

July 2023 Newsletter

AIR POLLUTION THEME OF THE MONTH: SUMMER CYCLING



In this issue:

> Meet Carol, our active travel hero!

> Curious about cycling? Learn to Ride, led rides, Women Only sessions, bike maintenance and much more!

A corkboard-style graphic with a brown background. It features a photo of Carol on a bicycle, a 'MEET CAROL' card, a 'Q&A' section, and 'Carol's Top Tips'. The photo is held by blue checkered tape. The 'MEET CAROL' card is held by a paperclip. The 'Q&A' section has a starburst icon. The 'Carol's Top Tips' section is held by yellow checkered tape. A black bicycle icon is at the bottom right.

MEET CAROL

Age: 82
Cycling Legend
West Bromwich

Q&A

Q: When did you start cycling?
Carol: I've been cycling since I was about 6 years old, and I'm now 82

Q: What type of bicycle do you ride?
Carol: I have a semi-electric bicycle that I bought in lockdown, as well as a pushbike. I sold my car a few years ago!

Q: What do you like the most about cycling?
Carol: I love everything! My health is so much better for cycling, and it makes me feel more connected to the community

Carol's Top Tips

1. Confidence is key! Don't be scared
2. Wear hi-vis gloves
3. Always cover your brake lever with your finger so you're ready
4. Before you move, check your blind spot
5. It's never too late to start cycling!

Sandwell
West Bromwich

Carol: Active Travel Hero

Carol is our active travel hero this month! Carol, aged 82, cycles all around Sandwell giving back to the community and attending community centres. She is such an inspiration for us, and had some great tips and tricks about cycling in the borough!

Want to shout out an air quality champion or active travel hero? Just email us!

Curious about Cycling?

There is a wide range of community rides and lessons available across local parks in Sandwell, in partnership with British Cycling.

- West Smethwick Park- Weekly led rides on Thursdays at 1pm, from the 10th August
- Victoria Park, Smethwick- Led rides in supported by Ileys Community Association 2-3pm various dates:
 - Ride- 3rd August, 2pm
 - Women's Ride- 4th August, 2pm
 - Ride- 8th August, 2pm
 - Learn to Ride- 10th August, 2pm
 - Lean to Ride- 17th August, 2pm
 - Women's Ride- 18th August, 2pm
 - Ride- 24th August, 2pm
- Lightwoods, Bearwood- Led rides on Tuesday and Friday mornings 11-12
- Sandwell Valley Farm Park, West Bromwich- Coming soon!
- Victoria Park, Tipton- Weekly "Gentle Pedal in the Park" session on Wednesdays at 9:30am
- Langley Park- Coming soon! Weekly rides on Fridays from the 11th August
- Friar Park Millennium Centre, Wednesbury- Weekly led ride on Mondays at 10am, by The Leisurely Pedal, in partnership with Cycling UK
- Rowley Regis- Coming soon!

Plan your own cycling route using Sandwell's interactive cycle map!

<https://sandwell.activemap.co.uk/>

Start cycling this year. For free events, training and support near you visit tfwm.org.uk/c4e

cycling for everyone

West Midlands Cycle & Walk

cycling for everyone

Cycle Security (FREE- usually £9.99) – Small but Permanent marking on your bike and register with National Cycle Database online – help find your bike if it gets pinched!

Dr Bike – Get your bike safety checked (brakes, gears etc) and any small repairs for FREE!

PLUS!

Take part in our survey and receive a FREE "sold secure" D lock (first 10 participants). Worth £30!

cycling for everyone

West Midlands Cycle & Walk

Leys Community Hub

www.leyscommunity.org

Bike Maintenance
Bike Fixing Workshop

Bring your own bike so we can fix it together to make your cycling experience better. Join us to mend your bike if it has any issues and to pick up some new skills in the process.

VENUE | Leys community center
DATE | 15th August
TIME | 2pm - 5pm

If you have any questions about any of the items featured in this or previous newsletters, or maybe you have a story you would like to share about what your centre is doing to help improve local air quality, please contact us at pollution_control@sandwell.gov.uk.