

# Monthly Tending Newsletter



*Hello!*

Christmas is almost here, and Essex Pedal Power in both Clacton & Jaywick and Harwich & Dovercourt have had a busy and festive month celebrating with everyone! From a Santa Ride to festive craft sessions, the month has been exciting for all.

As we come to the end of another year, we just wanted to say a huge thank you to all of our volunteers, partners and local community for all the support in 2024. It's been a fantastic year with lots of celebrations, events and most importantly, providing even more residents with a bike to enjoy the many benefits that cycling can bring!

The teams look forward to seeing everyone in the New Year, so stay tuned for updates, stories, and opportunities to get involved with Essex Pedal Power!

Wishing you all a wonderful festive period and a happy and healthy New Year!

## 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

1,520

Total bikes distributed

305,672km

Total distance travelled

1,311,196

Total minutes active

## Kelvins Knowledge Corner



Is it too early to say the word... Christmas!

The festive season is upon us, we hope you can join us for our postponed Santa Ride, on Sunday 22nd December (see the link at the bottom of the page).

Here is a bit of fun for all to try! Can you unscramble these festive words?

- **aanst** (He delivers the presents)
- **eret** (It grows outdoors)
- **tsneesrp** (You unwrap them)
- **gncktosi** (They are hung up beside the fireplace)
- **ceinm epi** (Yum Yum)
- **gnogeg** (Festive drink)
- **ykeurt** (Christmas Dinner)

From all of us in the Clacton and Jaywick Pedal Power team, we wish you a Merry Christmas and a Happy New Year!

[Book the Santa Ride Here.](#)

*Kevin*

## 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



## Celebrating our Volunteers!


Clacton and Jaywick celebrated their Volunteers on Monday 9th December by taking them for a lovely morning, filled with chats and laughs as they enjoyed a nice breakfast at Toby Carvery.

It was nice to see all of our volunteers together and celebrating the festive period.



## Save the Dates


### Christmas Craft Session with Kerry

 Tuesday 17th December


 10am - 2pm

 Jaywick Office, Lotus Way

### Santa Ride

 Postponed to Sunday 22nd December

 10am

 Kingscliff Hotel

## Stay Safe and Stay Seen with St Claires

During road safety week, 17th - 23rd November, the Clacton and Jaywick Essex Pedal Power team went to St Claires to teach the children how to stay safe and be visible while cycling.

As the morning and afternoons continue to get darker in the winter months, it's important for the children to also learn how to be seen on the roads.

The team taught the children how to be safe and be seen when cycling to and from school. Covering subjects such as wearing helmets, high-visibility clothing, using hand signals and bike maintenance. To ensure the children are seen in the dark, everyone was given free lights for their bikes.

These measures help ensure that children are not only visible but also aware of how to navigate roads safely.



## Meet our new Mechanic

We would like to introduce and give a warm welcome to our new Cycle Mechanic, 31 year old, Rob Damsell. He has now started with us to help build and fix bikes for both Clacton and Jaywick and Harwich and Dovercourt.

Rob previously worked as a Cycle Mechanic at Halfords for 4 years before becoming an Open Reach Phone and Broadband expert for 5 years. He wanted to get back into the Cycle Mechanic role that he loved and enjoyed at Halfords. So, when the opening came for Essex Pedal Power, he was excited for the idea to help people and get back to doing something he loves.

Rob has jumped right into building bikes and is working hard already to learn to fix our bikes. He is enjoying working with the teams and is easy and approachable for anyone who needs help in the workshops.



