



THE ASSOCIATION OF BIKEABILITY SCHEMES

[www.tabs-uk.org.uk](http://www.tabs-uk.org.uk)

## TABS MEMBERS UPDATE – JANUARY 2014

### 1. FINANCES – TABS secures £10,000 grant

TABS is delighted to announce that we have been awarded a grant from the Bike Hub for £10,000 towards our core costs. [BikeHub.co.uk](http://BikeHub.co.uk) is a joint initiative of the [Bicycle Association](#) and the [Association of Cycle Traders](#) via the [Bike Hub levy scheme](#). The objective of Bike Hub is to generate funds from within the cycle industry to support the future of cycling in the UK. Running since 2003, the Bike Hub levy is voluntary, paid by the majority of UK bike shops and suppliers. About £400,000 is raised each year with contributions supporting cycling participation projects across the UK.

Bicycle Association president Mark Bickerton said about the grant: *“Bike Hub is all about promoting the future of cycling. The Association of Bikeability Schemes is the perfect organisation for us to work with to secure the best possible return on our contribution from Bike Hub members’ funds. Cycle training gets results that will last for generations to come.”*

<http://www.bikehub.co.uk/news/sustainability/bike-hub-grants-10000-to-the-association-of-bikeability-schemes/>

<http://www.bikebiz.com/news/read/bikeability-org-gets-10-000-bike-hub-grant/015801>

There is now also a link from the Bike Hub website to TABS – see: <http://www.bikehub.co.uk/> (in the footer alongside CTC and British Cycling links)

### 2. LATEST NEWS - THE BIG PEDAL IS BACK FOR 2014!



**The Big Pedal is back in 2014 and registration is now open!** In 2013, UK schools generated 847,725 journeys by scooter and bicycle. This year’s event will be bigger and better than ever before and to reach a million journeys the event needs you to tell all your schools about it! The Big Pedal is a massive annual cycle and scooter to school competition taking place from **3<sup>rd</sup> to the 14<sup>th</sup> March 2014**. All schools across the UK are invited to take part in our unique challenge, which will see schools competing against each other over 2 weeks.

Funded by **the Bike Hub** and supported by some very kind sponsors, The Big Pedal is free to enter with brilliant prizes up for grabs. For more information, please visit: [www.bigpedal.org.uk](http://www.bigpedal.org.uk)

### 3. Campaigning & networking

TABS response to the **Transport Select Committee** and the **Activity Commission** will be posted on website shortly.

**Green paper on Driver Training** – this consultation paper about driver training is due to be published in June. TABS will be taking steps to form a coalition of organisations to comment on the paper, aiming for cycle training and cyclist awareness to be part of driver training.

**Bikeability training for MPs** - TABS has contacted Baroness Susan Kramer MP and Robert Goodwill MP and invited them to receive some free Bikeability training.

TABS has also invited Jeremy Clarkson to attend a free Bikeability training session.

***Don't forget:*** TABS forum has a place for you to discuss issues around [cycling training, policy and safety issues](#)

### 4. 2014 Conference – UPDATE

Work has started planning the details for the 2014 conference. This is being held at the same venue as last year – Carrs Lane Church Conference Centre, Birmingham on **Thursday 15<sup>th</sup> May** (during SATS week).

This year TABS has been able to book some extra rooms at the venue which will enable us to hold more, smaller and more participatory workshops (up to 7 can be held simultaneously) as per requests from last year's event. We will be making some other changes to the programme based on member's feedback. A draft agenda, along with delegate attendance forms will be circulated in due course.

To note: another quality consistency training session will be run by David Dansky as one of the workshops for anyone who has not yet managed to attend the free sessions held so far.

**NB - INVITATION to submit workshop topics:** TABS would very much like to hear your suggestions for workshop topics for the conference. **Please submit your outline suggestions by Friday 31<sup>st</sup> January to: [isobel@tabs-uk.org.uk](mailto:isobel@tabs-uk.org.uk)**

### 5. Training / quality improvement

**Quality Consistency training sessions** – David Dansky, on behalf of TABS ran a training course on 17<sup>th</sup> December, at the request of the Youth Sport Trust for SGHOS managers. The feedback was generally very positive. The next two sessions will take place on 3<sup>rd</sup> February (Chesterfield) and 10<sup>th</sup> February (London). The course will be adapted slightly to mix up and share practice depending on the set up of the scheme and the background of the PDM/SGO/scheme manager/Instructor.

