



THE ASSOCIATION OF BIKEABILITY SCHEMES

www.tabs-uk.org.uk

TABS MEMBERS UPDATE – JULY 2014

1. TABS SUMMER APPEAL TO MEMBERS: 'How Bikeability has changed our lives'

As you will be aware, we are now at a critical place in the life of this Government in terms of their planning for the future. The present session of Parliament ends very shortly, and with the exception of two weeks in September, does not reassemble until the end of October. By that time we will have had the Party conferences, and work will be well advanced on the writing of Party manifestos. And the Autumn statement will be announced at the start of December. So now is a crucial time, therefore for TABS, in partnership with our members to try to ensure that MPs do support the future of Bikeability.

The All Party Parliamentary Cycling Group (APPCG) has requested a back bench main chamber debate about progress on meeting the targets set out in the Get Britain Cycling report, and it is widely believed that the government will publish a Cycling Delivery Plan in August. If TABS and our members can compile some information about the value of Bikeability it could be a useful tool both to help secure the future of Bikeability funding, as well as promoting the work that schemes do.

TABS would like to collect evidence from parents and children, in the form of drawings, poems, letters – something visual and memorable, about how Bikeability has 'changed their lives' for the better and contributed to their sense of excitement and fun. And we want to get this evidence in front of relevant Ministers and local MPs. We believe this action could be a powerful weapon in attracting their attention and support for Bikeability into the future. The intention is simple - to bring the human side of cycle training and its local impact to the attention of key decision makers.

SO.....we will be contacting all TABS members shortly via email to ask for your help! PLEASE keep a look out for this communication.

In the meantime, an example of some of the positive impacts of Bikeability is demonstrated by the feedback provided by Islington Council:

Primary schools

- *There should be more days of this course because I loved it so much!*
- *It was nice to go onto the roads and know you are safe.*
- *I really liked this course because it was fun and I think it would be good as an after-school club.*

Secondary schools

- *Parents who might have worried about their child cycling to school safely were really impressed that the Bikeability sessions included planning a safe route to and from home plus test riding it with the instructor. The school's cycle shelter is filled up these days, not just with student bikes, but also with those of staff who were inspired by just how far some of our students cycle in from! Bill Starkey, Deputy Headteacher, Holloway Secondary School*
- *Our students gained basic cycle maintenance skills, as well as cycling skills for the busy roads of London. Having someone spend time with them as they venture onto the roads gives them the*

confidence to ride solo. This was a very simple scheme to implement with a multitude of benefits for young people. Declan Hamblin, PE teacher, Highbury Fields



Card received by Islington Council after a L2 course

Adults

- You can't believe how happy I am with these wonderful courses. I thought I will never be able to cycle, but the training was a great help to me
- I am really happy and impressed about all the effort that goes into developing cycling in the borough. It's definitely an investment that will pay itself back over the long run. Well done and good luck going forward.
- I just wanted to thank you so much for such a very useful and enjoyable afternoon, relearning my cycling skills. I completed the 22k cycle ride for the London Duathlon, which I was really pleased with, especially as I haven't cycled in about 20 years. The tips about braking, position on the saddle and changing gear were absolutely invaluable. My instructor gave me so much confidence, it really helped so much and I absolutely loved the experience.
- I gained massively from the attention paid to how I ride my bike. I have been cycling in London since 1985 and haven't really stopped to think about cycling style. Great session, very professionally run, enjoyable and I learned masses. Couldn't ask for more and would recommend to experienced cyclists.

School holiday courses for children

- I just wanted to say thank you for the Level 2. My daughter and her friend had a great time and enjoyed the course. The leaders were fun and professional. They have both grown in confidence on their bikes enormously and by the end of the week we were able to negotiate riding on the main road down to the course venue - which I would never have done before! Many thanks.
- My daughter had been trying to ride for about a year, but learnt in two days with your trainers. Ollie and Will, and David on the second day, were so clear and patient; I was extremely impressed. They gave her the confidence and determination that she had lacked, and a week later she did a two-hour cycle ride in the Peak District on a hire bike. We are all delighted and are very grateful for such a great, free course. Looking forward to coming to the next one!
- My son finished his beginner bike training today at Rosemary Gardens and I just wanted to say how much he enjoyed it. He is now riding independently and is really pleased with himself! The trainers were excellent and I will definitely recommend the training to other parents. I think this is a great service for Islington to offer.
- I just wanted to say a big thanks to you and all of your colleagues. My son really enjoyed the course and is amazing on his bike now! We are very lucky to have this type of thing organised for the children for free. We hope to see you on another course next time.

