



Newsletter

Clacton and Jaywick Sands



Rosie's Reflections

Hello beautiful riders of Clacton & Jaywick Sands,

As this year ends, let us think about what we have all managed to achieve this year. I know for many, this year has been incredibly hard going, but we need to remember to be kind to ourselves. Think of the things to be thankful for. Start with the basics; a roof over your head, kind people in your life, and your Essex Pedal Power bikes to get you out and about.

If life is all milk & honey for you now, then share it with those within our amazing little community. Your kindness to one another can go such a long way and together as the Essex Pedal Power community, we can make a brighter future one pedal at a time.

Our 1st Give Thanks & Give Back Awards run by the team at Essex Pedal Power, was a fantastic chance to celebrate and recognise members of the community in Clacton & Jaywick, as well as say a massive thank you to everyone involved in the programme. It was great to celebrate one another with live music from A light Left On, food from Crispin's in Clacton, and take part in competitions and games. Please see our award winners further down in this newsletter!

I feel truly proud of the strong community we have been able to create with Essex Pedal Power, and I can't wait to continue seeing you out and about on your bikes in 2024.

Wishing you a very Merry Christmas, and a happy and healthy New Year!

Rosie

Learn With Kelvin

Kelvin held his first solo 'Learn about Brakes and Gears' sessions, supported by our newly trained City & Guilds Level 1 Bike Mechanics Will Parker. Three sessions took place across 2 different venues; our Jaywick Hub Office and St. Andrews Hall, Clacton, which were well attended, and we will run these again in 2024.

Participant Billie said; "Today's Learn to Fix at Essex Pedal Power with Kelvin was really great. Will was a brilliant teacher and very patient, and I can't wait to come along to more sessions. Thank you Kelvin and the rest of the team, I'm so glad to be part of this amazing journey."



Max's Thank You to our Volunteers

Afternoon all!

We wanted to take the chance to thank everyone for all of your hard work, volunteering your free time and going above and beyond to support your community and Essex Pedal Power.

Over the past year, you have contributed more than 1,552 hours to this wonderful project, each of you bringing something vital and individual to Essex Pedal Power.

It is supremely recognised and appreciated by us, our partners and your community, that Essex Pedal Power would not be what it is today, and wouldn't have positively touched the lives of a total of 399 bicycle recipients this year alone, without all of your help, determination and kindness - in any capacity it may have been.

Here are some highlights from the past year with Essex Pedal Power:

Clacton - Jaywick Sands cycle path opening



Essex Pedal Power 2 year celebration at Clacton Carnival and an award for Charitable & Voluntary Organisations!



Volunteers Christmas Lunch with Inclusion Ventures cooked by Francis:



A visit from the Prime Minister Rishi Sunak!



Our bike building will be returning on Monday 8th January, with our first giveaway of 2024 taking place on 10th January at 11am.

Thank you all again for making these wonderful things happen and we look forward to seeing you again in the New Year to make more memories and see our family grow further.

In the meantime - enjoy the holidays and have a Happy New Year!

Max

Clacton Pride Giveaway:





Dashboard

860

Total bikes distributed

193,886km

Total distance travelled

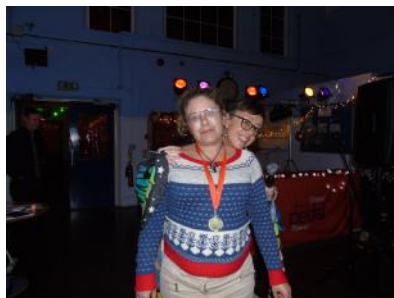
764,919

Total minutes active

Give Thanks and Give Back Awards Evening

On Saturday 9th December we held our first Give Thanks & Give back Awards and it was a wonderful success. Over 80 people came along and the Leader of TDC council Cllr Mark Stephenson gave out the awards. Everyone really enjoyed the evening and the band were excellent.

Winners were nominated by the community and received a trophy, certificate and £20 voucher, Highly Commended individuals received a certificate as well. All volunteers who attended received a medal for their time, effort, dedication and love to the project.



A couple of people received special awards for the dedication to riding their bike and for supporting EPP Sam Nicols & her daughter Lottie. The Bread Pudding crew also received medals, as well as Linda Perryman for going beyond her comfort zone on her bike and joining the Bread Pudding crew. Kerry Cook, our PSO who started out as a bike recipient and is now the first person anyone speaks to when joining the EPP community also received a special award for how awesome she is, and how she goes above and beyond to help people.

The venue was transformed into a spectacular space with our 'Pap & Chat' area for people to have their photo taken and chat with Bernardo about the impact their bike has made on their lives.

