

# Monthly Tending Newsletter



*Hello!*

Welcome back and a Happy New Years to all of our recipients in Clacton & Jaywick and Harwich & Dovercourt! We hope everyone had an amazing festive period and New Year celebrations.

We are excited and looking forwards to another great year of helping to provide bikes to everyone in our local areas. There will be more events and rides coming to help encourage residents to enjoy the benefits biking gives.

However, there are some sad goodbyes amongst the updates, amazing volunteer stories, and opportunities to get involved with Essex Pedal 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



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

310,225km

Total distance travelled

1,339,233

Total minutes active

## Kerry's Corner



Hello and welcome to Kerry's Corner for the first time this year! As a busy working mum of three, with my youngest being an 8-year-old, I completely understand how challenging it can be to keep children entertained during half terms. That's why I have some exciting news for you!

Behind the scenes at Essex Pedal Power, we are hard at work planning activities for the February half term!

Kicking off the half term events is a family cycle ride on the 15th February 2025 with myself and my colleague Max. The ride will be along the seafront in Clacton, please book on so we can send you the full details.

We have some fun craft events lined up, including creating vinyl designs to put on t-shirts and bags, as well as some creative bike chain art. To ensure your spot in these activities, please email us at [Essexpedalpower@theaws.org](mailto:Essexpedalpower@theaws.org) or send me a text on 07842 418911.

In addition, we're organizing an afternoon of board games for all ages! If you have a favorite game you'd like to share, please bring it along—we're sure to find some players for a friendly match.

And of course, we're excited to announce that we will have a bike giveaway for those who have applied for a bike and had an email to say they are eligible. If this is you then please get in touch!

*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 fourth 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
- Tuesday meet at RNLI Lifeboat Station and Thursday meet at the beach diner



## Save the Dates!

### Family Bike Ride



Saturday 15th February



Meet 10am



Martello Coach and Car Park

### Bike Chain Craft Session



Monday 17th February



10am - 12pm



Jaywick Office, Lotus Way

### Board Game Afternoon



Monday 17th February



1pm - 3pm



Jaywick Office, Lotus Way

### Personalised T-Shirt Craft Session



Tuesday 18th February



10am - 12pm



Jaywick Office, Lotus Way

### Kids Learn to Ride, Family Bike Checks and Bike Confidence



Thursday 20th and Friday 21st February



10am - 1.30pm



St Clare Primary School

Booking is required!



## Goodbye from Jon



Hello Everyone in The Essex Pedal Power community,

I have been working in the Clacton and Jaywick Essex Pedal Power office for the past year and have enjoyed every minute of my time there, Thank you to all team and volunteers who I have worked with, not only in Clacton and Jaywick but also in Colchester and Harwich.

I have enjoyed seeing the delight on the faces of the bike recipients when they come to one of our giveaways and receive their FREE Essex Pedal Power Bike. It has also been my pleasure to work with some fantastic people who care about the community and try to help people whenever they can, over the next few months I will still be popping in to the Jaywick office (if I am allowed) to see how people are getting on.

I look forward to the weather getting better so that I can possibly join one of the led rides that are organised by the cycling groups (Bread Pudding Crew).

Once again thank you to all the people who I have worked with for their support, advice and guidance, I hope that everything works out well for you in the future.



## Santa Ride Success

Just before Christmas, we saw so many of our amazing recipients and volunteers for our Santa ride.

Luckily the sun came out for us and we all had a great day riding along the seafront in Santa suits. Then we met up for Hot Chocolate, mince pies and chats at Inclusion Ventures.

Thank you to everyone who came along and we hope everyone enjoyed the day as much as us!



## Smoothie bike days

To help encourage people to get riding, our giveaway this January have seen our amazing smoothie bike. Recipients have had the chance to hop on and make their own smoothie while getting active.

Our Smoothie Bike days have been a great ways to get people healthy in the New Year.



## Volunteer Story - Ian Tyler



Ian Tyler, a 71 year old, has been a volunteer with Essex Pedal Power for just over a year. He first heard about the cycling initiative through a friend, Jon Barnsdale who is also a volunteer with Essex Pedal Power. Soon after, Ian applied for a bike, which has helped with his physical and mental health.

Ian has also been volunteering for CVST for years as a led rider. Before volunteering he worked on fixing steam engines and cycling has always been a part of Ian life, with going on cycling holidays with his wife, aboard to France or Spain for a month.

He loved the idea of working on building the bikes and being around his friends. Ian finds the mechanics of the bikes interesting and always keeps the workshop clean.

He is part of the Bread Pudding crew, a cycling group created by Essex Pedal Power recipients and has fun going on bike ride around the Tendring area with them. He also joins a group ride on a Thursday, that everyone is welcome to, where they ride down to Frinton and have refreshments at a local café.

Ian said: *"Since being with Essex Pedal Power I have gotten fitter, lost weight and mentally wise it creates a real buzz.*

*"Cycling helps get me out of bed in the mornings, as I ride down the seafront as the sun comes out and my friends meet me there.*

*"Kelvin has been a great help and is always there for us."*

### 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.



### 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.

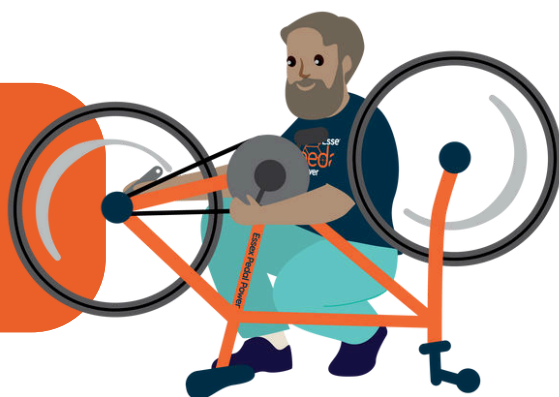


### Baseline Survey

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](#). 





