



Dear Supporter,

The final countdown for the Big Bike Revival is on!

With just four weeks left until we begin our [celebration rides](#) to congratulate everyone who has taken part this year. From those who have started or returned to cycling, people that have shared their cycling knowledge with others, or those that have dug their old bikes out the shed and brought them along to get fixed.

As we encourage more people to cycle more often, we thought we'd share some stories of those that have used the Big Bike Revival to trade four wheels for two and the benefits it's given them.



Mice or monsters?

Despite weather best suited to ducks than cyclists, the [Station South](#) Big Arty Bike Party still attracted quite the crowd over the weekend.



Laurie Pink, an illustrator from Manchester, became involved in BBR initially through her job, “I created some custom art work that was auctioned and donated the proceeds into Station South’s restoration,” she said.

“I do like cycling... I used to cycle to get around the city it's much quicker getting places on two wheels instead of by bus or car, but then things just started to break on my bike.”



“I honestly just left it in the hallway of my house. It just sat there for about a year, maybe a little more. The tyres were flat, and the brakes sounded like a family of mice.”

“When Station South ran an event earlier in the summer at Levy Market, I took it along with me. I didn’t know what they could fix or the cost. It just needed some basic TLC. Now It works perfectly. It's even being given more love as a model today!”



“It feels like I am paying it forward by being here today and getting involved in helping the event go ahead. It’s keeping me in touch with the group for when they open in the spring.”

Laurie has now pledged to use her bike more often, and to use local bike hubs to get her bike serviced more often so she doesn't end up adopting a family of mice once again!



Unloved to unstoppable

Jason Unsworth-Mitchell brought his bike along to the [Norwich Men's Shed](#) bike fix event for some needed maintenance and a service. Currently in between jobs, Jason, who's 50, was conscious about saving money and getting his bike serviced wasn't a priority.

“I have had this bike for about a year,” he said, “I used to get second hand bikes to save money, but they kept dying on me.”

“I’m about to start a new job, and the bike was looking tattered. I knew I needed to get it serviced so I would be able to get to work without using my car, but getting it repaired at a bike store it was just going to cost too much.”

With the event free of charge, Jason was able to get his bike serviced and fixed to ensure it was safe for him to cycle, without it having to cost him money while in-between employment.



“I wanted to learn to maintain it myself, save money in the future and become healthier while doing it,” he said. “I was nineteen stone seven and now I’m sixteen stone three thanks to having a bike and knowing how to eat better.”

Jason plans to use his bike more regularly to travel around the city of Norwich and access his new job. In doing so, he plans to continue to lose weight and live a healthier and more active lifestyle.

He is looking forward to taking his bike back to the Men’s Shed for their celebration ride in October in the hope he can be introduced to new off-road cycle paths for his days off.



Coffee, cake and a side of confidence

The Big Bike Revival, running throughout summer, has also run alongside the Cycling UK [Women's Festival of Cycling](#) for the whole of July.

In Birmingham alone, four Big Bike Revival groups have welcomed over 50 women back onto two wheels to celebrate a summer of cycling and to increase their confidence.

[B10 Community Cycle Club](#) cycled from Small Heath all to the end of the runway at Birmingham Airport for ice cream and plane spotting. A whole 13.5 miles, the furthest many of the women had ever cycled before.



[Share Calthorpe Community Cycle Club](#) earned a little treat as they rode from Calthorpe to Cadbury World to enjoy lunch together. The group aims to increase women's confidence and use cycling for mental and physical wellbeing.



[Ashiana Community Project \(ACP\) Community Cycle Club](#) enjoyed a bike maintenance workshop after to teach basic skills so women can begin to use their bikes independently around the local community and build up their own confidence.



Vanessa Morris, Cycling Development Officer in Birmingham has been supporting the women-only Big Bike Revival events that enable women to cycle for the first time or to refresh their skills after a long time away:

“Many ladies in Birmingham have really enjoyed their ladies only bike rides with our community cycle clubs. It is a great way to showcase where they are able to cycle after the summer,” she said.

“We have had a fabulous turnout to all of our rides, with lots of miles cycled, tea and cake consumed, places visited but most of all, ladies in Birmingham socialising with each other through the joy of cycling.”

If you have celebrated the Womens Festival of Cycling at a Big Bike Revival event this July, share your pictures with us on [Twitter](#) and [Instagram](#).

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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