



Dr Bike will see you now!
About Ucycle Nottingham
Dr Bike schedule for April Bike parking at QMC
Ucycle Nottingham has been set up in partnership with Nottingham City Council

The Ucycle Nottingham team, over the two year project life, will deliver an integrated and co-ordinated package of measures to benefit staff and students, as well as the wider community.

A snapshot of activities include small and large-scale infrastructure improvements on and between campuses, a cycle loan scheme, monthly Dr Bike maintenance clinics, free cycle training (courtesy of RideWise), bike breakfasts and led rides.

Recently the team have been encouraging people to pledge to change their travel behaviour through cycling, to help benefit both their health and the local environment.

Over 250 people have pledged in Ucycle's Do Something Different campaign which is a great achievement! Watch out for more news as the project progresses.

Joanna Ward
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Sustrans Project Manager
Ucycle, Nottingham

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For more information visit
www.sustrans.org.uk/ucyclenottingham
or
www.pedals.org.uk/sustrans_ucycle_project

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The next issue of the Newsletter is due out in November 2010 – meanwhile visit the Pedals website at www.pedals.org.uk for much more frequent updates!



Spring / Summer 2010 No. 91

New Secure Station Bike Compound about to open!

Security will also be helped by the mesh screen on the track side, clearly visible from Platform 1. Most (though not all) of the 47 stands will be under canopies.



An earlier plan for a roof of the whole area had to be revised, on grounds of cost, we understand. There will be direct access from the Bike Compound to the footbridge across the station, and also ticket machines.

The project is being implemented by East Midlands Trains, Network Rail and Nottingham City Council, and forms the first part of the major Station redevelopment project, 'The Hub', to be implemented over the next few years. There is scope for expansion further down the platform if the facility is well used.

Some concerns have already been expressed about the spacing between stands in the new Secure Bike / Compound.

We are pursuing these points with the City Council and emphasising also the need for secure and undercover bike parking on the other side of the Station, in the concourse end of the new multi-storey car park to be built off Queen's Road.

Very good news about cycle parking at Nottingham Station. The first phase of the new Secure Bike Compound in the former Milk Dock area on the north side of the Station and should be open by the end of May, with an official opening in June, probably in Bike Week.

This phase, with access from Station Street, and close to the NET stop end of the Station overbridge, will have spaces for 94 bikes, and be covered by CCTV to help security and there will also be good lighting.



very well used and convenient cycle parking area at the front.

To help further in making this very welcome new Secure Area facility well-used and generally successful we have also stressed the need to ensure that the wider environment around the Station is cycle-friendly.

This means stronger action to reduce the common incidence of general traffic still using Carrington Street, and illegal turns.

It also means ensuring safe access routes from different directions, including promoting access from Castle Boulevard via the bridge over the canal near the Castle Meadow Retail Park to link to and from the canal towpath.

On the other side this means reopening the cut-through near the Low Level Station to and from Sneinton, Manvers Street and the Sneinton Greenway, making better use of the toucan crossing over London Road and the east end of Station Street.

For more images of the new Secure Bike Compound see <http://www.pedals.org.uk/node/184>

Management and maintenance are vital, Pedals has emphasised. We are also keen to see that maintenance is fully considered, including keeping the area clear in icy and snowy weather.

Also important is management, and removing obviously abandoned bikes, with plenty of notice to their owners.

This also relates to the issues of communications and publicity, both to ensure that people know about the new compound, how to get to it, and how to use it, and to help prevent it being abused.

There must also be plenty of advance publicity to give cyclists notice of all the changes to cycle parking at the Station, including the changes to the

Cycling for Health Project extended for another year

The Nottingham Cycling for Health Project, which has been running since 2007, has now had its funding extended for another year by Cycling England.



The project is working with NHS Health trainers to promote cycling, along other firms of physical activity, to people in deprived groups and has been going very well.

