

Ucycle Nottingham



Improving Cycling for Everyone!

Part of the remit of Ucycle Nottingham, and a target area for some of our funding, is to improve small scale infrastructure here at the University. We have been consulting with the University Estates and Environment teams and have decided on a number of locations where Ucycle and University of Nottingham money could be put to good use and improve the lives of UoN cyclists (as well as hopefully encouraging some more staff and students into the saddle!). The following additions to the University's cycling infrastructure have been decided upon and you should see improvements in the coming weeks and months!

University Park

- 🚲 Pharmacy (cover existing parking)
- 🚲 Hallward library (cover existing parking)
- 🚲 George Green library (cover existing parking – front and rear)
- 🚲 Centre for Biomolecular Sciences (cover existing parking)
- 🚲 Pope (cover existing parking)
- 🚲 Clive Granger (cover existing parking)
- 🚲 Tower Building (additional parking provision)
- 🚲 Music (additional parking provision)

Sutton Bonington

- 🚲 Two cycle compounds by the North and South Labs (works currently in progress)

Jubilee

- 🚲 Sir Colin Campbell (additional parking provision)
- 🚲 There are plans to provide covers for some of the parking on campus; the design of the covers is currently being decided upon

Medical School

- 🚲 Upgrading of cycle compound
- 🚲 Additional parking provision at entrance

Cross campuses

- 🚲 100 lockers (for clothing etc)

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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Shift up a gear!



INCREASE YOUR CYCLING CONFIDENCE WITH CYCLE TRAINING

Ucycle Nottingham works closely with [Ridewise](#), a Nottingham-based not-for-profit community enterprise committed to providing practical solutions that make cycling an enjoyable and safe form of everyday transport. Cycle training is offered at three different levels; **Level 1 (Novice)**, **Level 2 (Intermediate)** and **Level 3 (Confident)**. I am currently investigating the level of interest in having some group **Level 1** and **Level 2** sessions here at the University. These would be ideal for staff and students who would like to start cycling or cycle more but feel that they need to develop their confidence. The sessions are also good for experienced cyclists who just want to hone their skills. The sessions would include:

Level 1 (Novice) - starting off, stopping, fluid pedalling, steering, signalling

Level 2 (Intermediate) - continuous hazard awareness, junctions, using cycling facilities (cycle lanes and paths)

Following these sessions participants would be able to book 1-2-1 **Level 3 (Confident)** training (which includes complex junctions, lane discipline and queues) which is free for participants coming through the Ucycle project.

If you would be interested in, or know someone who could benefit from, cycle training at the University please drop me an email. You can also contact me on behalf of a group if you have friends or colleagues you would like to train with. Also include in your email what times would be most convenient. If there is sufficient interest in running some sessions I will let everyone know the arrangements.

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.



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?

April Dr Bike

Dates for the Dr Bike sessions in April are:

Tuesday 12th—University Park (Portland)

Wednesday 13th—Sutton Bonington

Thursday 14th—Jubilee

Thursday 21st—University Park (Chemistry)

All sessions run from 10 till 2 (SB 10-4) so there are slots available at 10, 11, 12 and 1 o'clock. If you would like to book a slot email sarah.fraser@sustrans.org.uk with the following information:

- Which date you would like
- What time you would like (the sessions get booked quite quickly so please let me know two times)
- Any specific problems with your bike
- A contact telephone number

April BUG

April's BUG meeting will take place on **Wednesday 20th** at **Jubilee Campus** (Exchange building, room C34). If you have any agenda items just drop me an email and I will add them. If you are not yet a member of the BUG mailing list and would like to be then let me know via email (sarah.fraser@sustrans.org.uk) and I will get you on the list. You will then receive emails about upcoming meetings as well as agendas, meeting minutes and meeting actions.

March Events

Thanks to everyone who came along and supported our cycling events over the last couple of weeks. We gave away lots of food and smoothies, fixed loads of bikes (sold a few as well!), taught some people how to fix punctures and provided a number of people with information on cycling ☺

More info...

Ridewise

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

Rural Rides

Ridewise are offering free guided cycle rides in Nottingham and Nottinghamshire. For more details and a calendar of rides visit the [Rural Rides site](#).

Need to plan a cycle route. Try out the [Transport Direct Cycle Journey Planner](#) for help and route advice.

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