



## Go group riding this spring

Longer days, lighter evenings and the first glimmers of sun make spring the perfect time to try group cycling. Whether you're returning to riding after a break or getting on a bike for the first time, joining a friendly local group can boost your confidence, build fitness and connect you with people in your community.

Across the country, Cycling UK groups bring people together through regular rides, skills sessions and social events. One inspiring example, pictured above, is the Brighton Multicultural Women's (BMW) Cycle Club, a Community Cycle Club ([cyclinguk.org/cycle-club-bmw](https://cyclinguk.org/cycle-club-bmw)). Founded in 2021 by refugee support specialist Cicely Lloyd, the club began as an outdoor ESOL (English for Speakers of

Other Languages) and fitness opportunity during the Covid pandemic, when many women were experiencing isolation and limited access to exercise.

What started with 22 sessions in its first year has grown into a thriving, women-only inclusive safe space that offers learn-to-ride training, gentle group rides and peer support. In 2025, the BMWs delivered 89 rides and events, with more than 100 women taking part. Bikes, helmets and subsidised bus tickets are provided, helping remove financial and practical barriers. With trained ride leaders, volunteer instructors and strong local partnerships, the group empowers women from diverse ethnic backgrounds to gain independence, confidence and a sense of belonging. As one member said, cycling made her feel free.

You can find your own local group through the Cycling UK website ([cyclinguk.org/groups](https://cyclinguk.org/groups)) where clubs list regular rides for different abilities, from relaxed social spins to longer weekend adventures. Spring is a great time to join, as many groups launch beginner-friendly programmes and welcome new faces at the start of the season.

**“Joining a friendly local group can boost your confidence, build fitness and connect you with new people in your community”**



Left: Jootze Dymond

## Celebrate Bike Week

Save the date: this year's Bike Week will take place from 9–15 June. This celebration of all things cycling is a great time to put on a beginner-friendly event, or to do something a little different with your usual group ride.

This year, why not host a Bike Week Brunch? It could be as simple as a social ride ending with coffee and pastries, or a bigger get-together with cake, quizzes and fundraising. It's an easy way to bring people together, welcome new riders and celebrate Bike Week in a relaxed and friendly way.

For updates on what's happening during Bike Week, visit [cyclinguk.org/bikeweek](https://cyclinguk.org/bikeweek).

## AGM motions sought

The 2026 Cycling UK AGM will take place on Friday 18 September. We are now launching the call for motions. For details on the process for proposing motions, as well as the criteria against which motions will be reviewed, visit [cyclinguk.org/agm-2026](https://cyclinguk.org/agm-2026). The deadline for motions is 9am, 15 April 2026. Voting papers will be included with the August/September issue of Cycle.