

# this is cycling UK



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## Better by bike

Chief Executive **Paul Tuohy** recalls the personal health benefits of getting back on a bike, and considers how Cycling UK can spread the message

In this action-packed edition of **Cycle** you can read about the way in which cycling is changing lives. There are some incredible examples from supporters who now cannot imagine life without a bike, and there are telling reminders of the physical and mental health benefits that cycling brings.

It was the latter that I found so beneficial after I was knocked off my motorbike four years ago. Following a pedicle screw fixation to my spine, serious infection, and a broken foot, I was inactive for months and feeling low. I couldn't swim or walk properly, but three months after the incident I could just about pedal in a very low gear. I cycled a mile around a nearby lake on my Brompton. Oh, the joy! Wind in my face, fresh air off the lake as good as fine wine.

In a week I was up to five miles, then ten. I resumed work sooner because of it, and used my Brompton to get about London; it really had become my mobility aid. The active pursuit I had taken for granted all my life took on a whole new meaning. What a difference a bike can make! It really brought home the significance of the work you help us achieve at Cycling UK.

### Big Bike Revival

I am pleased to say that the government in Scotland has renewed its support for our Big Bike Revival, which is encouraging thousands to re-engage with cycling. We are expecting similar support in England soon. We are also continuing discussions with the Welsh Assembly to bring our programmes that support people cycling to Wales.

Projects like the Big Bike Revival, Play on Pedals,



Edinburgh ABC has bikes for all. Read more on page 40

and our Community Cycle Clubs are helping to change more and more lives through cycling. Programmes like these – and members like you – comprise the most influential network of cyclists in the UK.

Coming up we have our Volunteer Awards to recognise, inspire and encourage more people to cycle.

Meanwhile, celebrities such as Jon Snow, Jeremy Vine, Ned Boulting and Angelica Bell are all getting more involved in our work by hosting our Women's Festival of Cycling, Parliamentary

debates, cycle conferences, and more.

### Bike Week

Bike Week is back in June. This is our annual celebration to showcase cycling. Riding a bike can easily be a part of everyday life, and Bike Week is here to inspire people all over the UK to give cycling a try. As well as supporting people to get out on their bikes, attend an event or run their own activity, we aim to create lots of conversations about cycling, encouraging everyone to talk about their experiences and raise awareness of cycling's benefits.

This is where you can play a part, getting a friend or family member cycling. You can find all you need to know about supporting us on our website.

Now that spring has sprung and we're finally out of winter, I hope you're once again taking advantage of the chance to do something quite amazing: cycling!

**"I couldn't swim or walk properly, but three months after the accident I could just about pedal in a low gear"**

**60,000+**  
people were reached Last year through our Big Bike Revival



  
**16,102**  
potholes were  
reported through  
our FillThatHole  
app last year



**More online**

Chester's Fabulous Ladies provide advice on setting up a women's cycling group:

[cyclinguk.org/fabulousladies](http://cyclinguk.org/fabulousladies)



Cycle Superhighway, London. With infrastructure, "if you build it (well!), they will come"

Left: Adrian Willis Right: localize Dymond

**Women's festival**

**100 WOMEN IN CYCLING**

Tell us about the women cyclists who have inspired you. We'll release our 100 Women in Cycling list to mark the start of the Women's Festival of Cycling, a month of women's introductory rides and events during July. The list will include women who have inspired others to get pedalling, helped to break down barriers to cycling, or have given their time to help others cycle. Nominate now at: [cyclinguk.org/100women](http://cyclinguk.org/100women).



**Bike Week**

**BLUEPRINT FOR BIKES**

*This year's Bike Week will focus on transport cycling and will coincide with a report from Cycling UK on why new urban developments must support cycling better*

**To complement Bike Week (8-16 June), Cycling UK will publish a new report investigating the effect on public health of new urban developments failing to include cycling provision. In far too many cases, new developments are being designed for car dependency at the detriment of the health of communities.**

Duncan Dollimore, Head of Campaigns, said: "If we want people to ditch the car for short journeys and opt for active travel, then walking and cycling have to be easy and attractive choices. But we're still building housing estates without active travel corridors to local shops, schools and amenities, instead of designing to give people a chance to change."

The report will consider how to achieve a more joined-up approach, engage developers to consider active travel in wider community needs, and examine how small changes can enable active travel choices.

Bike Week, Cycling UK's annual cycling awareness week, will also be inspiring more

people to give cycling a go. Across the UK, hundreds of events will be taking place – watch the website [bikeweek.org.uk](http://bikeweek.org.uk) for more details of what's going on near you. We hope with your support we'll add another 300,000 people to the 5.3million who already cycle at least once a week.

Helen Cook, Head of Engagement, explained: "Bike Week is a great opportunity to celebrate the social, health and environmental benefits of cycling. Throughout the week, we'll be looking at all the different ways cycling can fit into people's lives, whether it's nipping around to a friend's house for coffee, cycling to work or school, enjoying a leisurely ride with the family or tackling a cycling challenge. The important thing is to get out your bike, jump on and go and enjoy the ride!"

