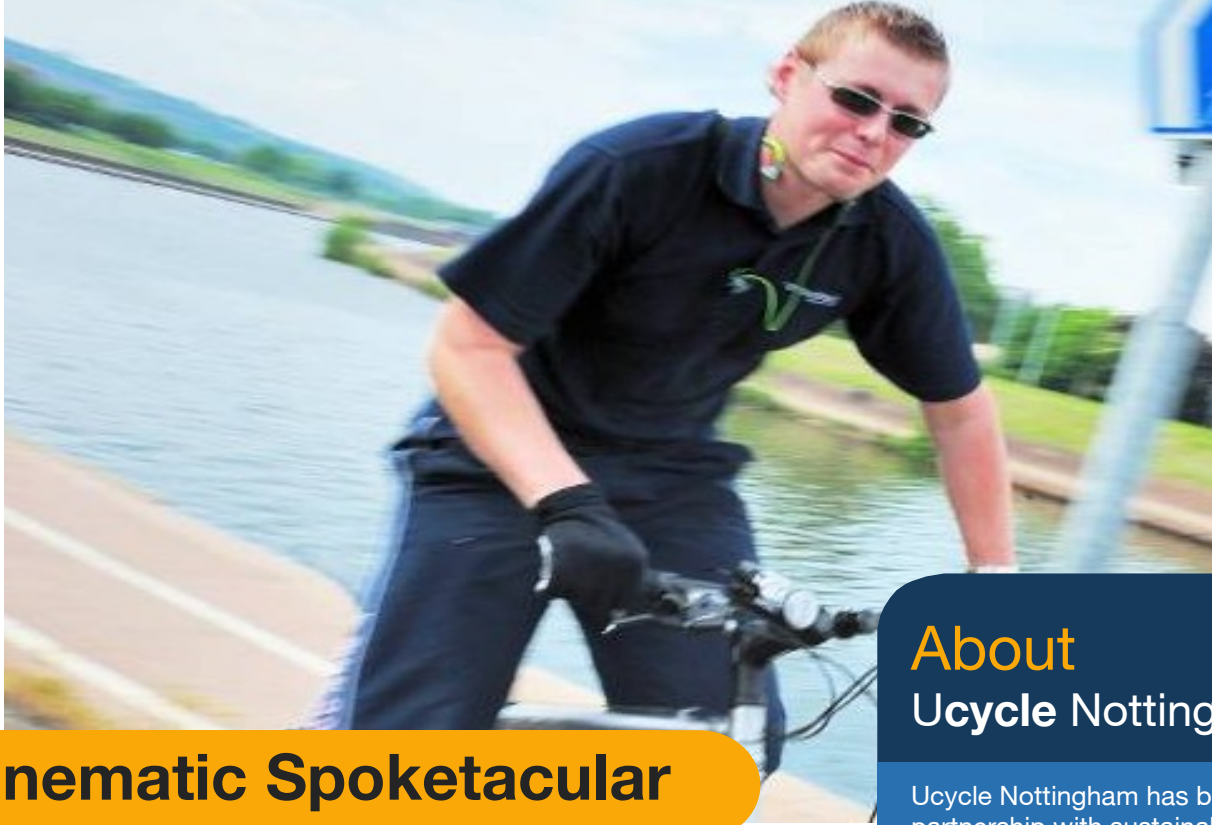


Ucycle Nottingham

www.sustrans.org.uk/ucyclenottingham



A Cinematic Spoketacular

Filming

We're currently looking to interview students and staff about their cycling experience at NTU for a short film about cycling.

What do you particularly like about cycling? Is it the money you save by leaving the car at home, the physical fitness or just the sheer silly fun of getting about on a bike? What are the barriers to cycling? What could Ucycle Nottingham do to make things better?

If you have views on this and want to share them on camera please email Andy on the address overleaf. We hope to film interviews at all three campuses in the coming weeks.

Great Notts Bike Ride

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

BUT here's the twist. You won't be awarded points for speed or distance covered. We'll be giving out extra freebies to **new** cyclists and to any experienced cyclists who bring a **new** cyclist along.

So why not join the Sustrans NTU team for a great day's cycling. Email Andy today (details overleaf) for more details and to register your interest.

To say thank you at the end, there will be free massages (feet only), cakes and drinks to refuel and an array of gifts and information.

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 [here](#)

About Ucycle Nottingham

Ucycle Nottingham has been set up in partnership with sustainable transport charity 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

Tel: 0115 823 2395
www.sustrans.org.uk/ucyclenottingham
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

Registered Charity No. 326550 (England and Wales) SCO39263



sustrans
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Supported by:



the big wheel
making transport around
www.thebigwheel.org.uk



Nottingham
City Council

cycling england



The University of
Nottingham

Nottingham University Hospitals NHS
Trust

NOTTINGHAM
TRENT UNIVERSITY

Pedal power your way into Spring!

Dr Bike Session!

Our superb Dr Bike mechanic will be at all three campuses in the next few weeks so you can bring your bike in for a maintenance check and basic repairs—all for FREE. Stuart will be on hand to tell you what needs fixing and to fix any minor defects such as replacing brake pads or cables.

The April sessions will take place on:
Brackenhurst—Friday 23 April
Clifton—Monday 26 April
City—Friday 30 April

All sessions run between 11:00 and 14:00.

Sessions are arranged in advance. Email or phone Andy to book your Dr Bike session.

Be a Bike Buddy!

During April/May, we will be actively recruiting volunteers.

All volunteers will be given a welcome pack including a Sustrans reflective jacket. All you need is to be a regular and confident cyclist and willing to cycle in with a colleague. We'll match up buddies with potential cyclists. You can do as much or as little as you are able. Interested? Contact us at ucyclenottingham@sustrans.org.uk for more details, a short role description and how to sign on.



Your project

Hello! I'm Andy, the Nottingham Trent University project officer for Ucycle Nottingham. I am based on the City Campus at Terrace Royal but work across all of the university. My role is to set up various events and activities and help to get you to cycle more often.



If you want to know more about the project at NTU or to pass on ideas for improvements or activities you'd like to see happen you can contact me at andy.rowe@sustrans.org.uk or on 07500 704757.

Coming Up

Cycle to Work

NTU and Ucycle Nottingham are working hard to implement the **Cycle to Work** scheme for staff as soon as possible.

Cycle to Work allows staff to purchase a tax-free bike and accessories, as well as spreading the payments over a 12 month period. Staff can save hundreds of pounds on this scheme - and potentially shed some pounds cycling to work!

The launch will include Cycle to Work roadshows which will visit each campus. At the roadshows you can try out cycles and get more information to help you decide what's best for you; ask about the salary sacrifice scheme and more. We may even get hold of some freebies for you. Dates will be announced soon on Staffnet, eNews and this newsletter.

Canal Clear Up—Volunteers Wanted

The Big Track is one of Nottingham's greatest assets to cycling but there is one stretch along the canal in the city that could do with a spruce up. We're looking for volunteers who are willing to give up a few hours to pick up litter and make the city centre canal a more pleasant place to cycle through. If you've been thinking that someone should do something about this, why not make that someone YOU. Get in touch with Andy for details of how to join in.



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

Bike Maintenance Classes

If you are interested in learning the basics about bike maintenance (anything from fixing a puncture to changing your bottom bracket), we are currently setting up some classes. To register your interest, please email us.

Free 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