

# Ucycle Nottingham

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



## Everything you wanted to know about cycling...

### ...But were afraid to ask!

Steph (the Ucycle Nottingham Project Officer for the hospitals) and I have teamed up to organise an exciting cycling event in May. 'Everything You Wanted To Know About Cycling' will give staff and students at the University of Nottingham, and the hospital, the chance to come along, ask any questions they've got, find out about cycling support on offer and hopefully get the extra bit of confidence needed to get out and about on their bikes! Evans Cycles will be coming along with some bikes and equipment and will be able to answer your questions, maybe about which bike you should get. We'll also be on hand to offer some basic maintenance tips, tell you about our upcoming bike buddies scheme, give you information about the Cycle to Work scheme and point you towards RideWise training. This will all be taking place in the **Medical School foyer** on **Wednesday May 19th** from **11am till 2pm**.

If you are an experienced cyclist, why not come along and offer some advice to potential cyclists on the day? Drop me an email and I'll let you know the details.

### Join in at the Great Notts Bike Ride

The Great Notts Bike Ride takes place on Sunday 20 June and UoN are putting together a team to enter the event.

**BUT HERE'S THE TWIST!** You won't be awarded points for speed or distance covered. You don't even have to ride with other UoN team members! We'll be giving out extra freebies to **new** cyclists and to any experienced cyclists who bring a **new** cyclist along.

So why not join the Sustrans UoN team for a great day's cycling. Send me an email at [sarah.fraser@sustrans.org.uk](mailto:sarah.fraser@sustrans.org.uk) today for more details and to register your interest.

To say thank you at the end for all your hard work, there will be free massages, cakes and drinks to refuel and an array of gifts and information available.

The route options are 18, 50 and 75 miles but we strongly recommend the 18 miles if you are a beginner. More information is available at the official GNBR site [here](#).

## 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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## Collect Fresh Air Miles!

### They Did Something Different!

This month we congratulated some of the Do Something Different prize winners with a presentation and some cake and coffee for their efforts! Well done to everyone who participated in the campaign, not just the prize winners! We'll be doing more giveaways in the future so stay involved in the project, you never know when you might get lucky!



### GOOD NEWS!!

Following a discussion during last months BUG about the bicycle business mileage allowance at the University (it was 5p per mile), I have approached the University to ask about increasing it. With the help of Gavin Scott (UoN Environment Manager) it will, over the summer in line with new expenses, be put up to 20p per mile! So if you've got a meeting on another campus, why not hop on your bike to get there?!

(Staff who have purchased a bike through the Cycle to Work scheme will not be eligible to claim until they pay the final instalment of their salary sacrifice.)

### May Dr Bike

Dates for the Dr Bike sessions in May are:  
**Tuesday 4th**—University Park (this session is now fully booked)

**Thursday 6th**—Jubilee (10-2)

**Thursday 11th**—Sutton Bonington (10-5)

**Monday 24th**—Kings Meadow (10-2)

**Thursday 27th**—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?

### Simon Green—IT Support

"I cycle to work every day (even through that horrible winter we just had!) and love it. On the rare occasion I have to drive, I find it takes a lot longer, I'm financially worse off as I'm spending money on petrol and I'm getting no exercise. So I tend to avoid the car. I got my last bike through the Cycle to Work Scheme which is a great way of getting a bike at a hugely reduced price compared to the high-street/internet.

We had a family holiday in the French Alps last year and I was lucky enough to be able to cycle up the Alp d'Huez, the Croix de Fer and the Col de Forclaz. This year's challenge is the Fred Whitton and I thought it was a great opportunity to raise some cash for a good cause and also to try one of the harder sportives on the cycling calendar.

For the Fred Whitton, I'm raising cash for the Lake District Search and Mountain Rescue Association ([www.lidsamra.org.uk/](http://www.lidsamra.org.uk/)). My sponsorship page is at [www.justgiving.com/Simon-Green2](http://www.justgiving.com/Simon-Green2) and through kind folks donations, over £300 has been raised so far!"



If you would like to unsubscribe then please email [ucyclenottingham@sustrans.org.uk](mailto:ucyclenottingham@sustrans.org.uk) and put 'unsubscribe' in the title of your message.

### BUG Update

This months BUG was a roaring success with a great turn out and a good cross campus spread! Thanks to everyone who came along. We talked at length about on campus infrastructure and there were lots of suggestions for improvements, especially at the various University Park entrance/exit points. There were many other points of discussion, so if you'd like to see the minutes, email me and sign up to the BUG mailing list. The next meeting will be on Monday 24th May at 13.00. It will be held on Kings Meadow campus (room TBC).

### Don't Forget!

I'm still receiving emails from staff and students registering their interest in a basic bike maintenance workshop. We're just finalising details at the minute, so if you haven't told me you're interested yet then there's still time!

## 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)