

Ucycle Nottingham

www.sustrans.org.uk/ucyclenottingham



Dr Bike will see you now!

Dr Bike schedule for April

Over the last month we have had Dr Bike sessions on each of the campuses. These have all proved really successful and as a result, a regular schedule with our mechanic has been agreed. It's open to all staff and students so spread the word!

Queens Medical Centre: 3rd Tuesday of the month

City hospital—3rd Thursday of the month

All sessions will run from 9am to 1pm and booking is essential. It's easy to book, just email me (steph.knowles@nuh.nhs.uk) with your preferred campus and time. Also, if there is anything specifically wrong with your bike, let me know in your message. I'll then email back to confirm your booking or suggest an alternative if your preference is not available.

One satisfied customer had this to say about his Dr Bike experience

"On Thursday I managed to have a brief chat with Dr Bike about my brakes. I would like to say "thanks"...he gave me a couple of maintenance tips... my bike a quick look over and freed up a sticky brake cable. Immediate improvement for the bike and my cycling enjoyment. I would recommend a visit to Dr Bike even if its just for a quick check."

Bike parking at QMC

One of my early tasks for Ucycle Nottingham was to do an audit of all the facilities at NUH. All of the information collected and recommendations made have been passed to the Transport Strategy Group.

It will come as no surprise to many of you who know QMC that the bike parking by the main entrance leaves more than a little to be desired! The current set up came into being after the original parking was taken down to make way for new buildings. Discussions are now underway about how to improve this area. A senior engineer from Sustrans is coming this month to have a look at the site and make recommendations for improvements.

Some of you may also have heard that a new secure compound was planned for near the West entrance and due to be built by the end of March. Unfortunately this has been delayed although we are assured this is still going ahead!

Watch this space for more details!

Bike to work days

At the first of the Bike to Work days for this year, a fantastic 89 of you came and told us you'd cycled in, claimed your voucher towards a meal, a free gift and a chat with Dr Bike. Missed out? Don't worry, there are more planned for June!

"A lot of thanks for the gifts, I was going to buy a bell and some tyre levers but you beat me to it. They really are practical things that the campaign has identified so many thanks."

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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 JOIN THE MOVEMENT

Pedal power your way into Spring!

Be a Buddy!

In the last edition of the newsletter, we told you about the upcoming bike buddy scheme. During April, 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.



Great Notts Bike Ride

The Great Notts Bike ride will be taking place on 20 June and we want to get involved! Each of the institutions involved in Ucycle Nottingham are aiming to put together a 'team' for the ride. The winning 'team' won't be judged on how fast they ride, but on criteria like how many new or returning cyclists are involved, or how many family members and friends they bring along. Participants will be richly rewarded for taking part, with cake and maybe even a massage!

For more details email steph.knowles@nuh.nhs.uk.

Led Bike Rides

Do you fancy having a lunch time bike ride with other colleagues? Or know of colleagues who would like to take up cycling but are a little nervous. Ucycle Nottingham would like to offer some led bike rides as a means of getting staff more active on a leisurely bike ride. If you're interested, let me know by giving me an idea of what times would be most suitable for you.

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?

Get your hands dirty!

As we've mentioned, we're setting up regular Dr Bike sessions at the University, however we would also like to help out staff and students who want to learn a bit more about bike maintenance, whether that be fixing a puncture, or changing a bottom bracket! We're currently firming up the details of service providers for this, however it would be very useful if we could get a feel for how much interest there is for a service such as this. The first sessions will be basic maintenance—you'd be surprised at how few of us know how to look after our bikes so don't be afraid to join in! If you would like to take part in a bike maintenance class email me at steph.knowles@nuh.nhs.uk. Let me know when what times of day would be most suitable—we can't promise to meet everyone's ideal time but we'll certainly do our best!

Get involved!

You can also get involved in becoming a "champion" for the project. This can involve helping out at events, encouraging others to cycle or putting up posters in your department. Contact me for more information.

Not just for commuting

Being a cyclist doesn't just have to be about cycling to work, it can also be for fun, fitness and leisure.

Take for example some of our colleagues in the theatres department at City—they cycled 35 miles on a Sunday in April, starting with breakfast and ending with a pub lunch.

Raising funds for a good cause is another motivating factor for getting on the bike. One of our pledges in the recent Do Something Different campaign was from a member of staff who is cycling from John O'Groats to Lands End to raise money for charity.

And in July, another member of NUH staff will be cycling 465km for MacMillan Cancer Support. She's hoping to raise additional funds for the NUH charity fund by doing a stationary bike ride outside QMC.

Have you got any events you are taking part in that you would like to share in this newsletter? Contact me on steph.knowles@nuh.nhs.uk.

More info

Bicycle Users Group (BUG)

Do you want to influence cycling in the Trust? Then why not join BUG? Open to all cyclists, BUG meets regularly to discuss issues affecting cyclists to help make positive changes. The next meeting is due to take place in May. For more details contact Phil Miller via cycling@nuh.nhs.uk

Q Active

Walk to Work week is coming up at the end of this month and Q Active will be encouraging more staff to walk. This could be at lunchtime or as an alternative to waiting for the Medilink bus. Want to know more about this or any of the activities Q Active offers? Check out www.qactive.co.uk

Rural Rides

Notts 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

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