

# Monthly Tending Newsletter



*Hello!*

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

Halloween is over and Christmas is near, and Essex Pedal Power is still out and about on led rides, giveaways and trips, and all you guys are welcome to join. Our office doors are also always open too if you want to pop in for a chat and a cuppa with our teams.

This newsletter is packed with events that have taken place over the past month, a story from an incredible Clacton volunteer, and an update on what our teams have got up to. Stay tuned for updates, stories, and opportunities to get involved!

## 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



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



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



# Clacton and Jaywick



## Dashboard

**1,488**  
Total bikes distributed

**300,379km**  
Total distance travelled

**1,311,196**  
Total minutes active

## Max's Musings



Volunteering at Essex Pedal Power is more than just giving your time; it's a chance to make a real impact, build connections, and learn new skills. By joining our team, you'll help transform lives, one bike at a time, while experiencing the joy of giving back to the community. Whether you're fixing bikes, assisting with giveaways, driving the van, or supporting our outreach efforts, there's a role for everyone.




When I'm not plucking away at my guitar and dreaming of being the next David Gilmour (I know, wishful thinking!), I'm the Volunteer Coordinator for Clacton & Jaywick Sands, or teaching people how to cycle safely out there on the roads.

Our volunteers are the heart and soul of everything we do, and we're always eager to welcome new faces. If you're passionate about making a difference and want to be part of meaningful projects, we'd love to have you on board—or even just join us for one of our group rides. Be sure to give me a shout if you are interested in volunteering. Together, let's pedal towards a brighter, healthier, and more connected community!




*Max*

## 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





# Join us this festive period!

## Christmas Santa Ride



Sunday 8th December 2024



Meet at 10 am



Meet at Kingscliff Hotel and the ride will be done to Jaywick Inclusion Ventures.



## Inspiring Marketfield Students



Essex Pedal Power have been working with local schools, helping to teach young people to fix, build and ride bikes.

Since 2022, Essex Pedal Power in Clacton and Jaywick have been working with Compass Academy and most recently Jaywick Lane Marketfield School.

Marketfield Students worked hard to complete the park tool new rider maintenance course a few weeks ago. Then they listened to one of Essex Pedal Powers amazing volunteers and old Marketfield Student, Taylor, who gave a presentation about the cycling initiative.

Essex Pedal Power is looking forward to continuing to help students and young people, in the local area with volunteering schemes and school visits.



## Volunteer Story - Phil Cunliffe



60 year old Phil Cunliffe, first encountered Essex Pedal Power when the new cycle path from Clacton to Jaywick opened in April 2023, and started volunteering a year later. He learnt about the cycling initiative after being involved in Get Cycling and eventually meeting the Bread Pudding Crew. His volunteering began with led rides, which still run on the second Saturday of each month and now he also helps around the workshop, helping to build bikes. Phil's passion for hands-on work and his drive to grow have been key to his journey. With 30 years of experience in aerospace technology, he appreciates how his career has come full circle, bringing his expertise into the world of building. After visiting the office a few times, he wrote in the comments book, catching Rosie and Kerry's eyes to ask if he wanted to start volunteering.

Phil said: "Essex Pedal Power has been fundamental to my wellbeing, both mentally and physically. Introductions to members, volunteers and staff means I am more engaged in other activities too. There is always a friendly, inclusive and warm welcome when you pop into the office, which makes visiting a true pleasure. Essex Pedal Power is an initiative which is a true credit to the community."

Phil aspires to continue making progress in Essex Pedal Power and receive higher levels of bike mechanic training. His volunteering with Essex Pedal Power has allowed him to receive free Level 1 Bike Mechanic training at the velodrome and Level 3 Emergency Medics training in the workplace.

## A ride around Wivenhoe

On the 11th November, Kelvin and Kerry joined some of our riders and ride leaders in Colchester with a plan to ride the Wivenhoe trail.

The sun was shining as we parked up in Greenstead, and we then headed towards the start of the trail at the Hythe, where we had the obligatory group photo.

The route was wonderful and very accessible to all levels, with the river on one side and cows on the other. All riders enjoyed the scenery, especially our in-house cow enthusiast Kerry.

