

# Ucycle Nottingham

[http://nuhnet/estates\\_facilities/cycling](http://nuhnet/estates_facilities/cycling) | [cycling@nuh.nhs.uk](mailto:cycling@nuh.nhs.uk)



## Latest news

### Ucycle Results

Phase one of our project has recently ended; reports detailing the full results can be found on our website. At NUH, cycling levels reported in travel surveys have increased by 56% on average. Route User Intercept Surveys carried out at QMC showed an increase in the number of users describing themselves as new cyclists from 3% in 2010 to 17% in 2011.

### Abbey St

It has been brought to our attention that there can be issues with the shared use path on Abbey St, along the south edge of Queen's Medical Centre. Some people, on foot and two wheels, don't pay attention to the segregation lines, or other users; please be aware of pedestrians when cycling in this area.

### Your concerns

A number of issues have been highlighted by cyclists at NUH in the last couple of months. Below are the latest updates on some of those.

### Lights in compounds

Sometimes they're on, sometimes...

There's been a problem with the sensors in the West Block and EENT compounds, but the lights should be permanently on until this has been resolved.

### Changing room lockers at QMC

A partial audit has been carried out by Estates & Facilities and a new management system has been promised by the Fire & Security Manager.

### Entrance to EENT bike compound

The combination of a slope, yellow hatching and bricks adjacent to the wall is a problem. Add in cycle shoe cleats and wet weather, and the problem is magnified. We are working with Estates to install a non-slip surface on the slope.

### Fault reporting

Who should issues like light problems be reported to?

Log jobs via the Estates & Facilities intranet system:

[http://nuhnet/estates\\_facilities/Pages/Estates\\_Job\\_Logging.aspx](http://nuhnet/estates_facilities/Pages/Estates_Job_Logging.aspx)

For priority/emergency matters, call: ext 62111 at QMC, 55900 at City

## About Ucycle Nottingham

Ucycle Nottingham has been set up in partnership with Sustrans, Nottingham City Council, Nottingham University Hospitals NHS Trust, the University of Nottingham and Nottingham Trent University to increase the numbers of staff and students cycling.

To find out more about Ucycle Nottingham or any of the information or events in this news update, please use the following contact details

**Web** [www.sustrans.org.uk/ucyclenottingham](http://www.sustrans.org.uk/ucyclenottingham)  
**Tel** 0115 924 9934 ext. 64771  
**Email** [cycling@nuh.nhs.uk](mailto:cycling@nuh.nhs.uk)

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment. Find out more:  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)

# NUH Cycling Incentives



9th March 2012. First deductions from pay will be in April.

For full details, check the cycling pages of the NUH intranet.

Through this salary sacrifice scheme, you can save around 30% on the cost of a new bike and accessories. By paying monthly from your salary (over a period of 12 months), you'll hardly notice the cost!

You can spend as little as £100 on a new bike (and accessories) or up to £1000. The scheme is run in partnership with Halfords; if you can't find a suitable bike amongst their stock in store or online, you can request a "special order". This way, you can get pretty much any bike you want, up to the value of £1000.

Opportunities to join the scheme are available during specified periods. The next "window" runs from Wednesday 1st February to Friday

## Free Dr Bike Sessions

Have you a lonely bike, in need of some TLC, in a shed/garage at home?

If so...why not bring it into work and let an experienced bike mechanic check it over for you and make any basic repairs. All for FREE! The next dates are:

Tuesday 17th January, - QMC  
Thursday 19th January - City Hospital

To book your bike in for a free check, contact [cycling@nuh.nhs.uk](mailto:cycling@nuh.nhs.uk) or phone **ext 64771**.

## Links

How are your lights looking? Do you need some more? Handily, a chap named "Torchy The Battery Boy" has tested the usefulness of a pretty wide selection of lights.

Read his website here:

[www.torchythebatteryboy.com/p/bike-light-database.html](http://www.torchythebatteryboy.com/p/bike-light-database.html)



Why is it that, no matter what time of day or year, or how much effort you make to be more visible, occasionally drivers might still seem to find you invisible. 'Motion Camouflage' might be the explanation. If you've got 5 minutes spare, you can read an interesting article about it on a motorcyclists' website: <http://bit.ly/vvhZ7F>

## Other news

### Cycle compounds

The Ucycle project is working with the police and NUH Trust management to help tackle the ongoing bike theft problem across the city.

Cyclists at the Trust can help protect themselves by using the cycle compounds. For full details, please see the cycling pages of the NUH intranet or the NUH Health & Wellbeing website.

When using the compounds, please don't let strangers in. A thief recently accessed a Nottingham Trent University compound by walking up with a bike and following someone in. He took a better bike than he arrived with.



Please be vigilant and, if necessary, ask to see the ID badge of the person who wants to follow you in or out. If you want to follow someone in or out, please show them your ID badge. It's a small thing, but could help to stop your bike being stolen.

### Rural Rides

Coming up over the next few weeks are:  
**Carlton's Winter Warmer Circuit**  
**Friday, 16 December 2011,**  
**08:00 - 10:00**

A quiet two hour ride out North East of the city. Out through Stoke Bardolph then back via the Lowdham and Lambley areas.

**Colwick Park to Gunthorpe Lock**  
**Saturday, 14 January 2012,**  
**10:30 - 14:30**

All welcome on this quiet route to the Riverside Cafe.

**Wollaton Park to Trowell Garden Centre**  
**Saturday, 28 January 2012,**  
**10:45 - 14:15**

A shorter ride from the Park to the Garden centre.

For more details, call Graham Hubbard on 07854853339, or see their website at: <http://www.ridewise.org.uk/rural-rides>

## The last word

We want to use this column for you to share your thoughts on a cycling matter. **Marc Dando** got a new bike through the August Cycle To Work window and, below, tells us how he's getting on...

"My new bike? Loving it! I started biking to work on my new Cube Attempt road bike I got through the Cycle2Work scheme 2 months ago and so far not only have I quit the cigarettes, not only have I lost nearly a stone in weight, not only have I now cycled over 600miles, I have also found something I truly love!

Nothing beats riding the 7 miles home after a busy shift past the miserable motorists stuck in traffic, smiling as you go, and walking in the front door with your bad day out your system! The only downside? The cost of all the lovely new toys I've bought for my bike. So what are you waiting for? Go out and get yourself a new bike, you never know, it may be the best thing you've ever done!"

*For the next newsletter, why don't you email your thoughts on "My favourite Nottinghamshire ride during winter"?*