

Monthly Tending Newsletter



Hello!

Welcome back to our Essex Pedal Power Tending Newsletter!

Spring is here! And it's the perfect season to get out on your bikes for a lovely ride and enjoy the outdoors. We love seeing so many of you out in the sun for rides along the seafront and around the area.

At Essex Pedal Power, we are embracing a new chapter with some exciting plans! We are sad to see some staff and premise changes, however we are also looking forward to some new workshops and family events in the near future.

So stay tuned for some exciting updates, events, amazing volunteer stories, opportunities to get involved with us, and so much more!

Book onto Bike Confidence or Learn to Ride training

There have been some amazing results so far with people who have attended these training courses, building their confidence of riding a bike. These sessions are filling up fast, so book your place as soon as possible.

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](#).

SCAN ME



Click [here](#) to skip to Clacton & Jaywick news



Click [here](#) to skip to Harwich & Dovercourt news



Clacton and Jaywick



Dashboard

1,520

Total bikes distributed

310,225km

Total distance travelled

1,339,233

Total minutes active

Max's Musings



Well, what a ride it's been! After four amazing years with Essex Pedal Power, it's time for me to say goodbye – but don't think that you've seen the last of me! You can absolutely expect to see me on some of the upcoming bike rides or volunteering opportunities, still pedaling along and enjoying everything our fantastic community, our family, has built.

One of so many standout moments has to be when Chris Boardman CBE visited us in Jaywick for the opening of the new Clacton – Jaywick cycle path. For the significance of the path itself and the difference it has made, and for seeing everyone having the chance to chat and cycle with Chris Boardman. I know for myself it was a real privilege to share even a short cycle ride and conversation with him.

Over 1,500 bikes given away, it is a hard ask to pick out one single memory. After all – every single bike given away is a story, and every ride taken is a step towards freedom, confidence, and connection. It's more than just two wheels; it's the start of a new journey, an opportunity to explore, to grow, and to be part of something bigger. The impact of Essex Pedal Power isn't just measured in miles ridden, but in lives changed, friendships formed, and communities strengthened.

The volunteers who give us their valuable free time have been a constant source of inspiration, showing limitless dedication, kindness, and enthusiasm.

A huge thank you to everyone who has been part of this journey with me – you've made it unforgettable. Keep riding, keep inspiring, and I'll see you out on the path soon! And if I don't see ya – good afternoon, good evening, and good night!

Max

Join a Group Ride!

Phil & Andys' Ride



Every 2nd Saturday of the month.



Meet 1:30pm, ride lasts 2 hours



Check the FB group for the meet point or send a message to Phil on 07972 456326

Bread Pudding Crew Rides



Every Thursday morning



Meet 10am



RNLI Lifeboat House, message John on 07798 763688

Get Cycling Rides



Second and forth Sunday of the month



Meet 10am



Kingscliff Hotel, email Dave on morgansoflyndhursthouse@yahoo.co.uk

CVST Cycling Group



Every Tuesday and Thursday



Tuesday meet 10am and Thursday meet 9.30am



Tuesday meet at RNLI Lifeboat Station and Thursday meet at the beach diner



Family Fun Half Term Events!

Clacton and Jaywick Essex Pedal Power had a full week of family fun events. Starting with a family ride, which was a gentle and fun ride from Greensward to Kingscliff on Saturday 15th February.

Many residents then joined Essex Pedal Power at the Jaywick Office, on Monday 18th February, for a morning of bike chain art and an afternoon filled with board game fun.

Tuesday 18th February saw a great family craft session, creating and designing some amazing t-shirts. Some of the community then joined us, at the Jaywick Office, for a bike giveaway, giving more people the chance to get active and improve their physical and mental health.

Plenty of children joined Essex Pedal Power on Thursday 20th and Friday 21st February for bike training. Families had the chance to attend Learn to Ride sessions, Family Fix It sessions, and Children's Cycling Confidence, at St Clares Primary School.



Group Ride with Phil and Andy!

Some of our volunteers, Phil and Andy, run a group ride every second Saturday of the month, which is growing quickly. Many of our recipients are loving this ride from the Jaywick office, around Jaywick and St Oysth, and back for a cuppa and a chat with others.

Many have made friends on this ride and enjoy the company. All abilities are welcome to join the ride and helmets are required. You can also see some of the Essex Pedal Power team, who often join the ride.

You can join the next ride on Saturday 8th March, meeting at 1.30pm at the Jaywick Office, Lotus Way. No need to book, just turn up! For more information call the office on 01255 764692.



A goodbye from Kerry!

