

# East London Cyclist

www.wheelers.org.uk

JUNE / JULY 2011

THE NEWSLETTER FOR TOWER HAMLETS WHEELERS • LONDON CYCLING CAMPAIGN

## HGV petition



THW members have been involved in the recent LCC campaign about lorry safety concerns, which included collecting signatures and handing out leaflets in the evening and morning rush hours at Cable Street (drivers added their mark as well).

A petition with 10,000 signatures has been handed in to the GLA asking that every London Borough provide cyclist awareness training for their lorry drivers.

Large lorries are involved in about 50% of all cyclist fatalities in London and there are even more pedestrian victims and many motorcyclists.

Lambeth and Hammersmith & Fulham Councils already have programmes to train their drivers in cyclist awareness – this includes on-bike cycle training; TfL and Hackney Council are trying to get on-bike training nationally accredited, a move currently rejected by JAUPT (Joint Approvals Unit for Periodic Training). Tower Hamlets have set up training for their Fleet drivers this summer, and aim to extend this to waste contractor drivers.

LCC's No More Lethal Lorries: five-point plan can be found here <http://www.no-more-lethal-lorries.org.uk/> ■

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Gerry Matthews

## Bikeworks moves...

Bikeworks, the award-winning cycling social enterprise business based in Gun Wharf which offers cycle maintenance and all ability access training, repairs, bike recycling, sales, is moving to new premises in July at 138 - 143 Cambridge Heath Road, E1.

Jim Blakemore, Co-Director says "Bikeworks have developed so many services since starting 4 years ago and while we will miss Gun Wharf, the new site will offer a 1000 sq foot retail and repair space. This new larger site will allow us to offer greater diversity of new cycles as well as still providing recycled bikes and repairs. We are very excited by the move and hope to draw new customers and take advantage for the Cycle Super Highway opening in summer 2011." ■

## Canary riverside path

This path was much-used for local connections and is part of the National Cycle Route 1 (NCN1) and the long-distance walking way, the Thames Path. It has been closed for five years at Westferry Circus whilst the building works of Riverside South, HQ of bankers JP Morgan, have started and stuttered to a stop.



This has seriously inconvenienced residents, businesses and commuters and the alternative diverted access is unsatisfactory, it's awkward and time-consuming for pedestrians and involves lifts/stairs for cyclists.

Now the campaigning group **Open the Thames Walkway** have been promised a six-month re-opening but followed by two more years of closure. OTW's view, which we support, is that it should not be beyond the wit of the Canary Wharf Group (CWG) and JP Morgan to be able to keep the path open.

We also have concerns that the developers and the landlord do not wish to see in the finished building a shared access pedestrian/cycle route that runs along this prime property river frontage.

At a recent meeting organised by the Council to discuss the borough's future travel strategy, the CWG rep's response to comments that the Westferry path be opened was that its status was only 'permissive'; we need confirmation from the council that planning consent included retention of this riverside route. ■

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Gerry Matthews

## Hire expectations...

Tower Hamlets is to benefit from an additional 13 docking stations in Whitechapel, Canary Wharf, Bow & Limehouse.

The first two have been installed in the Brick Lane area. The first in Brick Lane opposite the old Shoreditch station has 24 points and the second in Buxton Street an unbelievable 41 points with expansion for 30 more. Although welcomed the site in Buxton Street is cause for concern especially at night.

This being a high crime area with no housing it's difficult to see how the bikes and docking stations are going to survive. Street lighting is poor and vandalism and other anti-social behaviour is rife especially in and around Allen Gardens, just ask anyone who works at Spitalfields Farm about the constant problems they face with security.

I've written to TfL regarding our concerns and am still waiting for a reply. ■

Mr Jones

## Tower Hamlets Cycling Club

Tower Hamlets Cycling Club is a British Cycling Go-Ride Club, aimed at getting adults and children of all ages and abilities on bikes for leisure riding.

The club offers a variety of cycling sessions, including Women & Girls Only, Seniors (50+yrs), Disability Rides, and Family Canal Rides.

Club bikes are available for those that don't have their own.

Annual membership costs just £10. Non-members can join sessions for £1 per hour. Rides start from either Victoria Park or Mile End Stadium – contact THCC for full details.

**THCC are seeking female volunteers for the very popular female-only two hour sessions from 10-12 on Saturdays, which cater for beginners and intermediate cyclists. Volunteers are needed to help participants progress more confidently to cycling on the road. Please get in touch if you can help.**

Contact: **Lakhdar Djelloul**

Tel: 07400 240113 / 07949 692439

[towerhamletscyclingclub@yahoo.co.uk](mailto:towerhamletscyclingclub@yahoo.co.uk)

Mile End Stadium, Rhodeswell Road, London, E14 7TW

**Congratulations to Lakhdar Djelloul Ghulal of Tower Hamlets Cycling Club (THCC) for winning the 'Best community cycling project' category of the 2010 LCC Awards.**

## Cycling for health

You may remember this health referral scheme that has been available across the borough for a couple of years now, after running as a pilot at St Stephen's Health Centre. The numbers are picking up now that a new improved flyer was produced and has been distributed to doctors' surgeries throughout Tower Hamlets.



