

Phil Thornley Sustrans I Bike Officer Autumn/Winter Newsletter



I'd love to hear from you...

I'm Phil, Sustrans schools officer for the Huntly, Inverurie and Kintore areas of Aberdeenshire. Please get in touch if you have any great school stories or would like to find out more about the work we do at schools.

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@iBikeshire Top Tweet

One for all the Bike Belles in Aberdeenshire, look who I just met..newly crowned World Downhill Champion [@rachelatherton](#) [@SustransScot](#)



Upcoming events:

19th Jan Active Travel Breakfast at Kellands Primary School

Launch Girls Cycling Club at Kintore School

20th Jan Active Travel Break Breakfast at Strathburn Primary

First Term of I Bike Adventures in Aberdeenshire..!

So August to December was a very busy time for me and the I Bike Project. In total, I delivered 98 sessions including led bike rides to Bennachie and the Bin Forest, Huntly, completed the first courses of Bikeability 1 & 2 training for P6/7 pupils, replaced nearly 90 brake/gear cables during Dr Bike sessions and managed to feed over 2,000 children at my very popular Active Travel Breakfasts! Some of the highlights include introducing led rides with science elements included, organising Inverurie's first light festival & watch over 100 children and parents enjoy cycling on a traffic-free route dressing their bikes in fairy lights and tinsel..!



INVERURIE LIGHT FESTIVAL NIGHT RIDE

4pm, Friday 2 December
Kellands Park, Inverurie

All children and parents from Inverurie's Schools are invited to take part in the ride to highlight being SAFE and SEEN this winter while walking and cycling around our local community.

Decorate yourself and your bike in fairy lights, wear high visibility clothes or fancy dress and cycle within Kellands Park on a traffic-free route.

Register at inverurielightfestival.eventbrite.co.uk

Live Music | Christmas Carols | Refreshments | Hot Food

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Thank You
Phil!



We love to Bike

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

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JOIN THE MOVEMENT

Learn to ride..with pedals and without..!

I took delivery of my new fleet of Balance Bikes over the summer, these have proven very popular with pupils and staff. I delivered 36 sessions aimed at the P1/2 pupils learning how to balance, turn and stop as well as some fun games and activities. Look out for my red, blue, pink and green mean machines at your school. I have also taken delivery of 6 pedal bikes and was busy in November/December running a number of learn to ride sessions with older pupils. If you would like to book a session contact me on 07500 701678.



Bike Amnesty

During November, I tasked pupils to design posters for the bike amnesty project, encouraging pupils, parents and staff to donate any unwanted bike which will be cleaned and serviced by the pupils as part of the introduction to bike mechanics. January will hopefully see the first bikes being recycled..!



I Bike Partnership Working/Volunteers

Since August, I have cycled over 500 miles delivering led rides to both Primary and Academy children at Bennachie and the Bin Forest, Huntly. I have formed new working relationships with the Forestry Commission, Aberdeenshire Ranger Service and with ACES (Aberdeen Centre for Environmental Studies). We have been working in partnership to deliver science and environmental elements during the led rides, learning about the trees, wildlife and human impact on the local environment.



The above picture was taken during a recent led ride to Bennachie where I was joined by some newly recruited Sustrans volunteers. I have managed to recruit in total 12 volunteers to help me deliver the I Bike Project. Volunteers assist officers with cycling-related activities, usually bike skills sessions in the playground, led cycle rides and Bikeability cycle training. I Bike is a really fun project to volunteer with that offers plenty of opportunities to get outdoors for cycling-related activities with children and young people. Free training provided in the form of led ride leader, bike mechanics and outdoor first aid to assist delivery of each activity. If you are interested in volunteering then please contact Lisa.Morton@sustrans.org.uk

Sustrans is grateful for the continued support of our schools work in the Huntly, Inverurie and Kintore areas from Aberdeenshire Council.

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