

Ucycle Nottingham



UCYCLE BIKE HIRE

Bike Hire Scheme at UoN

A major development for the Ucycle Nottingham project at the University of Nottingham is the upcoming Bike Hire scheme. Ucycle are purchasing 200 bikes which will be used in a two strand Bike Hire scheme at the University.

STRAND 1

Most of the bikes will be used in a student bike hire scheme where students will be able to hire a bike for up to an academic year for a minimal fee (plus deposit). The package will include a Ucycle branded Pinnacle bicycle, a set of lights, a lock and a year long maintenance package. Students will also be able to access free RideWise training (if needed) to brush up on their cycling skills!

STRAND 2

The university will be keeping hold of some of the bikes to be used in a staff short term hire pilot scheme. Bikes will be available for

FREE to staff members throughout the year to be used for inter-campus travel or nipping into the city (or Kegworth if you're in Sutton Bonington!). Again, a set of lights and a lock will be included when staff hire the bike.

The logistics of both strands are currently being ironed out and a full outline of both will soon be available.

If you would like to register your interest in the student scheme text bike to 07797801415 to register interest and join the waiting list for a new hire bike. Please note that texting this number only registers your interest, it does not guarantee you a bike. If you'd like any more information about either scheme 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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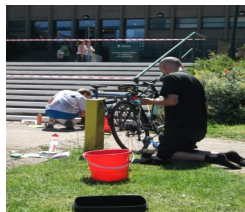
I ♥ MY BIKE

Workplace Challenge

If you've been involved in the Ucycle Nottingham challenges we've been running and would like to continue participation in a similar activity, or even if you haven't joined in our challenges and would like to start monitoring your activity levels, why not get involved in the **Shape Up Notts! Workplace Challenge**? Visit the Shape Up Notts! website to register, and opt into the Workplace Challenge. You can then log all your cycling (and other physical activity) and the website will keep a record of the calories you burn and the amount of CO₂ you save if you're travelling actively! By taking part in the Workplace Challenge, all your activity will be recorded for the University and help us all work towards being the most active workplace in Nottinghamshire! There will also be the opportunity for workplaces and participants to win prizes for taking part. To sign up just visit the [Shape Up Notts! Registration page](#) and follow the instructions (don't forget to opt into the Workplace Challenge!)

Bike Week

Bike Week was a great success! It's not great in terms of timing for a University, given that it's out of term time, however we still had lots of people coming along to all the events. Especially popular were the Bike Washes and I definitely think this is something we will run again in the future! If you've got any feedback about Bike Week, I'd find it really helpful if you could drop me an email letting me know.



July Dr Bike

Dates for the Dr Bike sessions in May are:
Tuesday 6th—University Park (this session is now fully booked)
Tuesday 13th—Jubilee (10-2)
Tuesday 27th—Kings Meadow (10-2)
Thursday 29th—University Park (10-2)
 Remember, you must book, so email me with your preferred campus, time, anything in particular you would like looked at on your bike and a contact phone number.

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?

Campus to Campus Routes

What nicer way to get to a meeting or lecture than by bike?? To coincide with the introduction of the staff short term bike hire scheme, Ucycle Nottingham are putting together some campus to campus route plans and maps to distribute to staff and students. If you have a route which you use and would like to share it, it would be great if you could email me the details. I can then draw up a route card and plot the route onto a map and share it with the University community.

BUG

There was no BUG meeting in June so July's is doubly important! If you have any agenda items or would like to receive the agenda before the meeting just email me. The meeting will take place on Monday 26th July from 1-2 at Jubilee Campus (room TBC).

Cycling Champions

In a past edition of the Ucycle Nottingham newsletter I highlighted the need for cycling champions at the University. I received a number of emails from volunteers who have been doing a great job promoting cycling within their departments. We have discovered that the best way to spread the messages of the project and to generate enthusiasm about cycling is by word of mouth and peer encouragement and support. I now want to try and set up a formal network of cycling champions, similar to the University's Environmental Champions network. Cycling Champions would not be expected to give up a lot of their time and any activities would be coordinated by Ucycle Nottingham. In the main the job would involve promoting cycling activities taking place at the University and trying to give non-cyclists a gentle push in the right direction! If you would like to receive more information about being a Cycling Champion send me an email and I'll let you know some more details.

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.

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

To find out more about the Bike Buddy Scheme (if you are an experienced cyclist who would like to be a buddy or are a new cyclist who would like a buddy) email sarah.fraser@sustrans.org.uk

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