If you visit your GP and don't see the flyers, please get in touch with me, and I will arrange for a drop to me made.

The good weather in April and May has also probably helped increase the numbers, but despite this, there is still no waiting list. So patients can get their cycling lessons quickly and GPs can be safe in the knowledge that their patient is not languishing on a long list somewhere before they get a chance to be helped.

Another development in the project has been that Health Trainers and even those running the 'My Weigh' weight loss programme can now refer patients. This adds to the list of physios, cardiac nurses and Health Care Assistants who can do referrals, as well as GPs and practice nurses.

The Health Trainers who were trained to Assistant Cycle Instructor level last year have now been provided with folding Brompton bicycles by the PCT. This means that the staff at their organisations can use bikes to get to meetings, and the Health Trainers can lend out the bikes to patients near the organisations at which the Health Trainers are based who would rather be trained by a cycle instructor in their area rather than travelling to Bikeworks to get their lesson. Contact: **Alix Stredwick**, tel 020 8525 4512 or [alix.stredwick@transport-initiatives.com](mailto:alix.stredwick@transport-initiatives.com) ■

Alix Stredwick

## Volunteer Rangers

The Council and Transport Initiatives would like to extend a big thank-you to all the Volunteer Rangers involved in the scheme over the past two years. An evaluation of the Rangers project has been produced and it is likely that the scheme will be developed – please watch this space and be aware that if you'd like to become a Ranger, there may well be an opportunity to sign-up soon. Existing Rangers will be receiving a summary of the project's progress and we hope to report this in the next newsletter. – Alix. ■

# Dunbar Wharf...

We have been contacted by cyclists confused and upset by the No Cycling sign that has appeared at the entrance to Limekiln Wharf at Dunbar Wharf, Narrow Street, complemented by a bizarre addition to the railings.



This is the work of Dunbar Wharf management and seems to create a hindrance mainly to parents with pushchairs; these barriers should be removed to aid ease of access for all pedestrians (what would someone in a mobility chair do?)

We are asking for improvements to the signage for NCN 1, which does not go over Limekiln Wharf but along Three Colt Street. We would urge cyclists to use that route, particularly at busy times of day. We would also like to see the improvements to the London Cycle Network route 196 along Westferry Road and through Westferry Circus as recommended at the following reviews:

- <http://tinyurl.com/lcn1961>
- <http://tinyurl.com/lcn1962>

The reports' authors described the opportunities from such work as providing 'a faster, more direct route for cyclists to and from the Isle of Dogs, and improve safety for cyclists through Westferry Circus' and 'and improve safety for cyclists along the road'. The Council has indicated that at present it cannot fund this work.

We would urge it to seek funding to do so, perhaps from an adjacent land owner, Canary Wharf Group, which returned record profits last year. ■

Gerry Matthews

## £10,000 for local charity

Wheelers recently organised a charity ride in conjunction with the Frank Haines Memorial Trust.

The trust supports youth charities in Tower Hamlets, and the 50 riders raised a total over £10,000 and had a great day cycling around the Essex countryside.

Thanks to all the Wheelers supporters who helped out on the day. ■

Dave Allison

## BIKE WEEK 18<sup>TH</sup> - 26<sup>TH</sup> JUNE

Saturday 18<sup>th</sup> June 11am – 3pm

### BICYCLE MAINTENANCE WORKSHOP

Limehouse Town Hall, 646 Commercial Road, E14 7HA

Bike Week edition of our monthly maintenance workshop.

Sunday 19<sup>th</sup> June – 9.30am (Time TBC)

### UPSHIRE CHURCH TEAS RIDE

Meet south end of the Green Bridge, Mile End Park E3

A day out up the Lea Valley, morning coffee stop at Springfield Marina, lunch at Chingford, and then via Epping Forest to Upshire for tea at St Thomas's Church. About 35 miles in total. Drop out points to stations if you don't want to do the full route. Easy to moderate pace. On roads, towpaths and good tracks. Suitable for any bike.

Contact: Gail 07900 056359 / Caroline 07967 139491

Tuesday 21<sup>st</sup> June – 7.30am – 9.30am

### WHEELERS CYCLISTS' BREAKFAST

Narrow Street at Ropemakers Fields (near The Grapes pub) E14

Traditional Bike Week event across London - stop by on your way to work and enjoy some free breakfast.

Wednesday 22<sup>nd</sup> June – 6.30pm – 9pm

### AFTERWORKER RIDE (EASY)

Meet south end of the Green Bridge, Mile End Park E3

Our ever popular relaxed evening meander around local quiet roads and off-road routes. Don't forget your lights. Contact: Owen

Thursday 23<sup>rd</sup> June - 8am – 10am

### BIKE BREAKFAST AT QUEEN MARY UNIVERSITY OF LONDON

Library Square, Mile End Road

Bike Breakfast, Dr. Bike, advice, security marking and more...

