

Ucycle Nottingham

Pedal into the New Year

GET INTO GOOD HABITS IN 2011

The NHS [Change 4 Life](#) campaign aims to help us 'eat well, move more, live longer'. In 2011 they have launched the [Great Swapathon!](#) This is an initiative to help individuals and their families make small changes to their lifestyles that will add up to a healthier and happier future. By taking part you can also access vouchers for money off healthier food and activities. Why not have a go and see if you can swap something? Even better, see if you can work your cycling in there somehow! [Sustrans](#) are also offering some handy hints on New Years Resolutions ☺

JANUARY DR BIKE

The dates for Dr Bike sessions in January are:

Tuesday 18th - University Park

Thursday 20th - Jubilee

Tuesday 25th - University Park

Remember, you must book, so email me with your preferred date, time (all sessions run from 10-2), anything you would like looked at on your bike and a contact phone number.

sarah.fraser@sustrans.org.uk

Dr Bike will be returning to Kings Meadow in February and Sutton Bonington in March.

JANUARY MAINTENANCE WORKSHOPS

Ucycle Nottingham have organised two maintenance workshops at the University of Nottingham in January. These will help you get a bit more experience of basic bike maintenance and repair and give you the opportunity to talk to a local expert from [Ridewise](#).

Please note that spaces are limited so you can only book onto one workshop per month. We are planning more for the coming months so there will be more opportunities to attend.

There are more details on the additional attachment on your email.



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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BE A CYCLE ENTHUSIAST!

The start of the new year is a great time to encourage friends and colleagues to start something new, like cycling! If you know anyone who studies or works at the University of Nottingham who is interested in starting to cycle, point them in my direction and I can give them a helping hand to start getting about on two wheels. Email me at sarah.fraser@sustrans.org.uk.



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