Islington by bike (free led rides)

- Gives children confidence to ride on roads, right into central London without sticking to quiet roads.
- I really enjoyed the ride, it boosted my confidence.

- *A very relaxed ride, good to get some hills. Great to meet up with Pedal Power in Finsbury Park and to ride with them. Thanks for a great ride!*
- *It was fun and good to discover new bike routes.*

2. CAMPAIGNING & NETWORKING

Letter to the Times re. Safer Streets Campaign

TABS was a signatory to a letter signed by a range of Campaign for Safer Street partners that was published in The Times on 1st July (in print and online). To read the full letter see: <http://www.sustrans.org.uk/press-releases/too-many-children-are-being-killed-or-injured-our-streets>

Bikeability blog on Sustrans website

TABS Board member, Michael Frearson, has written a guest blog on Sustrans website about how Bikeability encourages children's independent mobility:

<http://www.sustrans.org.uk/blog/%E2%80%98brilliant%E2%80%99-bikeability-encourages-children%E2%80%99s-independent-mobility>

Lords support for Bikeability

Following an approach by a TABS Board member, Lord Keith Bradley is interested in receiving more information about Bikeability and has offered to do what he can in the Lords and with his party.

Update – Cyclists Stay Back stickers

TfL has changed their position on the provision of Cyclist Stay Back Stickers following pressure from various groups including TABS. TABS was a signatory to the initial letter that was sent to Leon Daniels, Managing Director of Surface Transport at TfL. He then called a meeting in June which was attended by TABS, London Cycling Campaign, Roadpeace and London Borough Cycling Officers Group. See:

- <http://www.lfgss.com/thread129053.html>
- <http://lcc.org.uk/articles/transport-for-london-says-cyclists-stay-back-stickers-to-go>
- <http://www.ctc.org.uk/news/say-goodbye-%E2%80%98cyclist-stay-back%E2%80%99-stickers>

Meetings

- TABS attended the DfT stakeholders meeting with Minister for Transport Robert Goodwill. Amongst the issues discussed were:
 - DfT will announce a Cycling Delivery Plan (CDP) this summer, which will be based on evaluation of places where there is a vision for cycling. There will be more support for schools with an award scheme aligned with the CDP. Funding will be covered in the CDP. A high level working group has been meeting to develop the CDP to meet the aspirations of the sector.
 - TABS asked a question about driving and driver skills, and there was a discussion about the need to look more carefully at driving offences, better design consistency across the UK, and a fresh look at more positive predictions/assumptions.
- TABS has regular catch up meetings every 2 months with the Bikeability Support Team – the latest one having just taken place on 15th July. The next meeting is scheduled for the start of September. **If you have any issues that you would like TABS to raise with the Support Team and/or the DfT at their next meetings, please send them through to isobel@tabs-uk.org.uk**

Don't forget: *If you have any campaigns, meetings, news that you'd like to share please contact us. And TABS forum has a place for you to discuss issues around [cycling training, policy and safety issues](#)*

3. Research

Update on 2014 Bikeability School Travel Survey

This year six Bikeability schemes contributed to the 2014 Bikeability school travel survey, resulting in survey responses from more than 1200 pupils in 23 schools in nine local authority areas. The report is due in September.

Cycling Scotland shall also be running a tailored version of the survey next year with a longitudinal (before/after training) design. TABS would like to adopt this design for England next year, with schools doing the survey in September 2014 (pre-training baseline) and again around summer half term in 2015 (post-training follow up).

We aim to do better than the 2013-14 results in 2014-15. **We are now recruiting schemes to participate in the 2104/15 Bikeability School Travel Survey - the more schemes, areas, schools and pupils**, the stronger the evidence base and the bigger the impact the findings will have for the sector as a whole.

