

Ucycle Nottingham

Autumnal Cycling



STUDENT BIKE HIRE

This is the main reason for the shorter and later newsletter! Everything has been crazy busy in the Ucycle Nottingham team getting all the student hire bikes back out and about. The scheme has again proved to be very popular here at the University and almost all of our bikes are whizzing about as we speak! We received some really great feedback from the students who hired the bikes last year, and this year's scheme looks like it's going to be just as great. We've only got a couple of small bikes left at the minute but students can still get in touch to be added to the waiting list.

BIKE FEST!

On Saturday 22nd October 2011, [Framework](#) - the East Midlands leading homelessness charity - is appealing to local people to 'get on their bikes' to raise money for some of the region's most vulnerable local people.

Bike Fest is for cyclists of all ages and abilities and is part of [Raise the Roof](#), a month long music, arts and performance festival which celebrates 10 years of Framework and raises funds to support Framework's Anniversary Appeal.

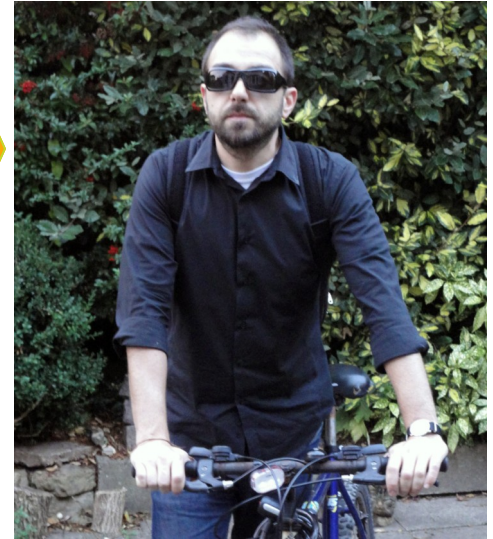
Register now by visiting the [Bike Fest website!](#)

NUNO JORGE – BORN AGAIN CYCLIST!

I received a really great email from Nuno (IS team) and wanted to share it with you all. *I've never owned a car and I've been traveling by public transport or walking everywhere on almost all occasions. However, I haven't cycled regularly for more than 20 years. I've tried to start cycling again six years ago, without much result. I bought a cheap second-hand bicycle, but the lack of use and poor maintenance made it almost unusable. One and a half months ago I've taken that same bicycle to a Dr. Bike session. Without expecting it, my everyday life changed a lot (for better): the second-hand bike rusting in the shed is now my main way of transport to work. In the last 6 weeks I've only used the bus 4 times! The changes go beyond the daily transport detail. Physically I feel much better, having a healthy dose of exercise early in the morning and late in the afternoon; My awareness of public spaces (and the use I made of it) changed; I have a far richer social interaction with other people; My mobility increased greatly and the time wasted waiting for public transports is now null. I'm now expanding my cycling routes and use it also to go for shopping and even to meet friends. I'm aware that some of this enthusiasm may vanish as soon as the autumn weather kicks in. However, with the changes of the University Park Campus transport and my steady pedaling increase of confidence, I'm sure I can keep up with it regularly.*

AND IT'S BYE FROM ME...

After working on the Ucycle Nottingham project for the last two years I am moving on. I just wanted to take this opportunity to thank everyone at the University for all your support for the project throughout my time here. We've had some great success in terms of increasing cycling levels here at UoN and I can see this continuing well into the future. I will finish on 2nd November. Until my replacement has been appointed, please contact the team using the email address in the blue box. As soon as a new project officer is in place the team will let you know. Happy pedalling everyone!



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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