

Sustrans Bike It Update

Be Bright Be Seen



Be Bright Bike Store Opening, Mereside

Being bright and visible on the way to and from school has formed a central part of the Bike It message this term. In Be Bright assemblies we have looked at how different materials show up in the dark. There have been fantastic entries in the Be Bright poster competitions with the winning designs being displayed in school to spread the message. Be Bright days have been dazzling and a fun way to help make everyone more aware of the need to Be Bright through the winter months.

Bike It and the Shropshire Family Learning Service

Bike It has been working with tutors from the Family Learning Services to involve parents more closely in the project. At Harlescott Junior School we ran a short course in basic bike maintenance. The sessions were largely practical and included learning how to repair a puncture and how to make basic adjustments to a bike with simple tools. Both the parents and the children really enjoyed the course and felt it had helped them to feel more confident with their bikes.

There are lots of ways that parents can get involved with Bike It. If you would like to include sessions for parents in your Bike It activities then please contact Kim to discuss your ideas.



We'd love to hear from you...

Sustrans' Bike It officer for Shrewsbury is Kim Williams. Contact Kim on 01743 255437 or 07780 002817 send her an email on: kim.williams@sustrans.org.uk

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:

www.sustrans.org.uk/bikeit

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Spot the Difference !!



Woodfield Road, Tuesday 21st September 2010



Woodfield Road, Wednesday 22nd September 2010 In Town Without a Car Day

Bike It Vital Statistics for Autumn 2010:

- 2 Official bike storage opening ceremonies with a total of 62 new secure parking spaces
- Welcome to Meole Brace CE Primary School who join Bike It for the first time
- Over **400** bikes in 6 schools on September 22nd as part of 'In Town Without a Car Day'
- **8** Assemblies around the Be Bright theme
- **150** Bike it calendars distributed
- **And finally...**

Don't forget the Bike It New Year's Resolution Competition.
Entries need to be with Kim by:
14th January 2011

Love Your Bike Month

October was Cycle Shrewsbury's love your bike month. There was an incredible range of activities with something for everyone: from Dr Bike sessions to face painting, photograph exhibitions to cycle training. Over 250 new members joined up and at the end of the month more than 100 people took part in the spooky Halloween cycle ride at Shrewsbury Sports Village.

For information about up coming events and cycling in Shrewsbury you can visit:

www.cycleshrewsbury.co.uk



Special guests from Cycle Shrewsbury, the school travel planning team and police joined children, staff and governors from Harlescott Junior School for the official opening of their new cycle storage.

Bike It Action Day Tuesday 25th January 2011 At The Gateway

The day will be a great opportunity to share thoughts and ideas about Bike It and to plan activities for the year ahead.

Invitations have been sent out.

If you need more details please contact
amy.cowperthwaite@sustrans.org.uk