Our winners



Ride Leader of the Year:
John Barnsdale

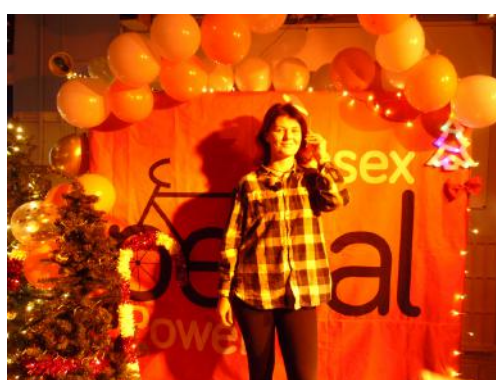


The Excalibur Award:
William Parker



The Young Rider of the Year:
Joshua Kingham

Pap and chat Photos



if you want a copy of your pap n chat photo, please email essexpedalpower@theaws.org and we will get back to you in the New Year!



Dawn said that she didn't know how to cycle at first, but since having training and receiving her bike, it now means that she can go out with her husband who is a regular cyclist. This is something they never thought would happen and has changed their lives for the better.

The event was finished off with a round of heads and tails where 3 lucky people won a £10 voucher, along with 3 lucky winners from the Christmas quiz, who all received vouchers. Rosie received a surprise Christmas basket of beautiful flowers from Rob Macdonald as a thank you on behalf of the team.



Care Bear Award:
Lou White



The Adventure Award:
Andrew Hobson

Our winners



Volunteer of the Year:
Tobias Cook



Out of Hours Award:
Denise Birch

Any issues with your Essex Pedal Power bike?

Do you need our mechanic to have a look at it?

Please fill in the form below and our mechanic will be in contact to arrange a time for him to look at the bike.

For Kelvins Form [Click Here](#)

Take on the challenge of Ford RideLondon-Essex 2024!

Ford RideLondon-Essex is returning to the county in 2024 and there is a limited number of FREE tickets for our Essex Pedal Power community! In partnership with the London Marathon Foundation, we are looking for members of the Essex Pedal Power community to take part in Ford RideLondon-Essex 2024, on Sunday 26th May. If you would like to take part in this challenge click [HERE](#) to find more information and to complete the expression of interest form to register. Closing Date is 12th January and you will be notified w/c 15th January if your successful.

Essex
pedal
Power

Fancy a challenge?

Register your interest for a guaranteed FREE Ford RideLondon-Essex 100 or 60 ticket for Sunday 26 May 2024, and represent the Essex Pedal Power community!

LONDON MARATHON FOUNDATION
INSPIRING ACTIVITY

Ford **RideLONDON**
ESSEX 100

Crafts with Kerry

Residents and volunteers were invited to join Kerry our PSO for 3 festive crafting events, which included card making activities, wreath making and wood decorating ready for Christmas. This was held in our Jaywick hub office space and formed part of our regular CommuniTea. So look out for more crafty events in the New Year with Kerry and come and join the fun.



Closing for Winter

We will be closing for Winter on Monday 18th December 2023 until Tuesday 2nd January 2024, where our mechanics will be in for any fixes needed for your bikes.

We will return for bike building on Monday 8th January, with our first giveaway of 2024 taking place at Clacton Leisure Centre on Wednesday 10th January at 11am.

Follow Up Survey

Calling all lovers of the Essex Pedal Power Community! Many of you have yet to submit the 'Follow Up Survey' which has been sent in an email in the past few weeks. It would be incredibly appreciated if you could complete the survey, as it's important evaluation work to showcase Essex Pedal Power and the value it has on our community. So far we have only 100 responses...help us to reach 300 please!

If you've missed the email, please check your spam or contact us incase we have incorrect details for you. Big Thank You and Happy Cycling!
Click [HERE](#) to complete the survey.

WHEELS FOR ALL

The last few weeks have seen the WFA Tending team finalise proposals and plans for a new hub in a beautiful rural location in Manningtree. We hope that the plans will be agreed over the next couple of weeks meaning we can open sessions by March 2024.

Wheels for All are also recruiting for a Delivery Coordinator for Tending. It's a really exciting role and the post holder will be responsible for the delivery of the Wheels for All sessions across the district.



Stay in Touch!

We always love to stay in touch with the Essex Pedal Power community, so whether you fancy popping into the office for a cup of tea, want to drop us a email with your stories, or share photos and connect with others on our Facebook group, we'd love to hear from you!



<https://www.facebook.com/groups/423845785518156>



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