### 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!

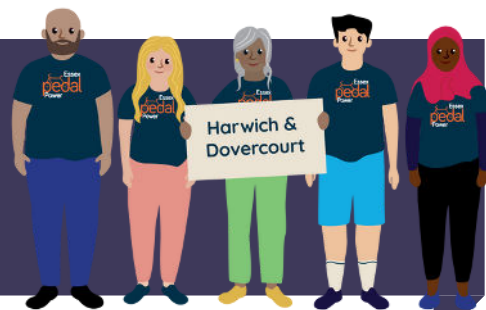
 <https://www.facebook.com/groups/423845785518156>

 [Essexpedalpower@theaws.org](mailto:Essexpedalpower@theaws.org)

 07842 418911

 Essex Pedal Power Office, Unit 8, The Enterprise Centre,  
Lotus Way, Jaywick Sands, Clacton on Sea, Essex, CO15 2LU

# Harwich & Dovercourt



## Dashboard

875

Total bikes distributed

8,446km

Total distance travelled

58,571

Total minutes active

## Rob's Round Up



As the days are getting longer and the warmer weather is on the horizon its time to dust off those bikes and get them ready for spring. Before heading out for you ride it is a good idea to check over you bike by performing an m check.

Check your wheels and tyres, make sure your wheel is spinning freely and bolts are tightened. Check they are inflated properly, they should feel like an apple, not to soft like a peeled orange. Check for no cracks in the tyre.

Check your seat post isn't loose and that you haven't exceeded the limit marked on the seat post. Once you have checked these, use an Allen key to tighten the seat post clamp. Check the seat is secure by giving it another check once you have finished.

Chain, Cassette and cogs Should be clean and oiled. Keeping your chain clean and oiled is important for the smooth running of your bike. Note: Don't use too much oil as this will pick up more dirt and make the chain more difficult to clean.

Pedals Make sure they spin smoothly and that your cranks are on tight, spin smoothly, and don't creak.

Any issues with you bike bring it along to one of our fix it session or give the office a call.

*Rob*

## Save the Dates!



### British Legion Ride and Talk



Tuesday 28th January



Meet at 10.50am ride but talk begins at 1.30pm



Meet at Little Oakley Memorial Club and talk is Harwich EPP Office

### Lunchtime Cycle Ride



Tuesday 11th February



Meet at 12



Meet at Dovercourt Cricket Club

### Kids Learn to Ride and Level 1 and 2 Bikeability



Monday 17th and Tuesday 18th February



9.30am - 2.45pm



Essex Pedal Power Office, Arts and Harwich Centre

### Creative Crafts and Tea Session



Wednesday 19th February



3 - 5pm



Essex Pedal Power Office, Arts and Heritage Centre

### Adult Learn to Ride and Cycle Confidence



Saturday 22nd February



Tuesday meet 10am and Thursday meet 9.30am



Essex Pedal Power Office, Arts and Heritage Centre

### Family Led Ride



Saturday 22nd February



Meet at 1.20pm



Meet at Essex Pedal Power Office, Arts and Heritage Centre

## A goodbye from Karen!

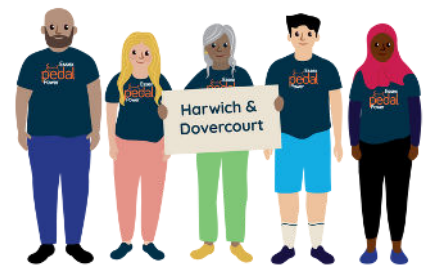
I have had the most amazing time working for Essex Pedal Power Harwich & Dovercourt and it is with mixed emotions that I let everyone know that I am moving onto another exciting new role within The Active Wellbeing Society.

I never imagined how much fun it would be working with the most splendid crazy team of staff and volunteers. The volunteers are awe-inspiring giving their time, coming week in- week out, building bikes and helping to give them away.

Giving away brand-new quality bikes to adults and children and seeing the faces and enjoyment that this brings has been like working in the North Pole with Santa! And coming to work in the morning and seeing so many people moving about on orange bikes gives me a real buzz.

The stories from participants of how bikes have changed people's lives and seeing parents and children getting out and cycling together, getting fitter, feeling better and enjoying the outdoors has been enormously satisfying.

Wishing all of our bike recipients our team members and valuable volunteers very best wishes for 2025.



## Giveaways and Child Seats

Its been a busy first month of 2025 at EPP Harwich and Dovercourt with more bike recipients completing learn to ride and cycle confidence training, as well as welcoming more riders to the EPP family, including little ones who are now able to enjoyed riding in the child seats fitted to their parents bikes!

Our new mechanic Rob and our fantastic volunteers have also been busy with bike servicing and repairs, including for the youngest of our riders, in child seats.



## Our Lunchtime rides!

Although the colder winter weather is still around, we saw many people on our relaxing lunchtime rides this month.

On one of our ride along the seafront, we even saw some seals popping up and down in the water.



## 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)