

Ucycle Nottingham

www.sustrans.org.uk/ucyclenottingham



Dr Bike Will See You Now!

Dr Bike Schedule for April 2010

Over the last month we have had Dr Bike sessions on each of the four main campuses. These have all proved really successful and the demand definitely outweighed the supply! So, I have agreed a schedule with Stuart Barnes (our Dr Bike) and it will appear each month in the newsletter as well as being advertised on the portal and elsewhere at the university. It's open to all staff and students so spread the word! Dates for April are:

University Park - Wednesday 7th and Thursday 29th

Sutton Bonington - Thursday 8th

Jubilee - Tuesday 13th

Kings Meadow - Tuesday 27th

All sessions will run from 10am-2pm and booking is essential. It's easy to book, just email me (sarah.fraser@sustrans.org.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.

You are the (Cycling) Champions!!

Over the first few months of the project the Ucycle Nottingham team have been utilising lots of different methods of communication at the University. A number of these are proving successful and we will continue to use mediums such as posters, flyers and the portals to get our messages out.

However, it has become clear that we are not reaching some members of the University community and, whilst we realise that contacting everyone is a pretty big (and potentially unrealistic!) target, we want to get as close as possible to it! In our view, nothing spreads a message like direct contact and word of mouth, so we would like to start to make use of this, which is where you can come in! We are looking for some staff and students to volunteer as 'Cycling Champions'. This really doesn't require a lot of work, promise! When we have events or news we want to publicise, we would email our cycling champions and simply ask them to spread the word! This might be just chatting to people as you pass them, or maybe putting up some posters in communal areas, e.g. kitchens. We know that there are a lot of very enthusiastic cyclists here and this is a great opportunity to spread that enthusiasm!

If you would like more details, or would like to volunteer, just drop me an email at sarah.fraser@sustrans.org.uk.

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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Nottingham

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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. We have had a number of enquiries about the scheme, mostly from people wanting to be buddies, which is absolutely great! Spread the cycle love! We're just putting the finishing touches to our role description and welcome pack so those who have been in contact will hear more really soon. If you want to become involved in the scheme, as a buddy, or a potential cyclist, or you know someone who would like to be involved, just drop me an email.



Great Notts Bike Ride

The Great Notts Bike ride will be taking place on 20th 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 cyclists are involved, or how many family members and friends they bring along. Ucycle Nottingham 'team' members will be richly rewarded for their participation, with cake and maybe even a massage! For more details email sarah.fraser@sustrans.org.uk.

Dr Bike in Sutton Bonington

Stuart (our Dr Bike) would like to offer staff and students at Sutton Bonington a reduced rate service for any major repairs required on their bikes. He will be available to stay after the Dr Bike sessions on campus and will be offering his service for £12 per hour (that's a discount of 40%!!!). Email me for more details.

Your project

Hello! I'm Sarah, the University of Nottingham project officer for the Ucycle Nottingham. I am based at University Park but work across all of the university. My role is to set up various events and activities.



If you want to know more about the project at the university or to pass on ideas for improvements or activities you'd like to see happen, you can contact me at sarah.fraser@sustrans.org.uk or internally on ext 32394

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. If you would like to take part in a bike maintenance class email me at sarah.fraser@sustrans.org.uk. In your email let me know what level of maintenance you are interested in.

SUCCESS STORY!

Dr Dave Nichol, health lecturer at the University, recently pledged to 'Do Something Different'; stop making excuses and get back out on the bike! As his picture shows, so far, so good!!



BUG Update

The first University of Nottingham Bicycle User Group (BUG) meeting was held this month. Even though there was quite a small turn out, we had a great meeting! We mainly talked about cycle infrastructure on and off campus and there were lots of good ideas for potential future projects. We also had a long discussion about the mileage allowance for using bikes for work purposes, currently this stands at 5p per mile, however I have started looking into putting a case together for an increase in this rate. I'll keep you posted with my progress. If you would like to become part of the BUG mailing list, which involves receiving updates about meetings and minutes from each meeting, just drop me an email. Next months meeting will take place on Monday April 26th, 13.00-14.00. It will be held on University Park (room TBC). Remember, if you can't make the whole meeting, it's fine to just drop in for a bit!

More info

Ucycle Nottingham will be featuring at the University of Nottingham Community Open Day (Saturday April 24th). Cycle Magic will be bringing along lots of exciting bikes to try out, should be a great day!

If you have any agenda items for the next BUG group meeting, send them to me at sarah.fraser@sustrans.org.uk.

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