Please confirm your scheme will join the 2014-15 Bikeability school travel survey by emailing Michael Frearson directly at TABS by 23 July.

Bike Texas, USA has recently expressed interest in running a tailored version of the survey for their Safe Cyclist instructor training programme. Michael Frearson will be presenting early data from the Bikeability Scotland School Travel Survey at the Cycling Scotland conference in Glasgow on 14 November, and is having continued discussions with TfL about running the survey in London schools.

Don't forget: To follow up, with more detail on any aspects of membership services please contact: isobel@tabs-uk.org.uk

4. Training / quality improvement

Articles/books

The new edition of Cyclecraft, which includes an endorsement by TABS, is now available at:

www.cyclecraft.co.uk - well worth a read! Some publicity for the book here:

<http://www.tsoshop.co.uk/bookstore.asp?FO=1159966&Action=Book&ProductID=9780117082434&TrackID=005193>

"Death on the Streets: cars and the mythology of road safety" is now available on the RDRF web site at:

<http://rdf.org.uk/death-on-the-streets-cars-and-the-mythology-of-road-safety/>

Conferences

The recent Hackney Cycling Conference had some very useful presentations that included information about Bikeability. Presentations from the conference are available at: www.hackney.gov.uk/cycling-conference.

Courses available

National Standards Cycle Instructor courses run by CTUK:

- July 24, 25, 26, 27 Thu/Fri/Sat/Sun (Course # IT 122)
- August 18, 19, 21, 22 Mon/Tue/Thu/Fri (Course # IT 123)
- September 14, 15, 21, 22 Sun/Mon/Sun/Mon (CTUK # IT 124)
- October 27, 28, 30, 31 Mon/Tue/Thu/Fri (CTUK # IT 125)
- November 4, 11, 18, 25 Tue/Tue/Tue/Tue (CTUK IT #126)
- December 15, 16, 18, 19 Mon/Tue/Thu/Fri (CTUK IT # 127)

More details here : <http://www.cycletraining.co.uk/index.php?pg=111>

Don't forget: if you have any courses/training you would like to publicise, or thoughts on training requirements etc. please contact: isobel@tabs-uk.org.uk

5. Membership

NEW TABS BOARD MEMBER

Jenny Hotchkiss, British Cycling has moved on from British Cycling. TABS is very grateful for all the pro-bono time she gave to us, and the invaluable contribution she made during her time as a Board member. Jenny has been replaced by Vicky Spencer from British Cycling.

NEW MEMBERS

TABS is delighted to welcome the following new members which have joined recently:

1. **Lincolnshire County Council:** <http://www.lincolnshire.gov.uk/residents/transport-travel-and-roads/road-safety/bikeability-and-bikewise/>
2. **Westminster City Council:** <https://www.westminster.gov.uk/cycling-training-courses>
3. **Dorset County Council:** <https://www.dorsetforyou.com/bikeability>

MEMBER NEWS

In response to a request in the June Newsletter for photos of children/adults having fun and using their new-found Bikeability skills **Eastlands Velo** kindly sent through some pictures (see example below).

NB - TABS is always keen to receive good photos so do continue to send them in please!



Kids trained by Eastlands Velo receiving their Bikeability certificates at the National Cycling Centre

Devon County Council's Honest Truth initiative

Website page for the Vulnerable User is: <http://www.thehonesttruth.co.uk/vulnerable-road-users>

Vulnerable user real case study: <http://www.thehonesttruth.co.uk/mikes-story>

Sustrans' new Bikeability webpage

Sustrans has produced a new Bikeability webpage: <http://www.sustrans.org.uk/change-your-travel/get-cycling/cycle-training>, with information about TABS and links to our website / membership page.

Update on Sustrans Safer Streets Campaign

At the end of June there were 32 Parliamentary Champions on board. During **Bike to School Week** (9-13 June) Sustrans challenged official campaign bloggers to ditch the car and walk, cycle or scoot the school run. Throughout the week mums and dads tweeted, blogged and shared updates about their challenge. Catch the [highlights](#).

