



Dear Supporter,

Come rain, wind or shine, our BBR groups are taking advantage of the extended delivery period as many begin to enjoy their summer holidays.

There are just under 100 events left for the summer before we start our [celebration rides](#), so in this bulletin we are sharing two of our favourite stories from this years BBR, as well as some of our best pictures!



Biking back to better beginnings:

Prior to his life at [New Roots](#), Martin Williams was homeless, taking drugs, and involved in crime for 20 years.

Before volunteering at [Ladywood](#) cycle group, Martin felt like he was 'in a downwards spiral' of depression and anxiety. He struggled to get out of bed and felt like he was

worthless.

“I had my own bike as a child and always did like cars too. You could say I have always been interested in the mechanics.” Martin said.

“By being involved in the cycle group, I feel like it’s giving me another reason to avoid drugs as I’m working hard at something positive.”



He now looks forward to being at the workshop for BBR bike fix events to teach skills, learn new skills himself and also help other members of the New Roots and Ladywood community.

“I feel like I have a real purpose and motivation knowing that this work is not only helping others toward a more positive lifestyle, but it makes me feel good each day,” he said.

By being at the cycling group, being supported and around a different group of people, he believes it is helping him to build his self-esteem and motivation.

“I enjoy being with the people I work with, and I like to see the looks on peoples faces when we give them a bike they can use... I like to think I am helping other people's lives too.”

Martin has now been put forward for the Cycling UK Ride Leader and advanced bike maintenance training to help him achieve his dreams of having his own business.



Seventy years in the saddle:

Paula and Micheal Hughes started cycling over 70 years ago when they were both at school.

Now in their 80s, they use cycling as an opportunity to pass on their knowledge, take care of their health and stay in touch with the local Norwich community.

“Cycling has given us a lot over the years,” Michael said. “Not least the health interest of staying fit and giving us the energy to want to continue cycling, and to help others cycle.”

When Paula began to struggle with hill climbing in 2005, the pair knew they had to find another option to support their health and to stay active. Michael did not want to continue cycling without his wife by his side.

After browsing on Ebay, they found the perfect solution, the Dawes Double Edge tandem.



While cycling keeps Paula and Michael healthy, the Big Bike Revival Bike Fix meant their bike could get some TLC.

Michael found that the bolts holding the triple chain and wheel together were loose. Despite being avid cyclists, it shows things can go unnoticed! Quickly fixed, they were off on a ride.

“What surprised me is that the ride took us on a piece of the track that Paula and I had never been on before,” he said. “While there was a lack of teddy bears at the picnic, the ride was enjoyable!”

As well as being dedicated cyclists, they now volunteer and provide cycling education at the community centres steering group after the tragic deaths of two school friends.

We hope that Mr and Mrs Hughes enjoy many more years of cycling and volunteering with the Marlpit Community centre and a very happy diamond wedding anniversary in October!

Picture perfect:

With the Big Bike Revival in its final few weeks, we thought we would look back at some of our favourite pictures from events so far!

If you would like to share your perfect pictures with us, get in touch by replying directly to this email or by using the #BigBikeRevival2019 hashtag on [Twitter](#) and [Instagram](#).



Paws'ing for thought or looking ahead to our [celebration rides](#) in September and October?



Making lycra a thing of the past at [Moston Cycling Club's](#) learn to ride lessons.



[Broken Spoke's](#) 'Beryls Nights' attracting a crowd in Oxford.



Learning to cycle during the summer holidays, even without the summer sun in [Newcastle](#).

Susan Keywood

Big Bike Revival Project Manager

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.
Come on over and take a look.

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