Friday 24<sup>th</sup> June – 7pm-late

### THE GLAMOUR RIDE

Meet south end of the Green Bridge, Mile End Park

Dress according to your own definition of glamour; It's an easy fun ride, with a break for prize giving and a social at the end. Less than 10 miles. Don't forget your lights/glitter! Contact: Leigh 07957 164619

Saturday 25<sup>th</sup> June – 10am

### RICHMOND PARK RIDE

Meet south end of the Green Bridge, Mile End Park E3

Ride to Richmond Park. About 20 miles. Picnic/nibbles if good weather! ride/train back. Contact: Rob 07973 815198

Sunday 26<sup>th</sup> June – 3.30pm

### PICNIC IN THE PARK

Meet King Edward Memorial Park, Shadwell

End of bike week picnic in the park (If good weather!)

Contact: Rob 07973 815198

Events in Bike Week are supported  
by London Borough of Tower Hamlets



# Rides and events

**Please check our web site, or call the ride leader in advance, as times/details sometimes change!**

## June

**Saturday, 4<sup>th</sup> June**

### BRIGHTON RIDE (HARD)

This year's edition of the Wheelers' London to Brighton ride. We'll have a slightly different route to last year. Details to be confirmed nearer the time but definitely an all-day adventure. Contact: **Caroline**

**Wednesday, 8<sup>th</sup> June**

### MONTHLY WHEELERS MEETING

Meet at St Margarets House, 21 Old Ford Road 7.30-9.00pm - everyone welcome. Followed by a visit to a local pub from 9.15pm. Contact: **Owen**.

**Sunday, 12<sup>th</sup> June**

### OPEN GARDEN SQUARES (EASY)

Full day outing to various gardens and green spaces for popular OGS weekend. Advance tickets are £7.50 for entry to all gardens for weekend or £9 on the day (see OGS website). Quiet roads and traffic free sections where possible. Cream teas stops; packed lunch advisable. 25 miles or so, but possible to drop out earlier. Meet at 09.30 south end of the Green Bridge, Mile End Park. [www.opensquares.org](http://www.opensquares.org) Contact: **Gerry**, 07787 7385971 [gerry@wheelers.org.uk](mailto:gerry@wheelers.org.uk)

**Thursday, 16<sup>th</sup> June**

### AFTERWORKER RIDE (EASY)

We will take advantage of the long daylight to go east to Woolwich, across on the ferry and then find a pub in Greenwich. Meet at 6.30pm, south end of the Green Bridge, Mile End Park. Contact: **Alex** 07813 104681

**Saturday, 18<sup>th</sup> June**

### BICYCLE MAINTENANCE WORKSHOP

Monthly Workshop. Self-help with Dr. Bike if needed. 11am-3pm at Limehouse Town Hall, 646 Commercial Road.

**18-26<sup>th</sup> June**

### BIKE WEEK

National week of cycling events. (Details inside this newsletter) or visit [www.bikeweek.org.uk](http://www.bikeweek.org.uk)

## July

**Wednesday, 13<sup>th</sup> July**

### MONTHLY WHEELERS MEETING

- See 8<sup>th</sup> June.

**Saturday, 16<sup>th</sup> July**

### BICYCLE MAINTENANCE WORKSHOP

Monthly Workshop – 11am-3pm at Limehouse Town Hall, 646 Commercial Road.

**Saturday, 16<sup>th</sup> & Sunday, 17<sup>th</sup> July**

### ARNOLD CIRCUS CHALLENGE

**Saturday:** Dr Bike for Boundary Estate bikes – Saturday 1-5pm.

**Sunday:** 1pm. Annual fun-day. 4pm: 101 laps. All ages, all abilities. Children's bikes must pass our safety check first.

**Saturday, 23<sup>rd</sup> July**

### SOUTH LONDON PARKS RIDE

All-day ride around some of the parks and open spaces south of the river. Details TBC.

## Contacts

### Coordinator / Newsletter

Robert Lister  
07973 815198  
[robl@wheelers.org.uk](mailto:robl@wheelers.org.uk)

### Treasurer

Dave Allison  
[dave@wheelers.org.uk](mailto:dave@wheelers.org.uk)

### Secretary

Owen Pearson  
07903 018970  
[owen@wheelers.org.uk](mailto:owen@wheelers.org.uk)

### Rides Co-ordinator

Caroline Fenton  
07967 139491  
[caroline@wheelers.org.uk](mailto:caroline@wheelers.org.uk)

You don't need to have a fancy bike, a helmet or any lycra to join our rides, as long as you want to enjoy cycling in the company of others, you will be very welcome. To check our grading system or to read about previous rides see our website.

# BICYCLE MAGIC

[www.bicyclemagic.com](http://www.bicyclemagic.com)

## EAST LONDONS LARGEST BICYCLE SHOP

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