



# Newsletter

## Clacton and Jaywick Sands



### Rosie's Reflections

Hope you have cycled away the January blues, as we enter fabulous February.

In January, we saw another 50 new riders join the Essex Pedal Power family on their orange bikes. Welcome and please stay in touch!

Getting on a bike can make you feel young again, as you speed along with the wind in your hair. Cycling releases invigorating bursts of endorphins, our feel-good neurotransmitters.

If you are on Facebook, Emily from CVST will be signposting to all different sorts of activities across the area, which you can ride along to. Check it out and try something new!

This February half-term, we will see our new Essex Pedal Power young riders out on their children's bikes, which have been funded through the London Marathon Foundation, to support family riding and equip children with basic skills on how to ride a bike.

My team are getting excited as we come up to our 1000th bike being given away. We all feel it's such an honour to give so many people the wheels of freedom and we look forward to celebrating this person soon. If you still haven't received a bike, please email us to confirm we have the correct email address and phone number for you.

I hope you'll join me to help make 2024 a great year for cycling in our community, and continue to show kindness, love, and support to all you meet. Happy Cycling and please send in your photos and stories about the power your bike has had on your life. No matter how insignificant you think your story is, believe me your story helps others.

*Rosie*

### Connect further with the Essex Pedal Power community!

Join the Strava app to help track your cycling, running, hiking or walking journeys and connect with others in your community. We already have an Essex Pedal Power group set up for people to join and share their miles and adventures in Clacton and Jaywick Sands.

Another app to join is Love to Ride, where you can join a community to chat with others, learn new bike skills, and have a chance at winning prizes. Once again the app will track your miles, highlight your carbon savings and allow you to set goals.

### Our new pump stand at the SunSpot!

We now have a pump stand for all to use, just outside the SunSpot cafe, Lotus Way, Jaywick Sands. Just look for the orange bike shelter and you'll find the new stand underneath ready for anyone to use.





## Dashboard

# 979

Total bikes distributed

# 211,330km

Total distance travelled

# 832,205

Total minutes active

## Bike Training available

Starting the first Saturday of March, Learn to ride and Bike Confidence lessons will be available for any riders. Please contact the Essex Pedal Power office for more information

## Pride of Tendring Award

Essex Pedal Power Clacton & Jaywick are due to receive the Pride of Tendring Award!

The nomination, received by Cllr Peter Kotz was made thanks to impact the initiative has had on the residents of Tendring such as improvement to fitness and physical health, but also to employability and the local economy. This incredible achievement would not have been possible without our Essex Pedal Power team, amazing volunteers and the welcoming community that we have all become a part of.



## 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.

[Click Here](#) or contact the office for more information.



## SAVE THE DATE - Tour de Tendring

SAVE THE DATE - Sunday 19th May 2024 the Tour de Tendring returns. with two starting points; one in Clacton and the other in Harwich.

Save the date in your calendar and we hope to see as many of you as possible.

Follow the [Cycle Tendring Facebook page](#) for more information

## FREE Ride leader training available!

Do you like bike rides with others? Help become a led rider with ride leader training!

CVST would like to create cycling groups in the Walton, Jaywick Sands and Harwich areas. So why not complete the ride leader training and help volunteer with CVST to create some led rides in your area?

If you would like to take part call Becky on 07707 282 907.



# Welcome our new member of staff: Jon Stock

Around 7 years ago Jon started to work for Signpost in Jaywick trying to help unemployed people get back into work. In May 2022 he became eligible to retire from work due to his age, but continued to work for signpost as he enjoyed helping people and the local community. In February 2023 he contracted SEPS which nearly cost him his life, spending 5 days in an induced coma so surgeons at Colchester Hospital could save not only his life but his arm as well. He was invited to apply for a position at Essex Pedal Power in Jaywick by Rosie and Kerry who both know him from Signpost.

Jon started to work at the Essex Pedal Power Jaywick office at the beginning of January 2024 as a Project Support Officer, assisting Kerry with the paperwork and administration for the bike giveaways and all the other office tasks.

Jon said "So far it has been a sharp learning curve but I am enjoying being useful again and making a difference to people's lives, I would recommend to anyone who has got to retirement age or had to give up work due to an injury to take a part time job to keep their minds and bodies active."



## Baseline Survey

Have you completed our baseline survey?

If you are eligible for one of our bikes please complete this baseline survey to help us understand individuals participation in their local area, physical activity levels and the wellbeing in Essex.

To complete the survey click [here](#).

## Cycling groups to join

Led rides will be starting up again in March but until then, come along and join some of the other cycling groups in the area. Meet new friends from your local community, have fun and get active with others. Current groups in the area include:

- Get Cycling - a cycling group that meet every 2nd and 4th Sunday at the Kingscliff Hotel, 10.30am, to ride along the cycle route 150. Find more information on the Get Cycling Facebook group [Here](#).
- Bread pudding crew meet every Thursday, 10am, at the RNLI lifeboat station.
- CVST run a cycling group that meet every Tuesday, 10am, RNLI lifeboat station

## Explore and find out more

Would you like to learn more about the other organisations, that run events, activities and clubs in your area? Cycle to these other organisations, clubs and activities:

- CVST groups information is all on their website - [Community Voluntary Services Tending - What we do](#).
- Signpost, who support people in the local area with writing CV's and applying for jobs, Get in touch by calling 01255 688683. or email [spt@sign-post.info](mailto:spt@sign-post.info).
- SunSpot are holding many different events in the Jaywick area every Wednesday and a pancake day event on Tuesday the 13th February, 4pm - 6pm, which will include a children's flipping competition, biggest pancake flip competition and a pancake race.



## 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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