**Find out more**

Discover what's going on in Bike Week and read about how to get involved:

[cyclinguk.org/bikeweek](http://cyclinguk.org/bikeweek)

**Volunteering**

**Volunteer of the Year: who's yours?**

Show your appreciation for an amazing ride leader, event organiser, group Secretary, or campaigner who "goes the extra mile" by nominating them for our Volunteer of the Year Awards 2019. Nominations close 8 April and winners will be announced at our

Big Bike Celebration in London on 15 June. To nominate, go to: [cyclinguk.org/extramile](http://cyclinguk.org/extramile).





**More online**

Got a bike you no longer need? Why not donate it so that someone else can benefit?

[cyclinguk.org/recycling-centres](http://cyclinguk.org/recycling-centres)

**Transport**

**WATCHING WALES**

Ambitious legislation designed to create a walking and cycling culture in Wales became law in 2013 with the passing of The Active Travel (Wales) Act. Six years on, walking and cycling in Wales are in decline, hardly any new infrastructure has been built, and fewer than 1% of children cycle to school. That's the bad news.

The good news is that the active travel brief has been given to Lee Waters, recently appointed Deputy Minister for Economy and Transport. Waters is the former Director of Sustrans Cymru, and he led the campaign for the Active Travel Act. As Chair of the Cross-Party Group on the Act, he'd repeatedly demanded action to deliver its ambitions. In his new role, he's acknowledged the lack of resources nationally and locally to support the active travel agenda. If he can push the Welsh Government to provide them, he really will be the champion of the Act.



**With your help, Cycling UK stopped a proposed cycling ban on the A63**



Fixing up bikes is only part of what BBR is about. It supports participants so they keep riding

Left: Joolze Dymond. Below left: Alamy

**Big Bike Revival**

**60,000+ SUCCESSES IN 2018**

**It started as an initiative to reach the 24 million people in the UK who had a bike but never used it. And in four years, the Big Bike Revival has gone from strength to strength, with latest figures for 2018 showing we reached more than 60,000 people in England and Scotland.**

The project continues to help communities that are traditionally hard to reach, such as: those in the most deprived areas; women; and people from ethnic minority backgrounds. In England, it was estimated that the Big Bike Revival produced more than 13,000 new cycle trips. And

in Scotland, 56% of those who attended were women, a group still vastly under-represented when it comes to cycling.

More than 1,700 events were held right across the country, thanks to the Department of Transport in England and Transport Scotland, who between them provided almost a million pounds to make it happen. Funding has already been secured for the project to run again in Scotland this year, and it's hoped the Department for Transport will make a decision soon on keeping the Big Bike Revival running in England.

More at: [cyclinguk.org/bigbikerevival](http://cyclinguk.org/bigbikerevival).

**Fill That Hole**

**SPOTTING POTHOLES**

**AT LEAST 431 cyclists have been killed or seriously injured on British roads since 2007 because of road defects. That's why, on 3 March, Cycling UK launched the UK's first Pothole Watch to shine a light on the human cost of our crumbling local road**

**networks. We called on Government to fix the roads everyone uses first – the UK's local roads – before building new motorways and trunk roads. Over the course of that one week, 625 potholes were reported via our pothole reporting tool [fillthathole.org.uk](http://fillthathole.org.uk)**





**13,000+**  
local rides were  
organised by  
Cycling UK  
in 2018



**More online**

Our Space for Cycling campaign pushes councils to plan, invest in, and build a quality cycle network.  
[cyclinguk.org/space4cycling](http://cyclinguk.org/space4cycling)

**Driver behaviour**

**POLICING BIKE LANES**

It was West Midlands Police who developed Operation Close Pass, which Cycling UK took nationally via our #TooCloseForComfort campaign. Now they're looking to police Birmingham's new cycle lanes to prevent motorised traffic from entering them. To help out, Cycling UK has provided them with two new bikes. Watch our short film for more info: [bit.ly/cycle-brumbikes](http://bit.ly/cycle-brumbikes).



**Events**

**CLOSED-ROAD RIDING**

Closed-road cycling is a rare experience in Britain. Cycling UK has secured a limited number of traffic-free charity ride places for members at the Tour of Cambridgeshire and the National Championships Century in Norwich. Get a free place, bespoke jersey, training tips, and fundraising advice in return for raising money for Cycling UK. Visit [cyclinguk.org/memberbenefits](http://cyclinguk.org/memberbenefits).



Museumplein, Amsterdam. Creating this environment took politics, planning, and money

Left: Alamy. Below right: Ian Stratton

**Funding**

**TRANSFORM OUR STREETS**

Last October, Cycling UK and Living Streets launched a new campaign calling on the Government in Westminster to show us the money for cycling and walking. Despite asking English councils to come up with Local Cycling and Walking Infrastructure Plans (LCWIPs), the Government hasn't made specific funding available to help cash-strapped authorities implement their plans.

