

# Ucycle Nottingham

[www.sustrans.org.uk/ucyclenottingham](http://www.sustrans.org.uk/ucyclenottingham)



## 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](http://www.sustrans.org.uk/ucyclenottingham)

**Tel** 0115 823 2395

**Email** [ucyclenottingham@sustrans.org.uk](mailto: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](http://www.sustrans.org.uk)

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## BIKE WEEK IS COMING!

### Get Involved!

Bike Week is an opportunity to promote cycling and show how cycling can easily be part of everyday life. This year Bike Week runs from 19th-27th June. We've planned lots of fun events at the University, and we are so excited that we've even got stuff going on the week before!

Our events for this year include:

- Cyclocomputer Challenge—challenge yourself to see if you can do more miles in Bike Week
- Bike 2 Work Days—cycle in and get a free meal voucher
- Dr Bike sessions—taking place throughout June and July
- Bike Wash—bring your bike along for a quick wash, we'll get the muck off and give your chain a clean and even re-oil it!

The Big Wheel are also organising some city wide events so have a look at their website ([www.thebigwheel.org.uk](http://www.thebigwheel.org.uk)) and see what else you can get involved with!

### Schedule of Bike Week Events at the University of Nottingham

**Monday 14th June** — Start of Cyclocomputer Challenge, Bike Wash @ Kings Meadow

**Wednesday 16th June** — Bike Wash @ University Park

**Friday 18th June** — End of week 1 of Cyclocomputer Challenge

**Sunday 20th June** — Great Notts Bike Ride

**Monday 21st June** — Bike 2 Work Day & Bike Wash @ Sutton Bonington

**Tuesday 22nd June** — Bike 2 Work Day & Dr Bike @ Kings Meadow

**Wednesday 23rd June** — Bike 2 Work Day & Bike Wash @ Jubilee

**Thursday 24th June** — Bike 2 Work Day & Dr Bike @ University Park

**Friday 25th June** — End of Cyclocomputer Challenge

Details including times and locations are being finalised at present and will be advertised soon. If you want any more information about any of the events, email me at

[sarah.fraser@sustrans.org.uk](mailto:sarah.fraser@sustrans.org.uk).

Supported by:



## Free Your Bike!

### Sounds on the Downs

Ucycle Nottingham are involved with this year's [Sounds on the Downs](#) event on **Wednesday 9th June**. We're bringing along some rather interesting contraptions too! In association with our friends at V3 Power we've arranged a pedal powered cinema and a pedal powered smoothie maker. We're also going to be giving out lots of information and letting everyone know about the exciting Student Cycle Loan scheme which will be launching at the start of next academic year.

### Who-cycle??? UCYCLE!!

If any of your friends, colleagues, or class mates haven't heard of us yet, tell them to keep an eye out for our flyers which have been distributed around all the campuses. People can now find out about us in the sports centres, libraries, swimming pool, receptions...

These flyers include our events up until September, and we'll update them as time goes on.

### Everything You Wanted to Know About Cycling...

Our event over at the Medical School was a great success, we spoke to loads of people, talked about bikes with Evans, the new Bike Buddy initiative, the upcoming Student Cycle Loan Scheme, the staff Cycle To Work scheme, as well as loads of other stuff! Thanks to everyone who came along!



### June Dr Bike

Dates for the Dr Bike sessions in May are:

**Tuesday 1st**—University Park (this session is now fully booked)

**Thursday 3rd**—Jubilee (this session is now fully booked)

**Tuesday 22nd**—Kings Meadow (10-2)

**Thursday 24th**—University Park (10-2)

Remember, you must book, so email me with your preferred campus, time and anything in particular you would like looked at on your bike.

## 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.

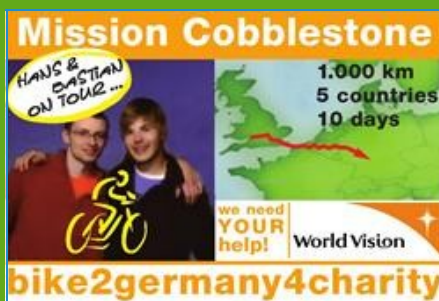


If you want to know more about the project at the university or to pass on ideas for improvements or activities you'd like to see happen, you can contact me at [sarah.fraser@sustrans.org.uk](mailto:sarah.fraser@sustrans.org.uk) or internally on ext 32394

## What's going on?

### Another charitable cyclist!

A student from the University, Hans Krause, is undertaking a mammoth bike ride of over 1000km to raise money for World Vision. If you want to know more about his adventure visit his [Just Giving site](#).



The number of people at the University raising money for charities through their cycling really is amazing! If you or any of your colleagues or class mates at the University are doing any charity rides let me know and I can give them a mention in the newsletter.

### Cycle to Work Guarantee

This month the University signed up to the [Cycle to Work Guarantee](#). This shows how committed they are to making cycling more accessible for the University community. The guarantee consists of five main strands; storing, changing, buying, repairing, and inspiring and the University, along with Ucycle Nottingham, are striving to ensure that the needs of cyclists are met in all five areas.

### Bike Maintenance Workshop

The first Bike Maintenance is now fully booked, however if you would like to go on the waiting list let me know. The first one will act as a pilot and from there I can learn, adapt and refine future sessions to make them useful and fun for all participants!

## 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](http://www.nottinghamshire.gov.uk/countryside).

If you have any agenda items for the next BUG group meeting, send them to me at [sarah.fraser@sustrans.org.uk](mailto: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](http://www.ridewise.org.uk)

For information on cycling in Nottingham, visit [www.thebigwheel.org.uk](http://www.thebigwheel.org.uk)