As we pedal away from this chapter of our lives and say goodbye, let's remember the joy of our bike rides, the wind in our hair, and the laughter echoing behind us. Every journey has its ups and downs, just like the hills we've conquered together. Each moment spent was a gear shift, propelling us forward, and the memories we've created shine like the vibrant colours of a Carnival—dazzling and unforgettable moment. From the laughter shared during our adventures, to the awards we've won, every experience was a burst of joy, pushing us to new heights. Just like the cows we passed at Alton waters and the Wivenhoe trail, taking life at their own pace, may we find moments of peace amidst our adventures. Though the road ahead may twist and turn, let's ride into the sunset with hearts full of gratitude, knowing that every farewell is simply the start of a new adventure waiting to unfold. Each pedal forward is a step into the unknown, but with memories of our time together, I know we'll always carry a piece of this journey with us. Just as every bike ride leads to new paths and discoveries, may our futures be filled with exciting trails and the thrill of the unknown. So here's to new paths and the thrill of what's next—keep riding, cherish every moment, and let the journey continue! Much Love

Kerry!



Volunteering Opportunities



Join the volunteering team at Essex Pedal Power and help at events, with bike building, van driving, office support and informal rides.

Contact our team for more information on how to get involved.



Baseline Survey

Have you completed our baseline survey?

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

To complete the survey click [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.



Stay in Touch!

We always love to stay in touch with you 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 community group, we'd love to hear from you!



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



Essexpedalpower@theaws.org



01255 764692



Essex Pedal Power Office, Unit 8, The Enterprise Centre,
Lotus Way, Jaywick Sands, Clacton on Sea, Essex, CO15 2LU

Harwich & Dovercourt



Dashboard

875

Total bikes distributed

8,446km

Total distance travelled

58,571

Total minutes active

Catching up with Carina



Looking back to the start of it all, I cannot believe how far the project has come and together, with such an incredible team including volunteers, to see how many adult and kids bikes, and child seats, we have given out across the community is so uplifting.

I first met the EPP Clacton and Jaywick team in May 2022 when I was leading the Tour Series for TDC and never in a million years did I think I would later be a part of this amazing project and leading such a wonderful opportunity in Harwich and Dovercourt.

To see firsthand how life changing this can be for families is just so heart-warming. The project is so much more than just the bike and for me, I have met some of the most amazing people on this journey and that is really what makes it! It's been a highlight to get even the youngest family members on the bikes too, enjoying in their child seats and to watch people grow with their cycling confidence and to see those who are now use their bikes to get to school and into employment.

I plan to join in some of the events where I can and look forward to seeing some familiar faces. There really will never be a project and community quite like it!

Happy cycling all ❤️ *Carina*

Child Seats Available in Harwich!

We have worked hard this month to get families out cycling together, including the little ones.

Rob and volunteers have been helping to fit some child seats to parents bikes. And we still have 8 seats available! Call the office for more information.



British Legion Ride and Talk

On Tuesday 28th January, we saw many people join us in the cold and rainy weather for a ride from little Oakley and through Harwich. The ride ended at the Harwich Arts and Heritage Centre, where our Essex Pedal Power riders enjoyed learning about WW1 and the British Legion.



Family Fun Half Term Events!

Essex Pedal Power Harwich and Dovercourt kicked off their half term week with kids bike training throughout Monday and Tuesday.

Children were then invited back for an exciting afternoon of rock painting, where families were able to paint rock with different designs to hide on Saturday.

We had so many adults join the team on Saturday for Adult Learn to Ride, Adult Cycling Confidence and families then came along for our Ride N Hide event.

The Ride N Hide, was a partnership with Harwich Rock, to hide the painted rocks made on the Wednesday around Harwich. Now it's your turn to go for a ride and see if you can find all the rock we hid!



Volunteer Story - Herb Munro



Herb Munro, a 35 year old volunteer within our amazing Essex Pedal Power community, found out about Essex Pedal Power in May 2023, through a Facebook post and a friend. First using the cycling initiative to get his son some cycle training, Herb then became a ride leader volunteer and received his first aid training.

Currently working in Property Management and Maintenance, along with selling fruit and previously being a full-time carer, cycling has given Herb a chance to get out riding and enjoy time with his son. Even after becoming a Ride Leader, Herb would love to learn more skills and help with bike maintenance with Essex Pedal Power.

Herb said: "I like to help people out if I can and get people out on their bikes. The Essex Pedal Power team have always been very welcoming, and I enjoy talking to everyone involved in the project."

"Volunteering has allowed me to offer my time and my love. Bring me joy to see people getting out and having fun with their families."

"If you've got a bike, make the most of it! I wish I had something like this when I was younger. And if you don't have a bike, get one because it is so liberating."

Stay in Touch!

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



<https://www.facebook.com/groups/977974756714040>



harwich.dovercourtepp@theaws.org