LCWIPs were supposed to be a mechanism for planning active travel networks, but without funding there's every chance councils will spend time developing plans that will sit on a shelf gathering dust.

The Government says it wants to make

walking and cycling the natural choice for shorter journeys. But it's admitted that it's failing to meet its objective to double cycling by 2025, so we need to know where the money is to turn aspirations into reality.

To secure funding for cycling and walking in your local area we need MPs and Council Leaders to ramp up the pressure on the Government. You can help #TransformOurStreets by using our online action [cyclinguk.org/transformourstreets](http://cyclinguk.org/transformourstreets) to email your MP and Council Leader. Over 150 MPs have already contacted the Government to support our campaign, but we need more of them to do so. Visit [cyclinguk.org/funding-walking-and-cycling](http://cyclinguk.org/funding-walking-and-cycling).

**Event**

**CYCLING UK AGM**

**THE 2019 AGM is at 4pm on 15 June at The Coin Street Conference Centre, based at the Coin Street Neighbourhood Centre, 108 Stamford Street, London SE1 9NH. To book your place you must notify, before**

**9am on 1 June 2019, [sue.cherry@cyclinguk.org](mailto:sue.cherry@cyclinguk.org) or 01483 238302, so final numbers can be confirmed with the venue. Proof of current membership is required for admission. The proxy voting form (for members not**



**attending) is included on a separate leaflet with this magazine, along with the AGM agenda. Procedures for use are on the form.**

  
**16,656**  
bikes were repaired  
and redistributed  
by Cycling UK  
in 2018



## Membership

# ON YOUR TRAVELS?

If the warmer spring weather is inspiring you to plan your holidays, don't forget that your Cycling UK membership offers discounts on travel essentials such as outdoor gear from Cotswold Outdoor, CycleCover travel insurance, and cycle carriage with Eurostar. To view member discount codes, you will need to be logged into the Cycling UK website (by first creating an online account). The code will then be visible at the bottom of the relevant member benefit page.

### New YHA membership offer

Youth hostels are a popular resting spot for tourers, backpackers, and travellers alike. If you're looking for a low-cost adventure in 2019, check out our updated offer from the YHA. Cycling UK members will be able to claim 10% off YHA's new membership rate and 10% off



bookings, which can include pre-booked meals. Under 26-year-olds benefit from an extra 5% off bookings.

### Cyclists Welcome

Cyclists Welcome is our user-generated guide to cycle-friendly accommodation, eateries, bike hire facilities, and bike shops. All new businesses receive three months upgraded listing for free. Search our listings or make recommendations via the website [cyclistswelcome.co.uk](http://cyclistswelcome.co.uk).



### BikeRegister

Reduce your chances of bike theft at home or away by registering your bike for free with BikeRegister. For extra protection, you can mark your bike with a BikeRegister security marking kit (pictured above). BikeRegister is used by every UK Police Force. Cycling UK members receive **15%** off their range of marking kits.



## New kit!

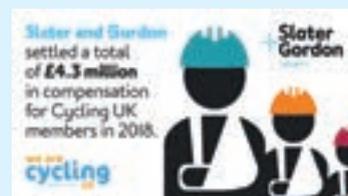
### TOP OF THE TOPS

With thousands of you voting, the competition to choose our new-look Cycling UK kit was hotly contested. We're delighted to announce that, with 32% of the vote, option one was the winner. Kate Lubbock won the prize draw and is one of the first to receive the smart new design. If you want to join her, the new jersey is available now, with the rest of the range, at: [cyclinguk.org/shop](http://cyclinguk.org/shop).



## Membership

### OFF-THE-BIKE SUPPORT



### CYCLING UK INCIDENT LINE

Cycling UK members receive free, specialist legal advice from Slater and Gordon for cycling-related incidents. These might include personal injury claims whilst riding or wheeling your bike (including commuting, off-road, or holidaying overseas), or incidents caused by road traffic incidents or poor road conditions. The Incident Line is open 24 hours a day, 7 days a week on **0844 736 8452**. Please note that this benefit is not available to those on the discounted Affiliated Individual Membership rate. (See [cyclinguk.org/join](http://cyclinguk.org/join) for membership types.)

### CS HEALTHCARE

If you become ill or injured, you might benefit from not-for-profit health insurance from CS Healthcare, voted 'Most Trusted Health Insurance Provider' for three years in a row. CS Healthcare is a mutual friendly society, offering a range of flexible health plans to suit your circumstances and budget. Cycling UK members receive the first two months cover FREE when taking out a lower-priced Health Bridge plan, designed to bridge the gap between the NHS and private healthcare; or three months FREE when taking out a comprehensive Your Choice plan.

