

Ucycle Nottingham

www.sustrans.org.uk/ucyclenottingham



Everything you wanted to know about cycling...

...But were afraid to ask!

Sarah (the Ucycle Nottingham Project Officer for the University of Nottingham) and I have teamed up to organise an exciting cycling event in May. 'Everything You Wanted To Know About Cycling' will give staff and students at NUH and the university the chance to come along, ask any questions they've got, find out about cycling support on offer and hopefully get the extra bit of confidence needed to get out and about on their bikes! Evans Cycles will be coming along with some bikes and equipment and will be able to answer your questions, maybe about which bike you should get. We'll also be on hand to offer some basic maintenance tips, tell you about our upcoming bike buddies scheme and point you towards RideWise training. This will all be taking place in the **Medical School foyer on Wednesday May 19th from 11am till 2pm.**

If you are an experienced cyclist, why not come along and offer some advice to potential cyclists on the day? Drop me an email and I'll let you know the details.

Join in with the Great Notts Bike Ride

The Great Notts Bike Ride takes place on Sunday 20 June and NUH are putting together a team to enter the event.

BUT HERE'S THE TWIST! Its not about speed or winning. You don't even have to ride with other NUH team members if you don't want to! You earn points for entering, points for the distance you ride and **EXTRA** points to **new** cyclists and to any experienced cyclists who bring a **new** cyclist along.

So why not join the Sustrans NUH team for a great day's cycling. Send us an email at ucyclenottingham@sustrans.org.uk today for more details and to register your interest.

To say thank you at the end for all your hard work, there will be free massages, cakes and drinks to refuel and an array of gifts and information available at the end of the event.

The route options are 18, 50 and 75 miles but we strongly recommend the 18 miles if you are a beginner. More information is available at the official GNBR site www.nottinghamshire.gov.uk/bikeride

About Ucycle Nottingham

Ucycle Nottingham has been set up in partnership with Sustrans, Nottingham City Council, Nottingham University Hospitals NHS Trust, the University of Nottingham and Nottingham Trent University to increase the numbers of staff and students cycling.

To find out more about Ucycle Nottingham or any of the information or events in this news update, please use the following contact details

Web www.sustrans.org.uk/ucyclenottingham

Tel 0115 823 2395

Email ucyclenottingham@sustrans.org.uk

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment. Find out more: www.sustrans.org.uk

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Collect Fresh Air Miles!

They 'Did Something Different!'

This month we congratulated some of the Do Something Different prize draw winners with a presentation and some cake and coffee for their efforts! Well done to everyone who participated in the campaign, not just the prize winners! We'll be doing more giveaways in the future so stay involved in the project, you never know when you might get lucky!



There's still time to get involved!!

We're still recruiting to the Bike Buddy scheme for both people to be buddies and for new cyclists to request a buddy.

We're also finalising dates for bike maintenance workshops—if successful we will run more.

Register your interest for both via ucyclenottingham@sustrans.org.uk

Free Bike checks

Don't forget, bike checks take place each month between 9am and 1pm

3rd Tues of the month at QMC
3rd Thurs of the month at City hospital

Stuart, our resident bike mechanic will give your bike a thorough check and do any basic maintenance that can be completed within the half hour slot.

You need to book so please contact me at steph.knowles@nuh.nhs.uk or on extension 64771.

Your project

Hello! I'm the project officer for the Ucycle Nottingham NUH part of the project. I am based at QMC but am working across all of the Trust. My role is to set up various events and activities.



If you want to know more about the project at NUH or to pass on ideas for improvements or activities you'd like to see happen you can contact me at steph.knowles@nuh.nhs.uk or on ext 64771.

What's going on?

NUH Charity

It's great to get on your bike or be active just for fun but how about raising some funds for a good cause at the same time. NUH Charity is encouraging staff from NUH to use different events to raise funds for the charity. One way is through the Great Notts Bike Ride.

Or why not try something different and take part on the Experian Robin Hood Festival of Running 2010. Runners can choose from a half or a full marathon, both of which take place in Nottingham on Sunday 12 September.

Entrants running in aid of NUH Charity will be provided with a free T-shirt, a fundraising pack, sponsor forms and a medal. Money raised will go to whichever part of NUH's QMC or City Hospital campus you choose. To find out more or to enter contact Amy Marshall on extension 55935. For more information about NUH Charity go to www.nuhcharity.org.uk

Bicycle Users Group

The next BUG is due to meet on Wed 26 May at 12 noon in the Committee Room of the Leengate building at QMC. The group meets every couple of months to discuss all things related to cycling at the Trust and is a great opportunity to get involved with influencing things. At this meeting, we'll be talking about bike parking and some potential changes coming up, getting your

ideas for new sites for bike parking, discussing a traffic management survey and how cyclists can be heard and hearing about possible spending on cycling from the Transport Strategy Group. For more information about BUG, contact Phil Miller via cycling@nuh.nhs.uk. Everyone's welcome at the meeting so please come along!

Dates for your diary!

Bike week is fast approaching and there will be lots of events and activities taking place. Details are still being finalised but pencil these dates in your diary:

Wed 16th June—Bike to Work day at Ropewalk House
Sun 20th June—Great Notts Bike Ride
Wed 3rd June Bike to Work day at QMC
Thurs 24th June—Wheeler Big Breakfast and Cycle Forum in Market Square
Fri 25th June—Bike to Work day at City hospital
Sun 27th June—Ucycle Nottingham bike week finale

For more information contact us on ucyclenottingham@sustrans.org.uk.

Q Active will be running a health promotion week at the same time, with health checks and information about how you can improve your sense of wellbeing. Check out www.qactive.co.uk for more details or contact Catherine Hughes on extension 64771.

More info

Rural Rides

Nottinghamshire County Council have teamed up with Pedals to promote a series of leisurely bike rides through various parts of Nottinghamshire, taking in pleasant scenery with plenty of refreshment stops. All rides are free and open to everyone. To find out more visit www.nottinghamshire.gov.uk/countryside.

Ridewise Cycle Training

If you would like to cycle but don't think you are competent or confident enough, take advantage of RideWise. They provide free cycling instruction and training to national standards for adults, teenagers and children. Beginners, intermediate and advanced training is available. Find out more at www.ridewise.org.uk

For information on cycling in Nottingham, visit www.thebigwheel.org.uk