

Ucycle Nottingham



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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JOIN THE MOVEMENT

Go Greener and achieve a HealthyU!

March is going to be a busy old month! The week commencing 21st is both the University's Go Greener and HealthyU week and Ucycle Nottingham have got loads going on! Here's a run down of our plans:

Monday 21st March Go Greener Travel and Transport Day

- 🚲 Lunchtime led bike ride (from University Park)
- 🚲 University Park and Kings Meadow Bike 2 Campus day (free meal vouchers)
- 🚲 University Park and Kings Meadow Dr Bike (see overleaf for details)
- 🚲 Second hand bike market (University Park)
- 🚲 BUG meeting (see overleaf for details)
- 🚲 Information stall (Go Greener marquee, Portland building)

Tuesday 22nd March Health and Well Being Fair

- 🚲 Jubilee Bikers Bike 2 Campus day (free meal vouchers)
- 🚲 Jubilee Dr Bike (see overleaf for details)
- 🚲 Smoothie bike (Portland Atrium)
- 🚲 Information stall (Portland Atrium)

Thursday 24th March Health and Well Being Fair

- 🚲 University Park Dr Bike (see overleaf for details)
- 🚲 Puncture repair workshops (Portland Atrium)
- 🚲 Information stall (Portland Atrium)

Tuesday 29th March Sutton Bonington Go Greener

- 🚲 Bike 2 Campus day (free meal vouchers)
- 🚲 Dr Bike (see overleaf for details)

I shall be circulating full details of all events over the next couple of weeks ☺

Supported by:



SPRING into the saddle!



BICYCLE USERS GROUP (BUG)

After a winter break the BUG will be back in March. The group is open to all staff and students, both current and potential cyclists are welcome and the group provides an opportunity to get together and discuss cycling at the University.

The March meeting will be held on Monday 21st from 1pm-2pm in room D136 Portland Building. If you have any items you would like to add to the agenda please email them to me by Monday 14th March. If you can't make the meeting but would still like to know what went on, just email me and ask to be added to the BUG mailing list. You will then receive the meeting minutes and details of future meetings.

MAKE 2011 THE YEAR YOU GET IN THE SADDLE!

Not yet a cyclist? Know someone who hasn't seen the light? You may have seen the Ucycle 'One Good Reason...' posters dotted about campus highlighting some of the great reasons to use a bicycle as a mode of transport. This campaign is targeted at staff and students who aren't yet part of the cycling revolution, with the aim of getting them onto a bike and out collecting fresh air miles! Potential cyclists can get a 'Start Cycling' pack which includes loads of great information about why to cycle, how to get started, what routes to take and what events we've got going on here at the University. Know someone who might benefit from a pack? Just get them to drop me an email and I'll get one out to them

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?

March Dr Bike

Dates for the Dr Bike sessions in March are:

- Monday 21st**—University Park (drop in, no bookings) & Kings Meadow
- Tuesday 22nd**—Jubilee
- Thursday 24th**—University Park
- Tuesday 29th**—Sutton Bonington

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

Bike Pumps

This has been going on for quite a while but at last the end seems to be in sight! We are currently taking delivery of the track pumps to be situated on campus and they should be in place within the next two weeks. I'll send round an update as soon as we get the pumps installed. Yay! ☺

Favour to ask...

As with all projects like Ucycle Nottingham, we have a monitoring process that goes alongside our work, making sure we meet our targets and benefit the people the project is aimed at (that's you by the way!) We are currently looking for staff and students to take part in short interviews about your opinions on the project so if you would like to help us out please email me and I'll take it from there.

More info...

RIDE FOR 17

Just wanted to give a quick mention to this charity ride; **Ride for 17**. Two great guys, doing a great ride for a great charity. Take a look at their [Facebook page](#) to see about their training in the lead up to the challenge and to find out how to donate.

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

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