It also stimulated demand for good condition recycled bikes and for the development of the Bike Recycling Scheme operated by the Framework Housing association Bike Club

(see www.pedals.org.uk/bike_recycling)

For more information contact Murat Basaran, the Project Officer

email:

cyclingforhealth@hotmail.co.uk

Or

visit the special pages on the Pedals website at www.pedals.org.uk/cycling_for_health

On your bike... Report on the Ucycle Nottingham Project by Joanna Ward

Ucycle Nottingham is an exemplar Sustrans project set up to increase cycling levels amongst staff, students and visitors at University of Nottingham, Nottingham Trent University and Nottingham University Hospitals NHS Trust.

The need for the project is based on the scale of the challenges facing society (climate change, ill health – particularly obesity – and energy security), and the role that cycling can play, as an alternative to car travel, in addressing them.

Pedals started this programme in 1983 and several Pedals members are still involved as volunteers in leading rides. We are very keen to see this very popular programme continue and are now encouraging other organisations such as Ridewise, The Big Wheel and the two Primary Care Trust, to become involved in future support for and organisation of the Rides programme.

Sherwood Bike Day success

Many congratulations to Pamela Davies and the other organisers of the very successful Sherwood Bike Day held at The Place in Sherwood on 27



Photos: Ian Hewitt

March in fine spring weather, with a variety of inside and outside stalls and displays, including a Doctor Bike Clinic. Andrew Martin and Arthur Williams from Pedals were also much involved and it is hoped to follow up this event in future.

**For more information contact
Pamela Davis**

Or

email: pamela.co@ntlworld.com

**SHERWOOD
BIKE DAY**
Saturday 27th March
10am-2pm

The Place, Behind Bus Depot,
2a Melrose Street,
Sherwood NG5 2JP

**Get your bike checked
or donate your old bike
for refitting!
Cycle swap-shop**

Talk to local cyclists and find out about-

- Choosing a bike and keeping it safe and working
- Learning safe cycling
- Routes to work
- Getting out into the country
- Cycling for health
- Cycling with children

Food & drink available

For more information contact Pamela Davis at
pamela.co@ntlworld.com



Pedals New Chapter

After 30 years of campaigning there has been a major change in Pedals in the last few months with several new faces and some old faces taking on new roles.

Last autumn Chris Gardner took over from Alison Russell as Treasurer and Dave Clark replaces Chris as Membership Secretary. At the AGM in March Hugh McClintock stepped down as Chairman and Andrew Martin pictured above took over but with the new title of 'Facilitator' while Peter Osborne was elected Secretary, the first incumbent in this post for about ten years. Hugh remains as Newsletter Editor and as coordinator of responses to local authority etc. consultations on cycling and other transport and traffic management matters. A twice-yearly newsletter will after all continue to appear, though reduce in length to help save costs. At the same time it has been agreed to encourage members if at all possible to rely on website updates and occasional emails to help keep abreast of new developments on a more frequent basis. Other changes include a decision to get a

wider range of people volunteering to represent Pedals at the numerous meetings to which we are invited, including several daytime meetings. This includes the Steering Committee of the Cycling for Health Project, financed by Cycling England, and being implemented by NHS Nottingham City, GOEM and Ridewise, whose funding has now been extended for another year.

Getting more volunteers to represent Pedals and meetings and to be involved in other activities is now all the more crucial as the volume of business has continued to grow in recent years.

To help meet this challenge the AGM also agreed to set up a separate committee, with 8 members, whose main task would be to focus in more detail on Pedals internal affairs and to ensure that these are given more time and attention than can be done at our regular monthly meetings.

The monthly meetings will now have more time to focus on the outward face of Pedals, and to include discussions with a wider range of speakers, from local authorities, the media, and others who we try to work with an influence.

This will extend a change in the format of meetings first introduced about two years ago, to give more time for discussions with visiting speakers. This change has already helped to make meetings more interesting and to boost regular attendance, but also making them that much more unwieldy in terms of handling detailed business.

Details of the speakers, or other special topic discussions, at monthly meetings, can be found on the Pedals website at: Much of the new Committee's business will be handled by exchange of emails, with occasional face to face meetings. An early task has been to agree on the draft changes to the Pedals constitution, to authorise these changes, and get the approval of the wider membership (see the notice of these with this newsletter). We are giving notice to members before these are put to the monthly meeting on 21 June for approval.

