moat (which is now a private fishing lake)
- Learning about some chilling events that happened in Honeypot Lane in the early 1900s
- Getting active and making new friendships through cycling
- We enjoyed an ice cream to finish

350 
hours logged by 17
volunteers

82,441 
total minutes active
on the bike

520 
bikes given away out of
620 available

335 
applicants from
Basildon Hospital



EPP at the Basildon & Pitsea Carnival Parade

Essex Pedal Power Basildon participated in the Basildon & Pitsea Carnival parade for the first time on Saturday 27th July. We had 16 participants, including staff, volunteers, bike recipients, representatives from other community groups and one recumbent tandem bicycle! It was a fun day for everyone involved - we decorated our bikes and adorned face paint, and handed out cycle maps along the route.



Cycle training with Papworth Trust

Basildon's cycle training with Papworth and ECC helped participants learn to ride, boosted confidence, and promoted cycling, addressing health inequalities through collaboration.



EPP Basildon nominated for prestigious award

The Essex Pedal Power Basildon programme has been shortlisted for the 'Towards Net Zero' award at the prestigious HSJ Awards in London. The nomination comes after the huge impact the scheme has had on the local community.



"I have been using my bike a lot and have been using it to ride to school and back. Thank you so much for my bike!"

Bike recipient



Canvey Island Update

We are very happy to have received funding to continue the project until March meaning we can now target the new cohort of year 6's. This process has already begun and we are excited to be able to give more children access to a bike.

Living on Canvey myself, I'm lucky enough to see the bikes being used numerous times around the area and as I visit the schools I can see in the bike sheds that the Essex Pedal Power bikes are being used by the children to travel to and from school.

When going through our impact statements we have had great feedback such as the children being more physically active, gaining more independence and one in particular that stuck out saying that it had helped with a recent traumatic experience.

Zoe Root, Project Coordinator



60 

bikes given away to year 6 & 7 pupils out of 200 available

10 

schools involved in the programme

40 

additional bikes allocated



5,513 
hours logged by 24
volunteers

1,195,186 
total minutes active
on the bike

1,336 
bikes given away out
of 1,526 available

71 
refurbished bikes
allocated

Clacton & Jaywick Update

1000th Bike Giveaway

On Wednesday, 20th March 2024, we celebrated our 1000th bike giveaway at Coppins Community Centre, Clacton, with cake, music, and refreshments. Local councillors, volunteers, and organisations attended to mark the milestone. Rosie said, "Celebrating our 1000th giveaway was a great success, thanks to our cycling community. With our Pride of Tendring Award, this has been a remarkable achievement for Essex Pedal Power in Clacton and Jaywick Sands. We look forward to continuing to empower our community through cycling."

Pride of Tendring Awards

Essex Pedal Power Clacton & Jaywick were awarded the Pride of Tendring Award, thanks to a nomination by Cllr Peter Kotz. The initiative has improved residents' fitness, employability, the local economy. This achievement is due to the dedication of our team, volunteers, and the community.



Volunteers coming together to tidy up

The community spirit in Essex shines brightly with the recent efforts by a team of volunteers from Jacobs, in 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 wellbeing. (no longer Ringway Jacobs, now 'Jacobs')




Clacton & Jaywick Bike Recipients take on mammoth cycling challenge

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.



1,407 
hours logged by 17
volunteers

43,059 
total minutes active
on the bike

522 
bikes given away out
of 825 available

102 
childrens bikes
allocated

Colchester Update

1st Anniversary of Essex Pedal Power in Colchester

Essex Pedal Power Colchester celebrated its first anniversary, having distributed 500 bikes in the Greenstead area, promoting sustainable transportation. Over the past year, the project has focused on safety and skill development, conducting 120 bike training sessions and 9 led rides, benefiting 417 participants. These efforts have created a community of confident and responsible cyclists, fostering stronger connections within the local area while encouraging eco-friendly commuting options.



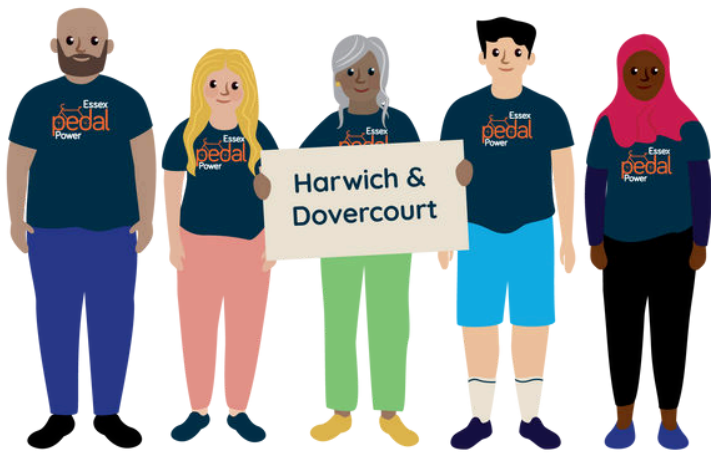
Childrens bike lessons have also been taking place through the Bikeability scheme with lessons and led rides with our bikeability instructor.

The positive impact of the Essex Pedal Power Project extends beyond just physical activity. By encouraging people to cycle, the project has fostered social interaction and strengthened community bonds.

Ford RideLondon-Essex Classique

Essex Pedal Power Colchester riders were given a special opportunity to cross the RideLondon Classique finish line on 24 May 2024 at the Ford RideLondon Essex event. Enormous congratulations to some of our riders, along with staff from Active Essex, who crossed the finish line with big smiles on their faces. The smiles on their faces proved that they all enjoyed this once-in-a-lifetime experience.





Harwich & Dovercourt Update

Big Bike Revival

Through a successful Big Bike Revival grant for summer 2024, in partnership with EPP Clacton and Jaywick, we've expanded free fix-it sessions for Harwich & Dovercourt residents, including those without EPP bikes. This initiative has strengthened the local cycling community and helped more people return to cycling, with many now using bikes for commuting and errands. These sessions have been very popular, with our mechanic repairing around 30 bikes and getting people back on the road.

Essex Pedal Power at the Tour De Tendring

This year, Harwich and Dovercourt welcomed the return of the Tour De Tendring, a perfect event for Essex Pedal Power to support. We hosted our largest giveaway yet, distributing our 500th bike to a local family, who now use their bikes for commuting and family outings. Alongside family activities, some of our dedicated volunteers completed the 100-mile ride in the heat. It was a great day of community engagement and promoting cycling in the local area.

Volunteers the beating heart of the programme

Throughout the last 6 months our amazing team of volunteers have supported us with 791 hours of their invaluable time, helping with bike giveaways, lead rides, events, van driving and bike builds, we could not achieve all this amazing life changing work without them. We have also gained a new 16 year old volunteer who has been amazing and has fitted in extremely well with the team and is a great asset to us .




Wendy's Story

Wendy Brown, 43, heard about the Harwich and Dovercourt cycling initiative from her partner, who had a bike from the Clacton scheme. Passionate about dancing and with limited finances after qualifying as a teacher, Wendy applied for a bike from Essex Pedal Power to maintain her exercise routine. Her kids soon wanted bikes too, so the family joined Bikeability's training sessions. Now, they enjoy leisurely rides, commuting, and geocaching together. Wendy appreciates the community events and feels the scheme has positively impacted their lives, saving money and providing valuable local activities for the family.



1,047 
hours logged by 17
volunteers

545,936 
total minutes active
on the bike

448 
bikes given away out
of 800 available

110 
childrens bikes
allocated