

We'd love to hear from you!

John Clode aka Bike It John is the Schools Officer for South Hampshire.

Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.

Email:

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Bike It School Dates

- **Monday 5th and Tuesday 6th October - Year 4 Scooter Skills at Alverstoke Juniors**
- **Wednesday 7th October - Bike Maintenance Lessons at Toynbee School (Girls Only)**
- **Monday 12th - Wednesday 14th October - Year 5 Big Street Survey at Hiltingbury Juniors**
- **Monday 19th and Tuesday 20th October - Bike Dr at Toynbee School**
- **Wednesday 22nd October - Your Time to Shine at Alverstoke Juniors**



September Activities

The Bike It Schools have had a busy start to the new school year. Stoneham Park and The Crescent have already completed their Bikeability training!

Bike It John had a busy couple of days at Cams Hill School running a Bike Dr, joined by Walk Wheel Cycle Trust volunteer John H for one day a total of 55 bikes were checked and repaired!

Year 3 pupils at Alverstoke Junior School enjoyed 2 days of Scooter Skills, learning new skills to control their scooters and share the pavement so they can safely scoot to school. The standard of balance of control was very high!



Scooter Skills at Alverstoke Juniors



Cams Hill Bike Dr

Bike It John's Maintenance Lessons got off to a great start at Toynbee School, pupils had a productive morning learning how to repair punctures, fix and adjust their brakes, their gears and how to perform a thorough safety check on their bikes, they were all a pleasure to teach!

September ended with a Year 6 Bike Dr at Fair Oak Juniors, Bike It John was joined by volunteers John H and Alan to get their bikes ready for their Bikeability training in October.



Toynbee Maintenance Lessons



Fair Oak Junior Year 6 Bike Dr

What’s coming up?

Hampshire Bike Equipment Library

The **FREE** bike equipment library is now up and running, and already has equipment on loan to families but there is still plenty of equipment available. There are child seat trailers, bike mounted child seats, lights, locks, pumps and pannier racks and bags.

If you would like to borrow any equipment then please get in touch with Bike It John by phone 07708 835330 or email john.clode@walkwheelcycletrust.org.uk

Hiltingbury parents making good use of the Burley double trailer
“We are absolutely loving the trailer, even local rides feel like an adventure”



Junior Road Safety Officer Training

The Junior Road Safety Officer (JRSO) scheme helps Year 5 and 6 pupils promote road safety to their peers through activities and campaigns in school. Schools taking part should nominate their JRSOs and book them onto an autumn training session, where they will gain the knowledge and tools needed to share key road safety messages in a fun and interactive way.

Register now for one of the dates below via the [JRSO training registration link](#)

- Friday 6 November from 13:00 - 15:00
- Wednesday 11 November from 10:00 - 12:00
- Tuesday 17 November from 13:00 - 15:00

Your Time to Shine

With the evenings getting darker, it is important to highlight the need to be seen by traffic. Schools are invited to take part in Your Time to Shine on **Friday 20 November during Brake's Road Safety Week**, or on a date that suits them. Hold a **Be Bright Be Seen non-school uniform day or a Bling Your Ride** and receive road safety resources by completing the [Your Time to Shine form](#).

Useful information:

Sofa to Saddle - Free Cycling App

Check out this new app from British Cycling. A free app, with an 8-week personalised programme that helps people to take their first steps into cycling, to build confidence on the bike. Download from [Google Play Store](#) or [Apple Store](#) now!

Check your Bike

Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.

[Walk Wheel Cycle Trust M-Check](#)

National Cycle Network

Created by Walk Wheel Cycle Trust [formerly Sustrans], The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.

In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.

Over the years many more miles of walking and cycling routes across the country have been created.

To find out more and find a route near you to explore visit the [National Cycle Network page](#) on our website