Cycling Minister Robert Goodwill MP, Shadow Transport Minister Richard Burden MP and Julian Huppert MP were joined at the **parliamentary breakfast** in Westminster by local councillor Helen Flynn, and Northamptonshire Enterprise Partnership Chief Executive Jo Lappin to discuss ways to change school travel behaviour with an audience from across the public, private and third sectors. There was plenty of lively debate and discussion – read the news [round-up](#).

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. **If anyone has managed to train any more MPs or high-profile persons please let us know!**

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

6. TABS Forum

Watch this space! Next month the Bikeability Support team will be responding to key topics posted on the Forum – so get your questions, requests on there for comment.

For now, a recent thread on the Forum about the duration of DBS, for you to add your comments:

<https://tabs.microco.sm/conversations/1594/>

Don't forget: do let all your instructors that the forum is there for them to ask questions, generate debate around Bikeability issues. And if you send Isobel (isobel@tabs-uk.org.uk) their emails we will send them an invite to join along with log-in details.

7. PR/Marketing

Some recent stories about Bikeability in the news

BMX academy rider, Charlotte Green, visited a school in Halton to promote safer cycling and present the school with a Great Britain Cycling Team signed jersey

<http://www.britishcycling.org.uk/cycletraining/article/20140625-cycletraining-Local-primary-school-enjoy-visit-from-Great-Britain-Cycling-Team-0>

British Cycling delivers Bikeability and Instructor Training to up skill people across the North West

<http://www.britishcycling.org.uk/cycletraining/article/20140630-British-Cycling-upskills-people-across-the-North-West-to-improve-cycling-safety-on-roads-0>

<http://www.mancunianmatters.co.uk/content/010769594-inspire-bike-generation-british-cycling-team-manchester-city-make-youths-better>

Joanna Roswell provides tips for parents on teaching their children to learn to ride. This also appeared on the BBC homepage on Tuesday 8th July.

<http://www.bbc.co.uk/blogs/cbeebiesgrownups/posts/Joanna-Rowell-5-steps-to-teach-your-child-to-ride-a-bike>

<http://www.bikebiz.com/index.php/news/read/bikeright-md-nominated-for-e3-business-award/016614>

<http://www.cycleexperience.com/blog/?p=1224>

http://www.runcornandwidnesworld.co.uk/news/11299077.BMX_world_champion_gives_safety_cycling_tips_to_Widnes_pupils/

<http://www.tsoshop.co.uk/bookstore.asp?FO=1159966&Action=Book&ProductID=9780117082434&TrackID=005193> – publicity about the new Cyclecraft book out now!

<http://www.theadvertisergroup.co.uk/Daily-News/Stevenage/Stevenage-MP-takes-former-top-Tory-Norman-Tebbutts-advice-and-gets-on-his-bike-20140619153806.htm>

<http://news.cision.com/halfords/r/82-per-cent-call-for-cycling-proficiency-on-the-national-curriculum,c9589807>

<http://www.bexhillobserver.net/news/local/improved-riding-skills-for-children-at-bikeability-event-1-6131612>

<http://www.westerngazette.co.uk/Ash-Primary-School-pupils-complete-Bikeability/story-21329528-detail/story.html>

http://www.salisburyjournal.co.uk/news/11320760.Bikeability_at_Chilmark_primary/

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

8. AOB

Dates to note:

- Active Travel Wales conference – September 25th (Cardiff) – TABS has been invited to talk about the results of the pupil travel survey - 'What difference does Bikeability training make to children's cycling?'
- TABS Board meeting & ITO Group meeting: Tuesday 16th Sept, 2014 – hosted by British Cycling at their offices in Manchester
- TABS Board meeting: Thursday 11th December (10.30am – 1pm), hosted by Cycle Training UK at their offices in south London.

Do use Twitter to share your thoughts: **@TABSBikeability** If you have anything you would like included in the AUGUST newsletter (for example, special achievements, news items, training events, topics for discussion) please contact: isobel@tabs-uk.org.uk **by Friday 8th August 2014.**

If you would like to either **unsubscribe** from this mailing list, or would like to suggest other contacts to receive it please contact: isobel@tabs-uk.org.uk If you would like a pdf copy sent please also ask. And, of course, any comments or queries please do get in touch. Thank you.

Isobel Stoddart (*Development Manager, TABS*), 18th July 2014