An invitation has recently gone out from the Bikeability team inviting all those that haven't already attended one of the courses to sign-up to one further free 'Raising Standards and Achieving Consistency in Bikeability Delivery' seminar, to be held in London on Wednesday 22nd January, 2014.

**Quality Assurance visits** – London visits will be happening this term

**UPDATE on revised Bikeability award materials.** During 2013 TABS contributed substantially to the development of new Bikeability handbooks, which aim to remind trainees and inform parents about the main Bikeability training and safety points at each level. From January onwards, the official Bikeability certificate will be provided with every badge at no extra cost. This means that the purchase of certificates and badges will be 17% cheaper than previously. The aim is to get more children to get the complete award, including the badge, certificate and new Bikeability handbook at each level. To help schemes do this, the price of the complete award has been lowered by 20%. A summary of the prices is given below:

	OLD price	NEW price*
<b>Badge and Certificate</b>		
Level 1 (pack of 50)	£30	£25
Level 2 (pack of 50)	£30	£25
Level 3 (pack of 20)	£12	£10
<b>Complete award – badge, certificate and handbook</b>		
Level 1 (pack of 50)	£50	£40
Level 2 (pack of 50)	£50	£40
Level 3 (pack of 20)	£20	£16

*\* To cover costs of post & packaging a charge of £3.99 will apply to each order.*

To place an order please login to your scheme area on the Bikeability website and go to the Bikeability Shop. The Bikeability Shop will be opening again with the new materials available from Monday 20<sup>th</sup> January.

### **DEMONSTRATING THE IMPACT OF BIKEABILITY TRAINING ON CHILDRENS' CYCLING**

TABS is committed to enabling schemes to deliver high-quality and effective Bikeability training which has a lasting impact on children's cycling. Monitoring the effectiveness of training in getting more children to cycle more often with less risk will help schemes improve the quality and demonstrate the impact of their work.

During 2013, the DfT and TfL invited TABS to submit proposals for piloting an online pupil survey demonstrating the cycling outcomes associated with Bikeability training, based on the successful trial survey carried out for Cambridgeshire County Council (as reported on the [Bike Hub](#) and [Bike Biz](#) websites). The main thing this survey does that's new is create an individualised pupil dataset containing school year, sex and home postcode which can be benchmarked across schools and local areas and with other national survey data (e.g. National Travel Survey, Active People Survey). If repeated on a regular basis, the survey will provide essential evidence to show how Bikeability training has a lasting effect on children's cycling.

TABS has prepared information packs for Bikeability schemes, schools and parents/carers for running the survey outside Cambridge. **We are now inviting TABS members to promote the survey to be run in their schools before Easter.** In return, TABS will supply each scheme recruiting at least 10 schools for the survey with a headline local area data report, and each school recruiting at least 80% of Year 5 and Year 6 pupils with a headline school data report.

**Please contact Michael Frearson [michael@tabs-uk.org.uk](mailto:michael@tabs-uk.org.uk) by 31<sup>st</sup> January 2014.**

## 6. ITO News

**TABS WELCOMES TWO NEW ITOS** - As you will know over the past year SDG has been running an application process for organisations wanting to become recognised as ITOs. They announced last month that [Durham County Council](#) and [Cycle Confident](#) have now been recognised as ITOs following this process. We would like to congratulate them on their new status, and look forward to their involvement in the ITO quarterly meetings which TABS co-ordinate.

SDG is inviting ITOs to attend a training course run by TABS in February. The seminar builds on the recently published [report on the good practice](#) based on the findings of the External Assurance visits to date. This ITO specific session will also include an element of benchmarking whereby ITOs will have the opportunity to explore and agree what is meant by progressive, outcome based training in realistic conditions. The session will also look at how National Standard training contributes towards Road Danger Reduction targets increasingly being adopted by local authorities and the DfT. This will also be an opportunity to help the new ITOs learn from more experienced ITOs and for those to explore some new delivery ideas.

Audits of ITOs will continue to take place this term.

## 7. Membership

**2013 Annual Report** – this is now available for [download here](#). The annual report provides an overview of TABS activities throughout 2013, and highlights our aspirations for 2014. **Please feel free to share this report with your contacts** to spread the word about the work that TABS and our members are doing for Bikeability.

### **Website updates:**

**Directory of Member Services** – a new page will shortly be created on the TABS website showcasing TABS members and including a link to the **Directory of Member Services**. The content of the Directory is intended to be a work-in-progress and so far includes information received in response to requests in previous newsletters. **NB** – if you have not yet submitted information, would like to be removed or to add/amend existing details please send your request to: [isobel@tabs-uk.org.uk](mailto:isobel@tabs-uk.org.uk) and I will update the table accordingly.

