

We'd love to hear from you!

John Clode aka Bike It John is the Schools Officer for South Hampshire.

Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.

Email:

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Thank you!

Bike It John would like to say a very big thank you to everyone who has helped over the last year to make walking and wheeling a reality for so many children and families.

To the travel champions, teachers, school office and site staff, volunteers, Hampshire CC colleagues, JRSOs, Hampshire Bikeability Team, children, parents and families - Thank you!

Have a great summer and see you in September if not before!

June Activities

June was absolutely jam packed with some brilliant activities, keeping Bike it John very busy.

Stoneham Park had their first Bike and Scooter Dr, volunteers John, Alan and Bike It John had a good soaking from the rain but still managed to fix 20 bikes and scooters, making the journey to school even easier.

Year R at Harrison Primary had 3 amazing days of Balance Bike Skills, all the children made excellent progress and will be ready for pedals very soon!



Brilliant Balance Biking at Harrison primary



Bike & Scooter Dr at Stoneham Park

Alverstoke Juniors kept Bike It John busy with some Led Transition Rides for those starting at Bay House in September, we enjoyed some great weather, a brilliant ride and a very welcome drink and a biscuit at Bay House. All of the 33 children who joined the ride said they would like to cycle to their new school, so Bike It John looks forward to seeing you there on your bikes in September.

Mr Baker-Jones, along with the JRSOs and JTAs held Basils Clean Air Fact Hunt, challenging the children to find Clean Air facts around the playground, solve the puzzle in exchange for a badge - always very popular!



Led rides from Alverstoke to Bay House



Clean Air fact Hunt complete

June Activities - continued

King's Academy Gomer had some fun Scooter Skills for Year 3, learning all the skills they need to travel to school and beyond on their scooters, there was a brilliantly high standard of scooting so well done everyone who took part.

You may also have seen Bike It John and King's Academy Gomer featured on the BBC Politics South Show being interviewed about the Governments Cycling & Walking Investment Strategy to get 60% of children travelling actively to school - which of course most of the Bike It Schools already do, but there's more work to be done!



Bike It John being interviewed by the BBC



Scooting fun at King's Academy Gomer



Happy Bike Day at Shakespeare Infants

July Activities

July saw another led transition ride in the sunshine, this time from Boorley Park to Deer Park. The Year 6 children enjoyed exploring the many different traffic free routes they could take, ringing their bells in the underpass produced the most joy for everyone.

Shakespeare Infants had several days of cycling lessons across June and July as part of their PE lessons organised by Mr Byrom, Bike It John took the more able cyclists to learn new skills like signalling and looking over their shoulders all while cycling in a nice straight line.

Bike It John had some time in the classrooms at Harrison Primary with Year 6 to talk about how they can walk or wheel to their new schools in September, all fitting in nicely around a Bike Dr to prepare their bikes for Bikeability during the summer holidays

Bike Dr at Harrison primary



Boorley Park to Deer Park Led ride



What's coming up?

Hampshire Bike Equipment Library

The **FREE** bike equipment library is now up and running, and already has equipment on loan to families but there is still plenty of equipment available.

There are child seat trailers, bike mounted child seats, lights, locks, pumps and pannier racks and bags.

If you would like to borrow any equipment then please get in touch with Bike It John by phone 07708 835330 or email john.clode@walkwheelcycletrust.org.uk

Hiltingbury parents
making good use of
the Burley double
trailer
"We are absolutely
loving the trailer,
even local rides feel
like an adventure"



Summer Holiday Walking and Wheeling Activities

Bike It John will be running the ever popular Ditch the Stabiliser (Learn to Ride) at Toynbee School, Eastleigh and Cams Hill School, Fareham. For more information and to book a slot please [click here](#).

Final details and arrangements are being made so keep checking the link. We hope to run sessions on the following dates, with 2 sessions on each day, and they are completely FREE!

Friday 7th & Wednesday 12th August at Cams Hill

Monday 10th and Friday 14th August at Toynbee

Bike it John will also be joining the [Gosport Summer Passport](#) on the following dates offering a **FREE Bike Dr service**. Children can book a slot when they arrive but **MUST** have parent/carer permission to do so!

Wednesday 28th July - Howe Road Recreation Ground

Thursday 6th August - Gosport Park

Tuesday 11th August - Fort Brockhurst

Thursday 13th August - Gosport Leisure Centre

Useful information:

Learn to Ride

Learning to ride a bike for the first time is an individual journey that can be exhilarating and exciting.

Walk Wheel Cycle Trust offers nine easy to follow steps to help children and families on this exciting journey.

[Teach a child to ride without stabilisers in 9 easy steps](#)

Check your Bike

Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.

[Walk Wheel Cycle Trust M-Check](#)

National Cycle Network

Created by Walk Wheel Cycle Trust [formerly Sustrans], The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.

In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.

Over the years many more miles of walking and cycling routes across the country have been created.

To find out more and find a route near you to explore visit the [National Cycle Network page](#) on our website



Walk Wheel Cycle Trust is grateful for the support of Hampshire County Council and the My Journey team for our work in schools across Eastleigh, Fareham and Gosport.

