

December 08 Update



A Big Thank you!!



I can't believe it's been a whole year since the first Stakeholder Launch (27th Nov 07). We have passed a good number of milestones and are right on target to make next year even better, so we would like to say Big Thank you to all our partners, stakeholders and especially the signposters for making the Cycling For Health (CfH) project deliverable.

Project Aims – Together we are on our way to fulfilling the projects primary goals

- To increase the uptake of free adult cycle training and cycling by people in deprived communities and NHS staff in Nottingham City
- To contribute to national evidence about cycling and health so keep up the good work!

CfH Signposter Awards 2008

We would like to give particular recognition to the following individuals for their personal contribution to the project including their enthusiasm, engagement, support, feedback and ideas



1st Prize - £50 Bike Shop Gift Voucher

Michelle Platts - Physical Activity Advisor
YMCA Wellbeing Centre, Nottingham



2nd Prize - £30 Bike Shop Gift Voucher

Donna Perry - PCT Health Trainer
Linden House, Nottingham



3rd Prize - £20 Bike Shop Gift Voucher

Alice Faricy - Inner City Health Trainer
Pakistan Centre, Nottingham



Newcomers Award - £10 Bike Shop Gift Voucher

Frank Kamlomo - Outreach Worker
Cooperative Community Action, Nottingham

Congratulations to all of you and we look forward to working with you and your teams in the New Year.

More people cycling in Nottingham...



Since June 08 signposters have been busy helping members of the community get more active by signposting into our program and a Big Thank you needs to go out to our team of Ridewise Cycling Instructors who have been busy training them up. The results have been really encouraging and show great promise for next year. So far,

49 people applied for cycle training through the project (including PCT employees)

11 people achieved Level 1 Certificate (cycling off road safely)

5 people achieved Level 2 Certificate (cycling off road and on quiet roads safely)

1 person achieved Level 3 Certificate (cycling off road, on quiet roads and in busy traffic conditions safely)

Celebrations all round!



What better a way to top the end of a very successful first year for the CfH project than have the BBC sports personality award going to three times Beijing Olympic medalist Chris Hoy!!!

Well done Chris for putting cycling firmly on the map, it's not only great publicity for the sport but for everyday cycling and local grass roots community projects like ours too!

CfH Spring 09 Launch



We are busy behind the scenes planning our second stakeholder launch which we hope to hold in early spring, both as a celebration of the work we have achieved and as a showcase for existing and new stakeholders/partners.

We're hoping to have a number of attractions at the event and if extra funding is secured, we will be able to roll out what will be a more fun and interactive program with four local community cycling events in the city (dates to be confirmed). If you would like to have a stall at our events please contact me for further details.

Other News...

Bike Recycling Project



The current Bike Club run by volunteers of the Framework Housing Association for a couple of hours bi-weekly is set to be given a huge financial boost in order to develop a fully functional bike recycle workshop thanks to funding earmarked by the City PCT.

We very much look forward to building on our existing partnership in order that we can provide more recycled bikes to members of the community whilst they are doing their cycle training. PS, if you have a bike you want to donate, give me a call!

The first of its kind - CTC Bike Leader Award for Signposters



Thanks to our project, this course has been designed similarly to the Walk Leader course so that signposters can gain valuable experience and support more people cycling in their communities.

The aim is to provide signposters with the skills and confidence to lead small group rides and one to one support for clients interested in trying out cycling as a physical activity.

Thanks to all the health trainers who participated in the first course of its kind in the country and if anyone is interested in applying for the next course please contact me. (Pic: Donna Perry, Health Trainer on course to becoming one of our first bike leaders!!)



Thank you to the CfH Steering Group

Helen Ross - lead for the CfH project & Public Health Development Manager PCT would like to warmly thank all the members of the steering group for giving their time and skills to establish a very effective working group and for giving their support and commitment to making this project work so well.

So, a BIG Thank You to Sarah Bowles – GOEM, Gary Smerdon-White - Ridewise Chair, Roger Williams - Partnerships Director PCT, Jenny Maybury - Nottingham City Council, Paul Dodsley - Health Promotion Specialist & Health Trainer Manager PCT, Donna Perry – PCT Health Trainer, Alice Faricy – Pakistan Centre Health Trainer, Michelle Platts & Frank Sheridan – Physical Activity Advisors YMCA, Hugh McClintock – Pedals, Nicola Jones – Sustrans, Gordon McGowan – Nottingham Clarion Cycle Club, Ali Allen – Age Concern and last but not least Dori Kirchmair the unsung heroin and CfH Administrator, thank you for all your contribution this year.

And finally....Win a £10 Gift Voucher for the funniest caption competition!



Go on have a go! You never know you might win!!

Please email your captions to me at:

cyclingforhealth@hotmail.co.uk and we will announce the winner in our next update! (keep it clean!)

Thanks for reading and Happy Christmas from all of us at the Cycling For Health Project Nottingham. For any further info, please call Murat Basaran – CfH Project Coordinator Mob: 07791 724548. Address Ridewise, c/o Groundwork, Denman Street East, NG7 1AA.