We arrived in Wivenhoe just before 11am to stop at the church for the 2-minute silence for amnesty day.



## 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?

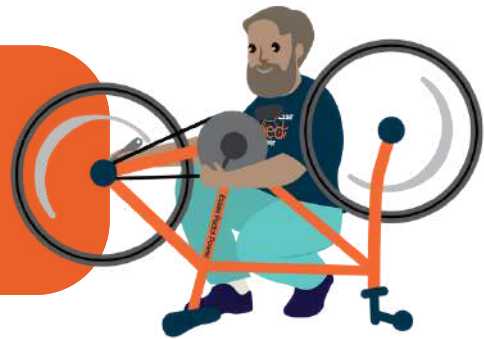
If you are eligible for one of our bikes please complete this survey to help us understand individuals participation, wellbeing and physical activity levels in your local area.

To complete the survey click [here](#).

## 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

771

Total bikes distributed

7,200km

Total distance travelled

56,059

Total minutes active

## Catching up with Carina



With the end of year I fast approaching, I have been reflecting on 2024 and what a year it has been for everyone across Tendring. I used to work in clacton and see EPP bikes along the seafront so often, and now, wherever I am around Harwich, Dovercourt and the surrounding areas, there they are! So many of them which is amazing. It's almost become a game.. Spot an EPP bike with a child's seat and it's worth double points. It's so lovely to see families of all ages enjoying their bikes together.

As well as taking some time to reflect, I have been working with the wonderful core team and volunteers to look to the future too; planning for our December led rides and Christmas events, and also look to 2025, where we hope to do more events with EPP Clacton & Jaywick.

With winter drawing in, I hope everyone is still enjoying their bikes despite the cooler weather and darker evenings. Happy winter cycling everyone!

*Carina*

## Join us this festive period!

### Festive Craft Session



Monday 23rd December 2024



10 am - 12pm



Essex Pedal Power Office, Arts and Heritage Centre

### Santa Cycle Ride



Monday 23rd December 2024



Meet at 12.30 pm



Meet at Dovercourt Cricket Club Car Park

## New Lunchtime Rides

In October we began our monthly lunchtime rides to support local employees getting out of the office during their lunch breaks.

This month, our lunchtime ride saw EPP volunteers and recipients, including a bike recipient from Clacton & Jaywick, enjoy the calming waters around the Harwich peninsula. This is a great opportunity for local people to meet others and it's lovely to see first-hand how some friendships have already formed.

It's also wonderful to hear just how impactful getting out on your bikes has a positive impact on your physical and mental wellbeing; *"I feel so much better mentally for getting back in the saddle and these social rides have really given me the confidence again that I needed."*



## Ride around Shortley



On Monday 21st October, Essex Pedal Power H&D took to Suffolk, just across the water from Harwich where a group of 10 riders rode around Shotley, which was once the Royal Navy training base in the 1900's, stopping off at the commonwealth war graves of St Marys Church.

The ride was not for the faint hearted and also took in the sights of Felixstowe docks, and Harwich from afar, and was a welcomed time to remember our fallen too.

As part of the Carnival Creations workshops held on Friday 18th ahead of the annual Harwich Guy Carnival, children and adults decorated poppies and made a poppy wreath from a bike wheel, which was also taken to Shortley to the Cross memorial at the Commonwealth Wargraves, ahead of November, month of remembrance.



## Harwich Guy Carnival Celebrations

This year's annual Harwich Guy Carnival celebrated its 70th year. EPP Harwich and Dovercourt had a chosen theme of 'Beside the Seaside' which incorporates the coastal area in which Harwich is located as well as the towns rich Maritime Heritage.

The first after school craft workshop was held on Friday the 18th October where families came together to get crafty for the carnival.

The carnival procession itself took place on Sat 26th Oct and was made up of 22 floats in total and was one of the biggest processions to date. Around 20 riders/participants decorated their bikes with lights and dressed up to join the EPP team as part in the procession. The EPP squad included pirates, sailors, and even a shark and a jellyfish!

We also came first in the Carnival's small group Category!



## 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)