Other website updates are also taking place. Further details will be provided in the February newsletter.

**2014 - Membership recruitment targets** - TABS aim to increase the number of members in 2014 from 24% to 35% of all Bikeability schemes (137 schemes). It is important that we continue to recruit new members to ensure that we can continue to offer and expand our activities, without having to rely on grant funding.

As part of our membership drive SDG will be emailing all Bikeability schemes with a newsletter later this month and in February we will be sending out renewal/ invitation to join emails to all schemes.

However, often the most effective way is personal recommendation. **So, if you know of schemes that aren't yet members please do give them a call and encourage them to join.** Full details of the membership benefits and application form for 2014 [are available here](#).

**TABS Code of Conduct** – As part of the 2014 membership renewal/recruitment TABS will be writing to all scheme delivery members inviting you to sign up to a voluntary Code of Conduct - [click here to download](#). TABS hope that by signing up to the Code of Conduct it will demonstrate the commitment of TABS and our members to quality improvement and the quality of services offered.

To accompany the Code of Conduct TABS is also in the process of developing a 'kite-mark' logo for exclusive use by TABS members. This will be available for TABS members to upload on your website, print on your

promotional/teaching materials, indicating your commitment to delivering and maintaining quality Bikeability training. Further details about the 'kite-mark' will be provided in the next newsletter.

**Product discounts for TABS members** – TABS is currently in discussions with manufacturers / suppliers to negotiate offers for TABS members – further details in the next newsletter.

## **MEMBER NEWS**

**Devon County Council** is carrying out research on the health of children, comparing Bikeability students against non Bikeability students. The Royal Statistical Society Centre for Statistical Education (RSSCSE) which is supported by the Office for National Statistics are going to make their 2013/14 (inter)national questionnaire focussed on this topic <http://www.censusatschool.org.uk/> Previous questionnaires have been completed by up to 20,000 children so it provides a great opportunity to get some robust data. **TABS would encourage our members to pass this information onto your schools and local authorities and ask them to complete and promote the survey.**

Thanks very much to [Wheely Fun Wheels](#) which has been promoting TABS for a long time now via their website which sports our logo.

Congratulations to [Bike Right!](#) which recently celebrated their 10<sup>th</sup> birthday! [For further details click here.](#)

**NEW TABS member - Haringey Council** - TABS is delighted that Haringey Council have recently joined TABS.

In August, [Haringey Council](#) unveiled a programme of free "Bikeability" cycle training to help people get on their bikes. Specialist free training - led by TABS member, [Cycling Instructor Ltd](#) – is being offered to school children and adults, with school children given free safety helmets and high-visibility vests. School training also includes weekend and holiday courses, with each course preceded by a Dr Bike session where children, parents, carers and pupils can have their bikes fixed by an expert.

**FREE cycle training in haringey**

If you live work or study in Haringey you could learn to cycle or improve your cycling with one of our qualified local instructors for **FREE**.

**SMARTER TRAVEL**

[www.haringey.gov.uk/smartertravel](http://www.haringey.gov.uk/smartertravel)

**cycle safely and with confidence**

**our cycle training can help you:**

- control your bike in the safety of a traffic-free space
- deal with traffic
- learn how to position yourself on the road safely and be visible to other road users
- find cycling routes for your everyday journeys
- understand cycling road rules
- cyclesafer at night and in wet weather
- plan your cycle route to work

Book today - go to [www.cyclinginstructor.com](http://www.cyclinginstructor.com) and click on Cycle Lessons, email [info@cyclinginstructor.com](mailto:info@cyclinginstructor.com) or phone 0845 652 0421

Name of instructor \_\_\_\_\_

*Flyer produced by Haringey Council to promote their free cycle training*

## **MEMBER CASE STUDY:**

### **Outspoken Training peer mentor scheme**

The Outspoken Training peer mentoring system introduced in September 2013 has been designed to embed quality improvement in the everyday work practices of all instructors as they deliver Bikeability training. Peer

mentoring lies at the heart of Outspoken Training's commitment to quality improvement, because training quality determines the effectiveness Bikeability in enabling trainees to progress, demonstrate the National Standard outcomes and go on to cycle later in life.

