

# Monthly Tending Newsletter



*Hello!*

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

Essex Pedal Power is indeed making a positive impact in the community over this summer. Including the celebration of the Clacton and Jaywick 3 year anniversary that had an amazing line up of live music, food and family fun activities.

In this newsletter you can find out more about an extraordinary volunteer for Clacton and Colchester, and hear from more of the Essex Pedal Power team members. Stay tuned for updates, stories, and opportunities to get involved!

## Have your say in Tending travel routes!

Essex County Council want to improve cycling and walking routes to provide residents with more travel options.

[Click Here](#) to have your say!



## 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

1,238,435

Total minutes active

## Kelvin's Knowledge Corner



The days are getting shorter and the weather is changing, so here are a few tips to help you keep the pedals moving this Autumn.

First thing to remember is to always dress warmly and wear lots of thin layers. Rather than over-heating with your biggest jacket, wear multiple thin layers so you can take things on and off so you don't end up hot and bothered when you arrive at your destination.

Always be visible! Wear reflective clothing and make sure you have rear lights. An extra-bright front light can help you see the road conditions in case you need to slow down and keep your distance. You should maintain a safe distance from other vehicles to reduce the risk of a collision.

Keep your bike in tip-top condition, it's a good idea to give your bike a bit of TLC to keep things running smoothly. Give it a general rinse and wipe-down to remove dirt, salt and grit. Pay attention to the chain, gears, brakes and wheel rims and remember to lubricate.

Get a grip! Whatever the weather, you should always have a good set of tyres on your bike, but they're particularly important during the cold winter months.

By Using these handy tips you can enjoy those crisp winter rides

*Kelvin*

## 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](mailto:morgansoflyndhursthouse@yahoo.co.uk)

### CVST Cycling Group



Every Tuesday and Thursday



Tuesday meet 10am and Thursday meet 9.30am




RNLI Lifeboat Station







# Last Big Bike Revival Event

## Point Clear

 Wednesday 30th October

 1pm - 4:30pm

 Learn to fix session



## Alton Waters Trip



On Monday 16th September, Essex Pedal Power in Clacton and Jaywick, and Harwich and Dovercourt, organized a successful 8-mile cycling event around Alton Waters, which was attended by around 27 participants, including bike recipients and volunteers.

The ride offered an opportunity to appreciate the picturesque landscape of the area and meet new friends. Finishing the morning with a lovely BBQ and refreshments for all participants before heading back home.

## Macmillan Coffee Morning

Jon Stock from Essex Pedal Power recently hosted a Macmillan Coffee Morning, a community event featuring tea, coffee, and cakes, aimed at supporting Macmillan Cancer Support Nurses.

This coffee morning took place in the community garden behind the Jaywick office, bringing together members of the community for a cause that contributes to the care and support of those affected by cancer.



## Volunteer Story - Richard Thorpe



Richard Thorpe volunteers for both Clacton and Colchester Essex Pedal Power. Richard found out about Essex Pedal Power through Volunteer Essex and found the idea of building bikes very interesting.

He retired at the age of 57 and found himself with a lot of free time to himself. Richard wanted to give back to the community and gain a routine, which is why he started to look for a volunteering role on Volunteer Essex. Starting in August 2023, Richard has continued to enjoy building bikes for the Clacton and Colchester community to help support a local project and give something back.

*Richard said "I always liked cycling before and the idea of bike building interested me. It is nice to get out of the house and to do something good for the community.*

*"When I leave the building sites and get home, I feel like I've achieved something and helped someone.*

*"I tell all my friends and family about volunteering at Essex Pedal Power to help raise awareness and encourage everyone to get involved and volunteer."*

Richard would like to continue building bikes in both Clacton and Colchester, to help others get cycling in their local areas.



# Essex Pedal Power 3 Year Celebration!

The Clacton and Jaywick community marked their third anniversary, on Sunday 1st September, with a vibrant celebration featuring a variety of activities. The event included a treasure hunt, an innovative 'no equipment, no excuse' aerobics session led by Vivian Tolley, and a creative badge-making workshop with Lucy Chapman and Kerry Cook.