New key contact details for Pedals

Andrew Martin, Facilitator:
andrew@veggies.org.uk

Peter Osborne, Secretary:
peterozz@hotmail.co.uk

Dave Clark, Membership Secretary:
pedalsmemb@aol.com

General Pedals information:
PedalsNottingham@googlemail.com

For general updates on meetings, events, and a host of other matters keep an eye on the Pedals website at www.pedals.org.uk

Subs renewals time – please renew promptly

Please note that this time of year (1 May to be precise) is the date for subs renewals.

We do encourage members to renew by standing order, if at all possible, to save admin and postage costs, but any members not in this category should find a subs renewal reminder enclosed with this newsletter.

It would be much appreciated please if this could be returned with payment asap to: Dave Clark, Pedals Membership Secretary, 6 Gritley Mews, The Meadows, Nottingham NG2 2ED

- **Do also please encourage friends to join!** You can remind them of the 10% discount for Pedals members at several local cycle shops. Membership forms can be downloaded at: and you can pay via Paypal

Please let us have your current email address!

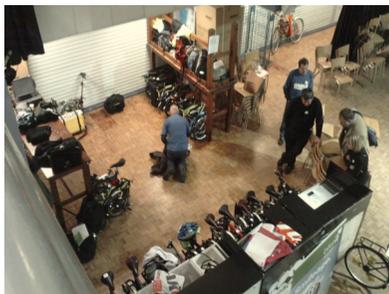
We are now trying to make much more use both of updates to our website to keep members abreast of new developments and also emails.

We still lack valid email addresses for about 90 members so, if you are on email, please ensure that we have your current email address.

Please send these both to Peter Osborne, Secretary: peterozz@hotmail.co.uk and to Dave Clark, Membership Secretary: pedalsmemb@aol.com Thank you.

Praise for Pedals hosting of national conference

We had much appreciation and thanks for the successful autumn cycle campaigners' conference hosted last November in Nottingham by Pedals and Notts CTC.



GNBR 2010 Sunday 20 June

This year's Great Nottinghamshire Bike Ride will be taking place on Sunday 20 June, organized by Nottinghamshire County Council, with support from GNTP and NHS Nottingham City, and managed by the Perfect Motion' Consultancy of Beeston.

The GNBR was started by Pedals in 1982, 3 years before the County Council became involved.

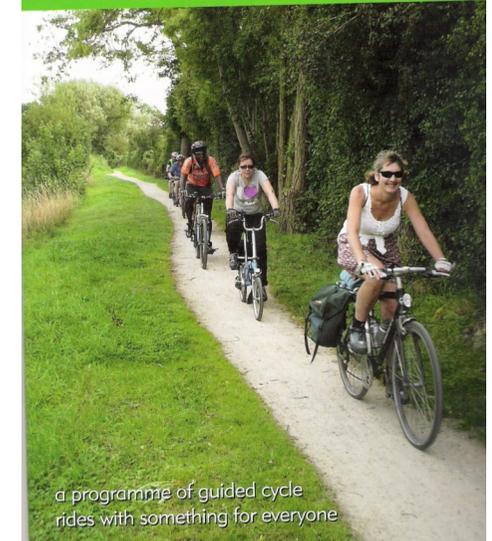
Perfect Motion have been scanning in some of the historical material such as leaflets and posters from the early Rides and are keen to use this in media publicity to promote the event. It is also hoped that this will feature the two people from Pedals responsible for organising the first GNBR, Dave Laws and Steve Parry, both of whom were inspired by their enjoyment of the London to Brighton ride which had started a bit earlier!

For more information, including how to register see: http://www.pedals.org.uk/great_notts_bike_ride and <http://www.nottinghamshire.gov.uk/bikeride>

For more information on local cycling events see the relevant pages of the Pedals website at http://www.pedals.org.uk/other_local_events

Rural Rides 2010 and beyond

Details of this year's Rural Rides programme can be found on the County Council website at or in brochures available from local libraries and cycle shops.