Five NSITs have been trained to work as peer mentors with NSIs in their area. Peer mentors and mentees are paired to work together as co-instructors when schools are booked in for their Bikeability week. Typically, a new instructor will be peer mentored twice before participating in post-course assessments, and experienced instructors will be peer mentored two or three times during the year. Peer mentors produce a report covering all aspects of the instructor role, including good practice and action points for improvement before the next peer mentoring session.

Outspoken peer mentoring provides sustained support for new instructors and challenges experienced instructors to deliver the highest quality Bikeability training. Aggregated good practice points and areas for improvement are disseminated to all instructors and discussed at annual development away days that all instructors are expected to attend.

The scheme is being formally evaluated; so far instructors have been overwhelmingly positive, particularly new instructors who feel more supported than in the past.

**For further queries about the Outspoken peer mentoring system contact: [Michael@tabs-uk.org.uk](mailto:Michael@tabs-uk.org.uk)**

**Please do continue** to send in information about any achievements, successes, challenges, case studies you've experienced so we can share this with other members.

***Don't forget:*** If you want other colleagues to receive this newsletter directly send their email address(es) to: [isobel@tabs.co.uk](mailto:isobel@tabs.co.uk).

## 8. TABS Forum

There are now **over 600 instructors** signed up the Forum – most of them also receive this newsletter. Scheme managers – if you've not already emailed a link the forum to your instructor team please do so and encourage them to join the Forum to debate topics of interest and exchange ideas with other instructors.

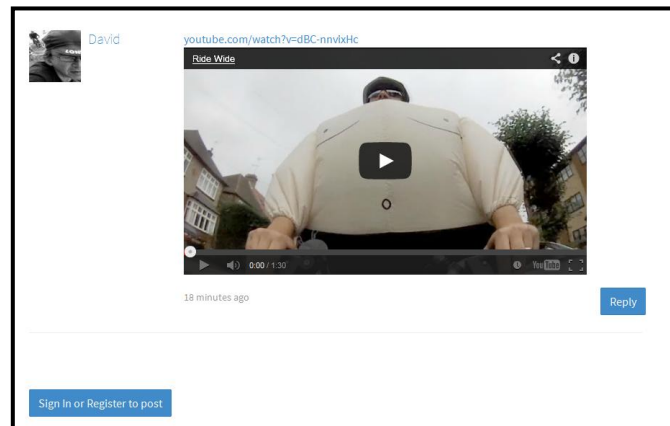
**NEW, improved search function:** The search returns all things, in that if you are on the Forum and search for "road safety" it will show all things that match, whether that was a conversation, event or comment. It weights the search results to try and put the big 'items' at the top (microcosms, people, events and conversations) and comments below those. But... the order in which things are returned really depends on the search terms. If a comment matches the search better than anything else, then that is at the top of the results. It's also reasonably fast, and work is ongoing to make it even faster in future.

## 9. PR/Marketing

[Bexley Council](#) is encouraging local residents to hone their skills on a free, one-day course. It will feature journey planning and preparation, skills practice in a quiet off-road environment, as well as basic bike maintenance and basic safety advice. See:

[http://www.thisislocallondon.co.uk/news/10919405.Bexley\\_residents\\_told\\_to\\_get\\_on\\_their\\_bikes/](http://www.thisislocallondon.co.uk/news/10919405.Bexley_residents_told_to_get_on_their_bikes/)

Take a look at this short, but fun video on the TABS forum and add your comments!: <https://tabs.microco.sm/conversations/434/#comment4664>



Have you visited the TABS forum yet? If not, [go on-line](#) and add your thoughts/see what's being said.

**Don't forget:** TABS forum has a place for you to discuss issues around [Marketing & Promotion](#)

## 10. AOB

### Dates for diaries:

- TABS Board meeting – 10am – 1pm (Tuesday 21<sup>st</sup> January)
- ITO (Expert) meeting – 2pm – 4.30pm (Tuesday 21<sup>st</sup> January)

Do use Twitter to share your thoughts : [@TABSBikeability](#)

- If you have anything you would like included in the FEBRUARY newsletter (for example, special achievements, news items, training events, topics for discussion) please contact: [isobel@tabs-uk.org.uk](mailto:isobel@tabs-uk.org.uk) by Friday 14th February 2014.

If you would like to unsubscribe from this mailing list, or would like to suggest other contacts to receive it please contact: [isobel@tabs-uk.org.uk](mailto:isobel@tabs-uk.org.uk) And, of course, any comments or queries please do get in touch.

**HAPPY NEW YEAR!**

Thank you.

Isobel Stoddart

(Development Manager, TABS)

18<sup>th</sup> January 2014