Attendees enjoyed delicious food, live performances by the Blue Orchids Duo, a Dr Bike session, and a competitive smoothie bike event, all contributing to a festive and engaging community atmosphere.



## 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](#).

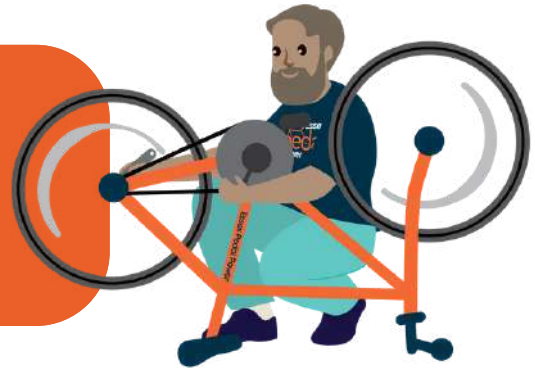
SCAN ME



## 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!

 <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

**725**

Total bikes distributed

**6,668km**

Total distance travelled

**48,502**

Total minutes active

## Keep posted with Karen



We have so many exciting activities and opportunities for families and friends to come along to!

If your bike needs a repair or you want to book yourself or your child onto a FREE Bike Ability cycle training course, don't hesitate to reach out!

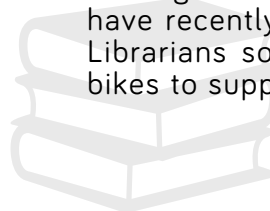
And if you have a bike that you're not using, We'd love to have your bikes returned to us if you are not using them as you thought (no questions asked), we have 100s of applicants who are waiting for a bike and this might be their only means of transport, exercise or getting to and from work etc.

For any questions about Essex Pedal Power in Harwich, just give me a call! And keep an eye out on our Facebook group for updates on any events, rides or fit it sessions!

*Karen*

## Working with local libraries

With the local library in the process of moving temporarily to the site of EPP Harwich and Dovercourt this month, allowing many people to use both services on site alongside the Harwich Arts & Heritage Centre, the team are thrilled to have recently been able to support several Librarians soon to be located on site with bikes to support them in getting to work.



## Learn about your bike!

Active Essex have been working closely with our Essex Pedal Power Mechanic, Jack in Harwich, to create some short clips on parts of the bike showcasing different elements of an Essex Pedal Power bike and provides additional information to bike recipients. [Click here to watch the videos.](#)

They also plan to film some 'how to' videos to help recipients learn how to fix their own bike. So keep an eye out for more to come!





# One Year Focus Group Session

In August we ran a children's bike focus group and family cycle fun session, with help from Active Essex. The children and their families enjoyed lots of cycle fun games run by valuable volunteers, many learning some new skills such as balance and signalling, and were able to share their stories of their EPP bikes and how they are being used. It was evident through the session that more families are spending time together since receiving their bike, and many using bikes as a means of transport to school. All children who took part in the session were gifted a cycle accessory for their bikes.



## Drop in Fix It sessions

Thursday 19th September saw not one but two events open to the local community, starting off with a drop in Fix It session in partnership with the local leisure centre, followed by a EPP led ride along the coastal path to Old Harwich where all enjoyed a picnic by the park. It was wonderful to see lots of people enjoying their EPP bikes and talking about their cycle adventures.



## Led ride and Cinema day

On 15th August 12 EPP riders came together to enjoy a coastal led ride along the premade of Harwich & Dovercourt before making their way to The Electric Palace Cinema – one of the oldest purpose-built cinemas in the UK, still working today to enjoy family friendly movie, Flushed Away!



## Working with Wheels For All

Essex Pedal Power work very closely with Wheels For All, in support of inclusive cycling. This month, EPP Harwich & Dovercourt were thrilled to be able to work in partnership with Wheels For All Tendring to get an adaptive bike on loan to one of their former bike build volunteers.



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