...summary of the project by
**Ria Kennerley of Sports
 Nottinghamshire:**
**"Shape up Notts! Workplace
 Challenge**

The Shape up Notts! Workplace Challenge is back and we want you to get involved.

The challenge consists of logging your physical activity levels on the SUN website which then turns your activity into points and you know what points mean – prizes! This year, we've teamed up with a whole host of organisations focussed on the Active Travel agenda so we want you and your colleagues cycling and walking to work which will not only benefit your health but also help to reduce carbon emissions across the City and County.

We've added 2 great new tools to the SUN site which allow you to measure the kg of CO2 your trip has saved and also the calories that you've burnt in the process.



Don't worry if you can't get on your bike though, you can still accumulate points for all sorts of other physical activity and sport including swimming, dancing and football. So what are you waiting for? Sign up your workplace for the 2010

Shape up Notts! Workplace Challenge by visiting www.sportnottinghamshire.co.uk and follow the links from the homepage.



**Prizes for this years
 challenge will be awarded
 for:**

- Organisation with the most Shape up Notts! Points
- Organisation with the highest average points per participant (minimum of 3 people per organisation)
- Organisation saving the most CO2
- Organisation with the highest average CO2 saving per participant (minimum of 3 people per organisation)



125 people, a record number, attended the event at Byron House, Nottingham Trent University, and many also came for the social events on Friday and /Saturday evenings, and also the post conference rides on the Sunday.

We were also very pleased that so many Pedals and CTC members helped as volunteers at the conference, which was of great help to the main organisers, Andrew Martin and Susan Young.

**Very many thanks to everyone for
 this excellent team work.**

We also ran a successful seminar on cycling on the previous day at The Broadway. This event, mainly for local authorities, was also organised with CTC and Cyclenation and subsidised by Cycling England. About 75 people attended.

Details of the conference and seminar presentations can be found on the Cyclenation website at: <http://www.cyclenation.org.uk/resources/papers.php>

**Many thanks to
 John Rhodes for
 donations for
 Pedals**

Very many warm thanks to John Rhodes, a longstanding member of Pedals, who has very kindly donated to Pedals several high quality items such as titanium seats, and seat posts for us to sell to raise funds for Pedals.



Any Pedals members interested in buying any of these should contact Chris Gardner, Pedals Treasurer, asap, on chris.gardner@nsn.com

John is also Development Director of Trent Park Developments (<http://www.trentpark.co.uk/>) and responsible for the River Crescent Flats completed two years ago by the north bank of the Trent west of Colwick Park and overlooking the Hook and Ladybay areas of West Bridgford.

This development includes a pool of bikes for use by residents and also a new stretch of riverside path between Colwick Park and Trent Lane (see picture).

We very much hope that in due course this will form part of a longer route on the north bank of the Trent through from Trent Bridge and the new Meadow Lane canal lock bridge to Colwick Park, Netherfield and even Stoke Bardolph etc.

Wilford Suspension Bridge open again!



Photo: Jon Hancock Photography

A bitterly cold Friday lunchtime on 12 February saw the cutting of the blue ribbon by Fraser Pithie of Severn Trent Water and Hugh McClintock of Pedals to mark the reopening of the Wilford Suspension Bridge after being closed for more than 18 months.

The closure of the bridge meant much inconvenience for lots of cyclists, walkers and runners and the loss of a major local landmark. Pedals helped coordinate a campaign by several local organisations to make the bridge's owners, Severn Trent Water, aware of the full impact of its closure and the need to reopen the bridge as soon as possible.

After repair work finally got underway last May the full extent of the damage



Photo: Severn Trent Water Ltd

became clear and the final repair bill amounted to £1.9 million! Negotiations over contributions to this, and longer term maintenance, were very complicated and were not completed until after repair work was finally finished, at the end of January.

The repair work has included several improvements, to the surface decking and bollards, as well as a complete repaint.

