

# Monthly Tending Newsletter



*Hello!*

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

As we start to enter the colder months, Essex Pedal Power wants to continue staying active in the community and encouraging others along the way. Look out for more information on the upcoming Christmas events, as it creeps closer.

However, this newsletter will highlight a lovely volunteer at Harwich, and you can hear more about how to keep safe this winter. Stay tuned for updates, stories, and opportunities to get involved!

## Volunteering Opportunities



Join the volunteering team at Essex Pedal Power and help at events, with bike building, van driving, office support and 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**

**1,452**  
Total bikes distributed

**292,834km**  
Total distance travelled

**1,274,964**  
Total minutes active

## Kerry's Corner



Hey Essex Pedal Power Family!

Welcome to the first edition of Kerry's Corner, and I'm feeling absolutely mooverllous! ✨

One of the favourite parts of my job is that I get to see and chat with so many of you, whether it's in person or over the phone. I love our chats and finding out how you're getting on with your bike. I genuinely love making these calls; it's a great way to check in with everyone and see if there's anything we can do to help you to keep moooving.




Now, here's a fun chance for you to get to know a little more about me—I LOVE cows! 🐮 There's just something about those gentle giants that warms my heart. They remind me of the importance of community and connection, just like we have here at Essex Pedal Power.

I look forward to sharing more with you and hearing your stories too. Until next time, keep pedalling and spreading those good vibes!




*Kerry*

## 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 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



# Summer of Cycling

Summer of cycling has come to an end in Walton, and although we have one more event coming up in Point Clear on Wednesday 30th October, we would like to celebrate and thank some of our volunteers and riders that helped Community Voluntary Services Tending (CVST) in Walton this summer.

Our partnership with CVST allows us to help with the wider cycling community. Thank you to Ian Carter for his amazing help with the Dr Bike sessions and to the Bread Pudding Crew for their help with Led Rides, alongside Max and Lou.

Come along and join us at the last Summer of cycling and Big Bike Revival event, which is a Learn to Fix, at Dumont Hall, Point Clear, 1pm - 4.30pm, on Wednesday 30th October.



## Date to save



### Last Big Bike Revival Event



Wednesday 30th October



1pm - 4:30pm

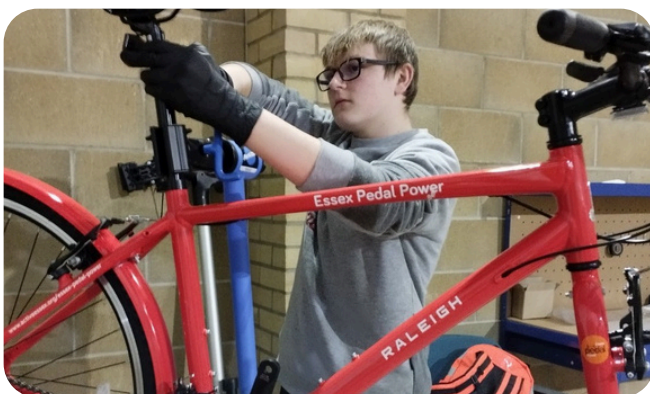


Dumont Hall for a Learn to Fix

## Empowering Young People

We are always keen to help upskill and create meaningful community work experiences. Since 2022, we have been working with Compass Academy and most recently Jaywick Lane Marketfield school, to help teach a selected number of young people about bikes, learn how to fix, build bikes and learn to ride. Kelvin holds a session once a week to help them learn new skills. The course will run for 6 weeks.

In previous years, there has also been at least two young people, who have built their own bike to help with their travel to and from school.



Ex student, Kai, from Compass Academy.

## Half Term Treasure Hunt Ride

This half term we have a challenge for families and friends to try!

We will be sending emails out to everyone with questions about different things around Clacton and Jaywick. We challenge you to find the answers by going for a bike ride with friends and family.

Send your answers back to by Sunday 3rd November. A winner will be chosen and will be asked to come collect their prize!



# A Heartfelt Farewell and New Beginnings

Dear Team and Community,

After three wonderful years at Essex Pedal Power, my journey here is coming to an end. It's hard to believe, but what an incredible journey it has been! As I prepare to support Inclusion Ventures, a charity close to my heart that helps vulnerable young people, I can't help but reflect on all the amazing memories we've created together at Essex Pedal Power.

Life can throw its challenges, but I truly hope your bike is making a difference in your world. I have spoken to many of you, and you have given me the honour of sharing your journey with me. You all are part of an amazing story—don't put the pen down or the pedal!

Lastly, a huge thank you to our local supporting organisations and charities: CVST, Jaywick Community Resource Centre, Summit Services, Adult Community Learning College, and so many more who've been part of this fantastic project.

I'm not leaving the Facebook community group, so I can stay in touch and hopefully jump on one of the regular group rides and look forward to seeing you out there!

