

we are  
**cycling**  
UK

Bedfordshire

# Newsletter



## Welcome

A warm welcome from your local cycling group, Cycling UK Bedfordshire, as we approach that special time of year, the Christmas and New Year holiday period. 🌲 🍪

This is *just one of those periodical 'touching base'* with all our [local members](#) communications.

It is true that the recent bitterly 🥶 cold ❄️ weather hindered our cycling however, you may be surprised, and pleased, to learn that we managed to get some 🚴🚴 rides in! It was challenging but great fun! 😊

Attached below is a link to the latest Rides Programme running from January 2023 to March 2023. We do hope that you will be able to join us. Again, *a big thank you to all our ride leaders!*

Also included below is a link to your group's web page. The rides programme is likely to be updated and amended as required but, you will always be able to see the '[Latest Rides Programme](#)' on the [web page](#). Please **do check** the web page as **any amendments** will be shown here.

This year, we have a ride on *New Year's Day* so if you need some fresh air after all the festivities 🎉🥳 why not join us! Details for the ride ('*Just a Leisurely Ride*') have deliberately been kept flexible to allow all those that manage to '*get out*' to decide how long and where to go.

Again, this reflects the nature of our group, *it is for all our members, for the enjoyment of cycling* and not racing! That said, we are still 'out and about' *in all* weather conditions 🗨️☀️☁️ and may just find a reason to have the occasional sprints 🏁🚴🚴 amongst ourselves.... *all for the fun of cycling!* 😊

## communications

In order to improve communications, we are going to try and establish a [Cycling UK Bedfordshire WhatsApp](#) group account and *perhaps* a text messaging group account too.

Whilst we do have phone numbers for many members and we do message each other already, it would be great if you could kindly email your WhatsApp phone number (text number if you are not on WhatsApp) to the group's email address: -

[cyclinguk.bedfordshire@gmail.com](mailto:cyclinguk.bedfordshire@gmail.com)

We appreciate that whilst some may have a separate WhatsApp number, some may not have a WhatsApp number at all! So, we will try to continue to communicate with you via email, please provide another email address if you wish.

You may think that we have email addresses for everyone. However, you may be surprised that this is not always the case, particularly if members have not updated CUK with changes since joining. So, if you do know of other members, particularly long-standing members, please do *ask if they are receiving communications from their local group (CUK Bedfordshire)*. If not, we do not have their contact details! Let us know: -

[cyclinguk.bedfordshire@gmail.com](mailto:cyclinguk.bedfordshire@gmail.com)

The contact information will be used by the group (committee and members) as a means of communicating with you on rides and cycling related information and other group matters and activities.

## *future rides*

If you do have some suggestions, please do let us have them. It would be fantastic if we could all share our favourite rides with the group.

The current Rides Programmes is January 2023 to March 2023, the next Rides Programmes will be moving firmly into the *spring and summer months*, with gradually longer daylight. Now is the time to be thinking of *those longer rides*. Or even *new destinations* for the normal Saturday morning group rides.



## Other news & requests

### CYCLIST WANTED! Yes, CYCLIST WANTED!

We are aware that a number of our members are cycling instructors, passing on their passion for cycling. Well, **Outspoken Training** are recruiting locally for Cycle Training Instructors so, if you are interested do have a read: -



**Could you inspire the next generation of cyclist?**

**We are searching for Cycle Instructors to join our expanding team.**

We are looking for confident communicators to deliver fun and inspirational cycle training in schools.

If you have loads of enthusiasm to share and are looking for rewarding work to deliver during school term time, we would love to hear from you.

Role: Employed-Variable Hours

Hourly Rate: £12 plus holiday pay. We have an employee benefits scheme too!

Cycle Training Programme: Bikeability

Training and Support: We provide full, free training and ongoing support including nationally recognised qualifications.

For more information, please contact Graham:  
jobs@outspokentraining.co.uk  
01223 473820

**Outspoken Training**

[www.outspokentraining.co.uk](http://www.outspokentraining.co.uk)

*"The teaching is a joy and I have the flexibility to deliver a course that engages and empowers the children in a fun way."*  
an Outspoken cycle instructor

If you have any cycling related news or stories that you would like to share, please let us know.

## trustee elections- 'a local' CUK Board member!

A number of our group members also cycle with other Cycling UK member groups, and we were made aware by Dr John Jackson, of CTC Cambridge, of his standing in the trustee elections.

Well, many congratulations to John on his success! *John has already been in contact with us* and has offered to meet with us. The full election results can be seen on [this link](#) or the [CUK website](#). Indeed, congratulations to all the new trustees!

**...and finally,** we would welcome a member volunteering for the Welfare/Safeguarding position. *You do not need to be 'an expert', training will be provided, and it would be of great benefit to the club if we could fill this vacancy. For example, we have a number of members who have not returned to group riding since Covid-19 and this position would be key in helping to maintain contact with members.*

**...oops, one more thing!**

Recently we made contact with our Life Members. We still look forwards to hearing from you all and it would be fantastic to see you on a group ride!

We have some active members and a wealth of experience amongst the group and this makes for enjoyable rides. However, we have so much more experience amongst the wider CUK Bedfordshire group and a number of 'recent members' that have not been able to join us for a group ride. It would make it even more enjoyable if more members could join us for the group rides!

***Safe and enjoyable riding everyone and hope to see you soon!***



Best Wishes for Christmas and the New Year

**Your committee:**

**Secretary: Terry Goff**

**Membership Secretary: Alan Binney**  
Rides Coordinator

**Treasurer: Martin Powell**

**Welfare/Safeguarding Officer: Vacant**

**Chair: Kam. Dhillon**



Join Us: <https://www.cyclinguk.org/>

Email: [cyclinguk.bedfordshire@gmail.com](mailto:cyclinguk.bedfordshire@gmail.com)

Join Us: <https://www.cyclinguk.org/group-email/welcome-cycling-uk-bedfordshire>