We now want to ensure a much more secure legal status for bridge users in the long term, as well as regular inspections and maintenance to nip any problems in the bud.

It is great to see the bridge back in action and being so enjoyed and appreciated by so many people!

Very many thanks to all those who supported the reopening campaign.

For more photos of the Suspension Bridge reopening see:
http://www.pedals.org.uk/wilford_bridge_campaign

Cyclists' Breakfast fixed for Thurs 24 June

Well over 300 cyclists turned up for the Wheelie Big Cyclists' Breakfast in the Old Market Square last year and we very much hope to beat that total this year.

Do spread the word and encourage your colleagues and friends to join in this free breakfast and mini-festival of cycling.

The event is organised by The Big Wheel (Greater Nottm Transport Partnership) and Nottingham City Council.

For more information visit The Big Wheel website at www.thebigwheel.org.uk

Or

contact Helen Hemstock at The Big Wheel

Email

helen.hemstock@gnpartnership.org.uk

'Shape Up Nottinghamshire Workplace Challenge – Promoting Active Travel' campaign to start in June



This campaign will be launched on 3 June by Sports Nottinghamshire,

GNT (The Big Wheel) and other partners, with a brochure and a toolkit on the website to encourage people (and workplace teams) to sign up and to make commitments to trying regular commuter cycling (if only for 10 minutes) and other forms of active travel.



People will be encouraged to log their progress and the campaign will run from 1 June to 30 September, following which various prizes will be awarded.



Pedals wish list for Nottingham complete

The comprehensive Pedals wish list for Nottingham is intended to bring together all our detailed suggestions for improving infrastructure for cyclists in Nottingham and including areas where relatively little has so far been done to improve cycling conditions

We have now submitted the final version of the Pedals comprehensive 'wish list' for Nottingham, bringing together all our various ideas over the years for making the city more cycle-friendly, especially in terms of road layouts and cycle facilities, where good standard ones can really help.

Many thanks to all those Pedals members who sent in suggestions in response to the appeal in the previous newsletter.

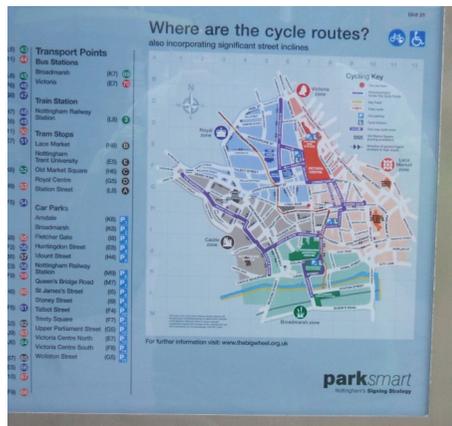
The suggestions are classified by ward boundary, to make it easier to digest.

Some of the issues we have included are ones that the City Council are already aware of and have schemes in hand which may help to provide solutions, especially in the areas covered by the Ucycle project.

We intend to do a review of this list in about a year's time, to take account of new developments, changes in context and further suggestions.

The detailed list of suggestions, available on the Policy Documents section of the Pedals website at.

Is intended to complement the more strategic objectives of our campaigning, revised last year, and which can be downloaded from http://www.pedals.org.uk/pedals_policy_documents



Further Big Track improvement: Meadow Lane Lock canal bridge

The picture shows the opening early last November, by Councillor Jane Urquhart, City Council transport Portfolio holder, of the very useful new cycle bridge included in the redevelopment of the Meadow Lane canal lock.



Photo: Nottingham Evening Post

This provides a connection between the Big Track riverside paths from Wilford and the Suspension Bridge under Trent Bridge right through by the canal by London Road towards the Station and Lenton, etc.

It follows the completion last May of another major facility on The Big Track, the new canal bridge at Castle Marina.

Together with the new riverside path between Trent Lane and Colwick Park completed in 2008, it also represents a very useful contribution towards the long term development of a continuous riverside path on the north bank of the Trent between Trent Bridge and Colwick Park, etc.



