

Sustrans Bike It Update

Return to the Source: Riding a bike for the first time:- Jason teaching again at Kings Park Primary. Do you remember your first ride?



Our 3 Balance bike and starter bike fleets are transforming lives of children here in Poole and Bournemouth. Many children do not have access to their own cycle, using these every day in playgrounds starts the healthy travel habit of a lifetime. Jason is working with groups of children to get them off stabilisers, and teach children like Mara -9 (above) to ride independently. Many more families than ever in 2010 lack a parent who is able to do basic bike repairs or find time to teach riding skills, this is one way that the Bike it officers' role is essential in 2010.



We'd love to hear from you...

Sustrans' Bike It officer for Bournemouth and Poole is Jason Falconer. Contact Jason on 07827 9227541 or send him an email on: Jason.falconer@sustrans.org.uk

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more or distribute this newsletter, visit:

www.sustrans.org.uk/bikeit

or contact Bournemouth and Poole officer:

Jason.falconer@sustrans.org.uk

Sustrans Bike It Update



<<< Involving Our Partners in B & P

Jasons' turbo trainer has seen lots of action this term engaging Local Authority, P.C.T. staff and others at a variety of events. Staff enjoyed 2 minute races, heart-rate monitoring at days such as the area Healthy Schools Network meeting, where 11 Bike It schools were represented.

Bike It Vital Statistics for 2010:

- Jason has worked with 2,340 children this summer term, 48 % of activities recorded being an hour or more Bike It activity Session, lesson or club activity.
- New Schools for 2010/ 11-Turlin Moor Comm. Hamworthy First, St. Aldhelms, Kingsleigh Prim., St. Marks Talbot Village.
- Shelters- 2 More schools will be installing facilities this summer with Sustrans financial help.
- Go-Ride, British Cycling with Sustrans will be offering sports based cycling sessions in Autumn term
- Sports days- we ran sports cycling races for 3 schools this term.
- Parents at Bike It schools- bike parties, 'Lads and Dads' sessions, just two ways the project engaged directly with parents this term.
- Rollapaluza. Epiphany School all of year 4, 5,6, had a fantastic reward for winning the area V.B.R prize, a visit from London roller racing specialists, Key Stage 1 also got treated to a morning of scooter and trike action for their brilliant contributions.
- Links:- www.rollapaluza.com/?=1309
www.britishcycling.com –Go-Ride
www.bournemouthandpoolenhs.co.uk



Celebration! The first 7 Schools to achieve their Bronze Schoolmark were treated to a special cinema slide show of the year at a fabulous Champions Action day at Poole Lighthouse Arts Centre in June. Director of Health for B&P Adrian Dawson presented the awards as part of the yearly Champions Action Day Meeting. The Schoolmark recognises the work of the school on several criteria that together combine to create the sustainable cycling culture started by the Bike It Officer. Schools are encouraged to then work independently towards the Silver with support, ideas and encouragement- watch this space for Silvers!