



Dear Supporter

We're over halfway into the Big Bike Revival 2019 and we have 100 groups now signed up to BBR. We are really enjoying seeing the photos you're sharing with us using the [#BigBikeRevival](#) on Instagram and the interactions you are having with [Cycling UK](#) on Twitter.

Last week was [Bike Week](#), and with many of our groups putting their best pedal forward and sharing their love of cycling with their communities. we hope you enjoyed [#7daysofcycling](#).



## **Blow-outs are blowing women into the Windrush Bike Project:**

In the town of Witney, West Oxfordshire there is a growing cycle project challenging social norms and non-cycling behaviour. Kath Cochrane, Director of Finance and Development at the Windrush Project took the lead on the ladies' ride and maintenance event taking

place during our visit, the project's first toe-dip into the opportunities the world of cycling can bring to women.

As a National Standards Cycling Instructor, Kath planned a route around local tracks and pathways, perfect for introducing the participants to areas they could use away from traffic, before getting back to the workshop for a puncture repair lesson.



“You want to use your bike to be independent. If you have a puncture, you pride yourself on hopefully being able to fix it and carry on your cycle,” said Kath, who was leading the maintenance workshop.

Kath is also new on her bike mechanic journey. “I think because I’m new to understanding how to fix things, I want to share the tricks and tips to get people on their way.”



Kath stepped back to let the participants practise, advising two sisters Yazmin and Joni on the best way to reattach the newly-fixed wheel. Joni uses her bike to get to and from sixth form. “It’s great, its free and I can have more money to spend on other things instead of the bus all the time!” she said.

Joni's sister Yazmin, newly employed in Oxford, focused more on the impact of cycling on their sibling relationship. “This is my second time at Windrush, I came on Saturday too. I

knew that Joni would enjoy it and it means we get to spend time together now and feel more confident on our bikes together.”



The Windrush Project are hoping their series of female-only led rides, bike maintenance sessions and [E-Bike tasters](#) will help women feel more confident and empowered on their bikes, encouraging them to transition onto two wheels for their shorter journeys around the local area.

### **The universal language of cycling:**

In one of the biggest BBR team adventures this year, we went to Carlisle to visit [Rebike Cumbria](#) in their workshop. Hosting their first led ride, the group set out on a 10-mile cycle along local routes. From balance bikes and first bikes, to borrowed bikes from the bike shop, the group of 13 participants set off in the sunshine.



Back at the workshop, visitors attended a Dr Bike session, held by Rebike's staff members. A buckled BMX got some much-needed TLC in the form of new brakes, realigned spokes and inflated tyres, with its owner being taught how to replace and adjust his own brakes.



Once the ride returned, there was time for some cycle chit-chat, and a small group of Syrian refugees didn't let the language barrier stop the conversation flow. Armed with Google Translate, everyone was able to talk about how cycling had improved their lives.

Nasser Alkadre holds two degrees, his latest in mechanical engineering. He expressed how much he loves to learn and share his skills with his sons and new friends in this community. "I used to ride often in Syria as a little boy up and down the tracks with friends," he said, "but now I have no bike... being here today means I can get the opportunity back and enjoy it again."

He hopes that by attending English language courses he will soon be able to return as a volunteer at Rebike so he can share his technical skills and continue to give back to his new community.



The BBR team will be attending the Portsmouth Red Cross [led ride](#) to celebrate refugees cycling in the city on 20 June and also Celebrating Sanctuary, with [Bristol Bike Project](#) on 23 June.

## Going bananas for cycling:

The [Reading Cycle Festival](#) combined their Big Bike Revival event with Bike Week in the ultimate celebration of cycling. With local groups [Avanti Cycling CIC](#), [Reading Bike Kitchen](#) and CUK Reading collaborating together, the event attracting more than 200 people.

While energy ran high, the bananas began running low... over 50 smoothies were made on the Smoothie-Bike, keeping adults and children entertained while waiting for their bikes to be repaired at the Bike Kitchen's mobile Dr Bike.



Greg Woodford, Event organiser and Director of Avanti Cycling CIC, said "We really wanted an event that offers people a range of facilities for new or lapsed cyclists, from getting an old bike working again, confidence training for cycling on roads or to join with others for fun rides through our 'sofa to saddle' rides."

While traditional two wheeled bikes decorated the gazebos, the uni-cycles gained the most attention. E-Bike tasters allowed an alternative to pedal power while the Dr Bikes were a hive of activity. Amazingly, numerous bikes were repaired throughout the day along with donated bikes finding new homes.



Reflecting on the event, Greg said, "We were really pleased with the turnout and want to build on this with further collaboration of different groups in Reading to support anyone on their cycling journey."

## Back behind handle-bars:

To set up another great two weeks of cycling and as our next bulletin comes out during our [Women's Festival of Cycling](#), when we get to celebrate all the amazing women in cycling! Here is a great image of Bukky Adeleye learning to ride. This session with Moston Community Cycle Club, was only her third session on a bike. With a little assistance from session lead, Marina Waters, Bukky was soon on her way to balancing alone.



If you know anyone that's getting back behind the handle-bars for the first time in a long time, get in touch. We'd love to share their story!

Susan Keywood

Big Bike Revival Project Manager

A handwritten signature in black ink that reads "Susan".

And lastly,

If you have not been on our forum why not take a look?

There is great technical advice on there and they are a friendly bunch.  
Have a browse!

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Registered as a charity in England and Wales no.1147607 and in Scotland no.SC042541.