South bank riverside path upgraded

As we go to press a series of improvements to restore the width and surface of the riverside path on the south bank of the Trent between Trentside and the NWS is well underway after many years of this path being badly neglected.

Many thanks to the County Council and Rushcliffe Borough Council for these efforts. The picture shows the surface improvements where the path passes The Hook open space by the Ladybay area of West Bridgford.

Although the riverside path between Trent Bridge and the NWS is shown on the County Council's South Nottinghamshire cycle map, published in 2008, there is now a dispute over the exact alignment where it goes past the Nottingham Sailing Club just west of the NWS at the Holme Pierrepont end. Until last year, although there was no proper surfaced path, cyclists could ride across the grass past the Club.

However, they have now decided that they do not want cyclists coming in front of their Club at all and there is still no proper available route to avoid this. Discussions on this issue are continuing.

In the longer term Sustrans are interested in including this riverside path as part of the future development of Route 15 of their National Cycle Network. This is planned to run across the south of the county from Newark towards Clifton and Castle Donington, etc.

Also on the south bank riverside path but further west, between the Suspension Bridge and Wilford, we are now rather more hopeful of a positive outcome for our campaign to get proper lighting, especially on the stretch past the Rivermead Flats.

Funding has not yet been secured but this does now look a bit more possible, to help ensure that people are not deterred from using this very good path after dark!

New campaigns to improve cycle parking at shops and health centres



Cycle parking at local shops and health centres is often non-existent or of very poor

quality and Pedals is now campaigning to improve stands at both.

To help spread awareness of what is good, and less good, practice, we now have several examples on our website at http://www.pedals.org.uk/current_issues



We want to encourage members to make use of these to lobby for improvements at their local shops (especially supermarkets and shopping centres) and health care facilities.

In the case of shops experience shows that there is no substitute for direct lobbying by regular customers so we want to encourage Pedals members to make these direct approaches, while being available to give further guidance and support if wanted.

In the case of health care facilities in Nottingham we are very pleased to report the commitment given to Pedals at an NHS Nottingham City Healthier workforce event by Andrew Kenworthy, their CEO. He said that he recognised the importance of quality cycle parking, in encouraging cycle use by NHS staff, patients and visitors, and agreed to make practical action to follow this up.

Another particular concern with health facilities and cycling is the very poor situation in front of the main entrance to the QMC.



This has actually got worse in recent years.

There are cycle stands but they are tucked away

and hard to find, and there are lots of notices telling you now to lock your bikes to the railings nearby, all very negative and discouraging.

We have appealed to the Ucycle Project Team, in which the Nottingham Universities Hospital Trust is a partner, to introduce major improvements!



Help us with lobbying re local problems such as barriers on cycle paths

In the last 3-4 years we have had a whole series of complaints about the problems for cyclists of various barriers on off-road cycle paths, especially the 'A-frame' design of barriers which are impossible for most cyclists to get through without getting off and pushing your bike through.



Several of these were put in by the City Council on the riverside path on the south side of the Trent between Clifton Bridge and Clifton Grove, and on the path near the River Leen forming part of Sustrans Route 6 in the Basford to Bulwell area.

These are also very difficult for people in wheelchairs and can greatly undermine the attractions of traffic-free routes, making them a great hassle to use.

The provision of staggered barriers is not quite so bad, but still poses problems for bikes with trailers, even when they are properly installed (not always the case)!

Such 'access controls' are often installed in response to a wave of complaints to local councillors from local residents about the actual (or perceived) menace of motor cyclists, even if such abuse only occasionally occurs.

Pedals pressure to get more cycle-friendly solutions (as now agreed at least in principle by the County Council) **would be greatly helped by local members approaching their local councillors with instances of where they have suffered as cyclists.**

Doing this would help to erode the common belief of some councillors that the problem is 'sorted' when barriers are installed and general complaints die down.

We have to make them aware that it may rather be a case of one lot of problems being replaced by new problems for other people.

It would also help if there could be less emphasis on physical solutions (such as barriers) when such abuse genuine occurs and more on other approaches involving the local community and making it easier for any path users to report promptly problems that do occur.