



Rosie's Ramblings

As the days are growing longer and spring is here I hope you have dusted off the bikes and ready for a fantastic cycling season. Many of you joined us for the CCC sessions- cleaning, checking, and conditioning your bike for the summer. Our next one is Saturday 27th April out the front of the ACL, Adult Community learning, St.Osyth Road. A Big shout out to all those hardcore winter riders to work, we salute you and pleased some of you came to one of the CCC's.

You are all part of a beautiful cycling family you can join and ride around to explore the beauty of your surroundings. Get involved with friends and family, taking rides together.

Remember, cycling isn't just about the ride, it's about camaraderie, exploration, and the joy of moving together. So hop on your bike, feel the wind in your hair, and let's ride!

If you have any questions or want to share your cycling stories, reach out to us at; essexpedalpower@theaws.org.

Keep the wheels turning!

Rosie



Fun Fact

In 1894, 24-year-old Annie Londonderry was the first woman to cycle around the world. It took her almost a year, and she received a \$10,000 prize.

Track yourself

Join the free Strava app to help track your progress and cheer each other on. Join [Strava here](#).



Another free app to join is Love to Ride, which sets you challenges and allows you to win prizes. Join the Essex Pedal Power group on [Love to Ride Here](#).

Get your bike fixed!

Do you need our mechanic to have a look at your bike?

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



Dashboard

226,696km

Total distance travelled

1038

Total bikes distributed

901,789

Total minutes 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](#).



Sunshine Coast Greenway

The Sunshine Coast Greenway is a project aimed at creating an inclusive, eco-friendly walking, cycling, and wheelchair route along the Colne estuary, connecting coastal, estuary, and countryside paths. And they need you! Please take a look at this link to see how you can get involved on their [website here](#) and join their [Facebook page here](#).



Are you waiting for a bike?

Are you on the waiting list for an Essex Pedal Power bike? Please check with the team if we have the right email address for you. Contact us on:

✉ Essexpedalpower@theaws.org

☎ 01255 764692





Celebrating our 1000th Bike Giveaway



On Wednesday 20th March 2024, we celebrated our 1000th bike giveaway, with cake, music and refreshments at Coppins Community Centre, Clacton. Volunteers, local organisations, local councillors, including Cllr Mick Barry, Cllr Gina Placey, Cllr Bernard Goldman, Adrian Smith were in attendance to commend this huge milestone.

Rosie said:

"We were so pleased to celebrate our 1000th bike giveaway with our amazing cycling community. The event was a great success with so many people turning up for one of our recognisable orange bikes."

Along with our Pride of Tendring Award this has been an unbelievable achievement for Essex Pedal Power in Clacton and Jaywick Sands and we owe it all to our team, volunteers, stakeholders and most importantly our community. We look forward to giving away more bikes to the community throughout the year and empowering them to get active, find employment, travel to work and make new friends within our incredible community."

Essex Pedal Power still have plenty of free bikes to giveaway throughout the year and the programme has an exciting summer ahead with its 3rd anniversary in June.



Group rides to join in

Phil & Andys' Ride – 2nd Saturday of the month

Meet: 1.30-3.30pm.

Different meeting points each month. Check the FB group or send a message to Phil on 07972 45626



Bread pudding crew Rides – Every Tuesday & Thursday morning

Send a message to John on 07798763688

Meet: 10am at RNLI Lifeboat House

Get Cycling rides – 2nd & 4th Sunday of the month

Email Dave morgansoflyndhursthouse@yahoo.co.uk

Meet: 10am at Kingscliff Hotel

CVST cycling group – Every Tuesday.

Meet: 10am at RNLI lifeboat station



Ride Leader Profile – Phil Cunliffe

“I’m Phil and I use my own bike that I bought 3 years ago. Joining Essex Pedal Power has been a life changing experience benefitting both my physical & mental wellbeing. After having recently undergone operations for both knee joint replacements, cycling has been fundamental at facilitating a speedy recovery. I’ve lost 4 stone through cycling, made new friends and started volunteering activities such as the 'dig for Jaywick' community garden and the Clacton steam engine preservation' group. I’m here to help build confidence in new (or rusty) riders, and to see improvements in their general fitness and wellbeing, each and every ride. Come join us!”



Ride Leader – Andrew Hobson

“In 2021, I received my Essex Pedal Power bike. Cycling is more than just an activity for me, it has hugely benefited my mental health. I was isolated and lacking in confidence before receiving my bike. Joining the Essex Pedal Power family has been a life changing experience. I cycle everyday, pushing myself to take on new challenges including the Ford Ride London-Essex 60-mile route in May. I have now cycled over 20,000 miles and looking forward to adding to this number, especially with the challenge of Ford Ride London-Essex in May! I am really excited to start these group rides!”



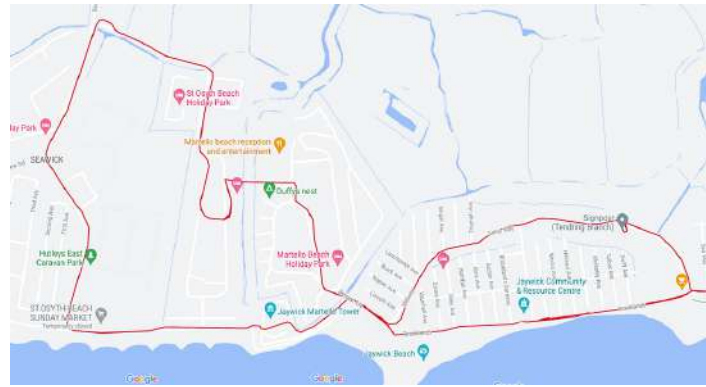
Please send your ride stories over to our email address, each story encourages another to get on a bike.

Phil and Andrew's new group ride

Phil and Andrew went out on their first group ride Saturday meeting at the Essex Pedal Power office and took this route. They were joined by new and old Essex Pedal Power riders.

One of the riders said:

"Fantastic group made me very welcome and were very considerate of my limited cycling skills. Looking forward to the next one."



Our CCC Sessions

Clean, Check Condition! CCC Time!

It's vital to keep your bike in tip top condition for it to keep you in tip top condition too! if you have come down yet there's another chance to do so. Also, a good opportunity to chat with the mechanics about your bike too!

The next sessions will be:

- Saturday 27th April, at 11am - 1pm, ACL St Osyth Road.



Need to book on bike confidence and learn to ride training?

The next 3 months of training:

Bike confidence:

- Saturday 4th May at Clacton Leisure Centre
- Saturday 1st June at Clacton Coastal Academy
- Saturday 6th July at Clacton Leisure Centre

Learn to ride:

- Saturday 4th May at Clacton Coastal Academy
- Saturday 1st June at Clacton Leisure Centre
- Saturday 6th July at Clacton Coastal Academy



If you don't have a bike yet, we can lend you a bike to train with. Scan the QR code to book onto one of the sessions now, or click [here](#).


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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