## 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?

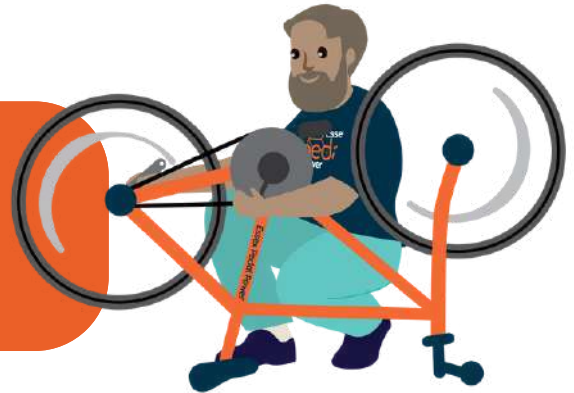
If you are eligible for one of our bikes please complete this survey to help us understand individuals participation, wellbeing and physical activity levels in your local area.

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

787

Total bikes distributed

8,262km

Total distance travelled

57,773

Total minutes active

## Catching up with Claire



Looking back over 2024, where has this year gone? We have been so busy with some amazing events and bike rides. The local community have been joining us for our monthly lunchtime bike rides along the promenade to Harwich, where many new friendships have formed and lots of coffee has been drunk.

On Wednesday 11th December, we cycled to the Harwich Haven light switch on, with some recipients and had a lovely evening. It was amazing to see a line of EPP bikes attending local events with so many positive comments. With Christmas coming up, we have a Christmas share shack running, where anyone can pop by and borrow Christmas decorations for free, saving money and the planet. We also have a Christmas craft event at the office from 10am-12pm on Monday 23rd December with a festive ride to follow at 12.30pm from the local cricket club, which everyone is welcome to join - we are hoping Santa will pop by although we know how busy he is at this time of year (luckily I booked him early). We are loving the feedback from local residents and our attendance numbers are growing with every event ☺.

Here's to 2025 and growing the Essex Pedal Power family. Happy New Year all!

*Claire*

## 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

## Don't be cold this winter!!!

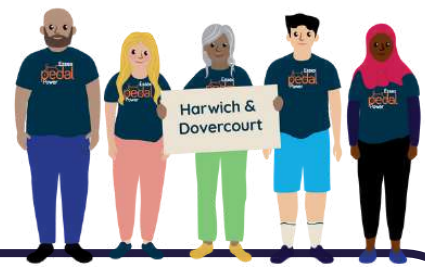
This month, we've teamed up with NEST, who support local families in need, to offer out free coats over the winter season to ensure nobody feels cold.

We have a winter coat rail just outside the EPP office with winter warmer coats in various sizes. All coats are free and the local community are welcome to help themselves - no questions asked. People can also donate a coat to the rail if they have any at home they no longer need.



## Helping and inspiring youth

The Outhouse Youth Group for Essex joined EPP Harwich and Dovercourt for a bike fix it session, where the young people learnt all about the mechanics of a bike, how to perform an M-check on the bikes and how to change an inner tube with a puncture. Several of the young people have their own bikes, including Essex Pedal Power bikes, and some of them are hoping to take on a fundraiser cycle challenge next year ahead of their trip overseas.



## Borrow, Save, Celebrate and Share

At Essex Pedal Power, we are offering a Christmas Share Shack, organised and ran by one of our incredible volunteers Glynis.

If you need Christmas Decorations, then the Share Shack is the best place for you. Borrow what you need or exchange your existing decorations to save you buying new ones.

The Share Shack will be open every Tuesday, Wednesday and Thursday in December at the EPP office.

## Volunteer Story - Bill McCormack



Bill McCormack, a 68 year old, joined the Essex Pedal Power team as a volunteer in September 2023. He heard about the initiative after going to a motorcycle group event on Harwich, where he saw the Essex Pedal Power stall.

Bill moved to the Harwich area 3 years ago after he retired from being a postman. He wanted something to fill the time, stay active and a way to meet new people, so he decided to start volunteering.

*Bill said: "I do a couple mornings a week and enjoy building the bikes. I didn't know anyone when I come to Harwich, but Essex Pedal Power gave me the chance to meet new people. The team is always welcoming and a good laugh."*

Bill has achieved many things with Essex Pedal Power in the year so far, with becoming a Ride Leader, first aid training and completing a workshop for mechanics. He also volunteers for the Harwich Litter Picking group helping to clear up the area.

## 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)