



My Journey Newsletter 2017 v1

2016 was a busy year for the My Journey team. Here's a flavour of what we got up to...



School Updates

Bikeability Fix - Radstock Primary will receive training for 40 year 5 children. The children will learn how to check and maintain their own bikes and how to fix punctures, ready for their Bikeability course.

Bikeability courses – courses are scheduled at Loddon, Colleton and Radstock primary schools and Oaklands junior school over February and March.

Bikeability Balance - courses have run at Hillside and South Lake primary in January. Training was offered to all children in foundation classes, totalling 120 children.

Scooter Training – 7 primary schools have signed up to receive scooter training (Nine Mile Ride, St Sebastian's, All Saints, Hatch Ride & Finchampstead, Oaklands and Gorse Ride)

Travelling for health

January is often full of plans and hopes for the year ahead. Many are centred on becoming healthier and fitter. To help with these resolutions, My Journey is supporting people to travel more actively.

A dedicated page ([Travelling for Health](#)) has been put together with information and advice on getting more active through travel.

Travel for vouchers

Residents across Wokingham borough can log their sustainable journeys and earn points through the BetterPoints app. Additional points can be earned for travelling sustainably through or around Wokingham town centre during the regeneration works.

Points can be used to get shop vouchers (e.g. Amazon, M&S) or be donated to charities (e.g. British Heart Foundation, Cancer Research). The app can be downloaded on iOS or Android phones via the App Store or Google Play. The [Wokingham town centre](#) webpage has more information on the scheme.





2017, the year of the bike!

Come along to one of over 50 cycle events that are planned for 2017.

Adult cycle training

Two types of adult cycle training are scheduled. Learn to Ride is cycle training for beginners and those who struggle with balancing on a bike. Cycling Tips & Practice is cycle training for those who can ride but would like to feel more confident, and help with cycling on roads.

Child cycle training

The successful Learn to Ride sessions will continue for children aged 5 and over, teaching children to cycle without stabilisers. The classes are

extremely popular and extra sessions have been added to meet demand. The key to the lessons is the small group size which has produced amazing results, with almost 100% success rate after two sessions.

'The guys here are impressive, how they manage to get my daughter riding in a matter of minutes, when she wasn't able to do it before, my daughter and I loved it. Highly recommend them!!!'.

Cycling for mental health

Free weekly rides are now running to give those who suffer from mental health conditions an opportunity to get outside and enjoy exploring some quiet off-road routes with a supportive and friendly group. There is space for more people to join, and bikes are available to borrow, so please spread the word and contact [Stephen Orwin](#) for more details.

Cargo bike café

The cargo bike café visited a number of businesses last year and will be visiting the winning Wokingham school of the [The Big Pedal](#). If you would like a visit from the cargo bike to engage employees, visitors or residents in your community or workplace, get in touch!

Bike marking & cycling skills

Bike marking & cycle skill days were held at Pinewood and Montague Park in January. Residents were encouraged to drop off their old, unused bikes with 13 bikes donated!



Bikeathon date announced!

Sunday 25th June 2017 has been confirmed for Wokingham Bikeathon.

The Bikeathon committee are looking for volunteers to help on the day. If you are interested, please contact [Royce Murphy](#).



Santa visits Wokingham

One of the Winnersh Triangle park & ride buses turned into a Christmas sleigh bus in December.

The Winnersh park & ride buses run every 15 minutes Mon-Sat from Winnersh Triangle to Reading town centre.

Visit [Winnersh P&R](#) for more details.





Bus updates

Orange 13 & 14 services have been extended until 3am.

Leopard 3 timetable amended to serve Bohunt School at school times.

Lion 4/x4 & Scarlet Route 9 timetables have been amended to improve reliability

Greenwave services are currently trialling Wave and Pay. The trial started in December 2016.

Leopard 10 has been reintroduced into Croft Gardens, following works on the access road by the developer.

Keep up to date

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Upcoming events

Event	Date	Location
Adult cycle training	18 th Feb, 25 th March, 29 th April	Wokingham, Woodley, Spencers Wood & Finchampstead
Balance bike club	2 nd 9 th , 23 rd Feb. 2 nd , 9 th , 16 th , 23 rd , 30 th March	The Shack on the Track, Finchampstead
Cycling for mental health	1 st , 8th Feb	The Shack on the Track, Finchampstead
Safe cycle event & bike checks	1 st Feb, 15 th March	University of Reading
Drive Start	16 th Feb	Woodley Airfield Youth Centre
Bikeability learn to ride	15 th Feb	FBC centre, Finchampstead
Bike rides	18 th Feb, 25 th March, 1 st , 29 th April	Beechwood School, Woodley
The Big Pedal	20 th – 31 st March	Nationwide - any Wokingham school can take part.
Bikeability level 1 & 2 holiday courses	3 rd April – 5 th April	Woodley Airfield Youth Centre

Events

To find out more information on the events listed, please visit

www.myjourneywokingham.com/events