Wheely warm wishes,  
Rosie aka Pel Da L'Power



## Book onto 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](#).

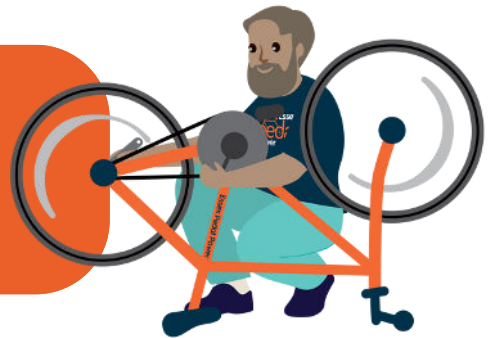
SCAN ME



## 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!

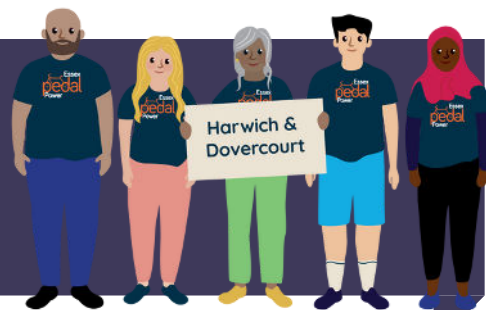
 <https://www.facebook.com/groups/423845785518156>

 [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

**754**

Total bikes distributed

**7,200km**

Total distance travelled

**48,502**

Total minutes active

## Catching up with Claire



I'm Claire, Community Connector for Harwich and Dovercourt Essex Pedal Power. I love my job here and how this project is changing lives makes me want to get up in the morning, come in and make a difference to the local community.

In the last few months we have arranged a led ride along the promenade to the cinema with local families to watch Flushed Away.

As a group we have also travelled across to Felixstowe on the ferry and rode our bikes along to old Felixstowe, although it rained we had an amazing day and had a picnic along the seafront whilst celebrating some of the volunteers birthdays. On July 18th we rode to the local Harwich Museum, where we had a talk about Harwich History followed by a coffee together and a lovely chat. Some of our recipients don't see many people or go far so it's lovely to see them out and about.

We plan lots of events and rides throughout the year and everyone is welcome, please join us on the Harwich and Dovercourt Essex Pedal Power Facebook page or pop into the office at Harwich Arts and Heritage Centre to find out more.

*Claire*

## New Lunchtime Rides

We have recently introduced a monthly lunchtime ride in the area to encourage people to actively cycle even when the weather gets colder as welcome to the end of the year. Its also an opportunity for people to get out on their lunch breaks, particularly if they cycle to work, and to meet other likeminded people and develop their cycle confidence.



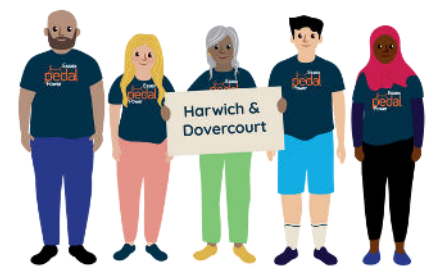
## Learn about your bike!

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!

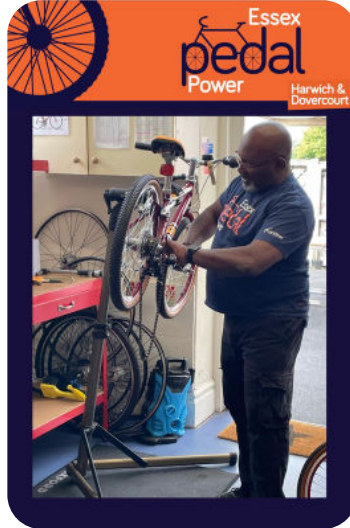


## Well Done to Kelvin!



Our wonderful bike build volunteer Kelvin completed his 100th hour of volunteering with us at the start of this month. Kelvin is a regular volunteer who supports us one day each week with bike builds and has recently been supporting with the children's bike build's ahead of half term cycle training and bike giveaways.

*"I just love everything about this project! The great community aspect, being able to give something back to the community, it's great for everyone's wellbeing and those working locally. I have heard of many success stories with local families and lots of other positive stories. Thank you to this great project and for helping me to develop my skills within this great team."*



## Save the date



### Carnival Creations Workshop



Friday 18th October



3.30pm - 5.30pm



EPP Office, Harwich Arts and Heritage Centre

### Harwich Annual Guy Carnival



Saturday 26th October



Meet at 6pm



Meet outside Thompson Cooper

### Children's Cycle Training - Half Term



30th, 31st October and 1st November



EPP Office, Harwich Arts and Heritage Centre

## Volunteer Story - Benjamin Wood

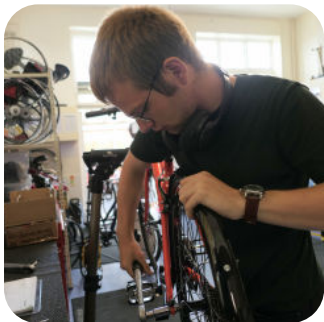


Benjamin Wood, a 23 year old, started volunteering for Essex Pedal Power about a year ago. He came to the Harwich office for help with fixing his neighbours bike and got asked to volunteer with bike building. He later received a bike from Essex Pedal Power that he uses to get out and volunteer at Community Voluntary Services Tending allotments.

Benjamin volunteers to help him keep active and get him out of the house. Volunteering gives him a routine and motivation in the mornings and fills up his time, while he is searching for a job. He has a passion for helping others out, which is why he wanted to volunteer with building bikes. He is getting better with bike building and slowing learning new skills.

In July 2024, Benjamin received his 100 hours of volunteering certificate with Essex Pedal Power. He has gained more confidence, which has been improving over the years and has learnt many new skills.

*Benjamin said: "It really helps with getting out of the house and it's too warm for me to run or cycle around at the moment, so going to Essex Pedal Power every Wednesday to build bikes is nice."*



## 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)