
HUBbub

Newsletter of Redbridge, Havering, and Barking & Dagenham LCC Groups

April – May 2009

£2K for M & S

Over £2,000 has been awarded for the ambitious 'Movers and Shakers' project to give cycle training to up to 16 people of influence in East London. Join our campaign to get the great and the good on their bikes!

What you can do to help:

- * Letters of invitation are going out *now*. If you personally know a suitable recipient, please say!
- * Our cycle trainer, Chris Elliott, needs assistance from fellow cyclists who can offer 'buddy' support to our prospective Movers and Shakers: loan of bikes, transport of bikes, cycle maintenance assistance, and general advice on cycling matters.
- *The final event, a Movers and Shakers celebration ride and lunch, will be at Redbridge Cycling Centre on Saturday June 6th. Come and support it.

Redbridge LCC AGM

Friday 24th April, 7.00pm
32 Kings Avenue, Woodford Green (Richard & May Everett's house).

Join Redbridge LCC for its annual stock-taking. Watch the presentation on last year's activities. Enjoy the excellent curry buffet - everyone brings a dish and a drink.

Contact: Richard & May:
twojollywheelers@hotmail.com
020 8491 6306

Redbridge LCC Monthly Group Meeting

Join Redbridge LCC on the third Tuesday in the month at Wanstead House, 21 The Green, E11 (near Wanstead Station), and enjoy cheap drinks and free chat in the bar afterwards! Members of all East London LCC Groups are welcome to join us.

Tuesday 19th May 8pm Wanstead House

'Movers & Shakers' in Redbridge and East London: progress report so far and plans for the final 'Movers and Shakers' event at Redbridge Cycling Centre on June 6th.

Get Well Soon John!

Best wishes for a speedy recovery to local Woodford Green cyclist and supporter John Read, who suffered a heart attack while out cycling on February 19th. John took up regular cycling to keep fit after his first heart attack eight years ago and according to his doctors it is the regular cycling which has kept him alive. You knew cycling was good for you, now you know how good.

Coming Up... Spring Rides & Events

Please check before you start to ensure there are no major changes. Look up www.redbridge.gov.uk for last-minute updates.

We welcome any suggestions of rides and events and particularly offers to lead or organise them. More short children's and beginners' rides wanted! Regular emails with updates of 'Coming Up' event listings go out to those on the **mailing list**.

[If you want to join the email list please contact: \[gilljames@btinternet.com\]\(mailto:gilljames@btinternet.com\)](#)

For a fuller list of rides and other events in the area, check out www.stibasa.org.uk.

Havering CTC Rides

Havering CTC has rides most Sundays from the Upminster area.

Contact: David Rowlands
020 8491 3209

david.rowlands673@ntlworld.com

March

Sunday 29th March

Hawksmoor Churches Ride

10.00am start, Walthamstow Central Library, Walthamstow High Street. 20 miles maximum ride to visit five Hawksmoor Churches in the City and surrounds. Cafe or sandwich lunch - return early afternoon.

Contact: Tony Fincham
020 8558 3801

Anthony.fincham@mypostoffice.co.uk

April

Easter Saturday 11th April: First 'New Newham' Ride of 2009

All 'New Newham' Rides rides start at 10.30am from underneath the 2012 Countdown Clock outside Stratford Station. There will be six in 2009 from April until August. These leisurely 18 mile rides with a cafe stop are almost entirely off-road along paths suitable for all types of bikes. Places of interest include the Greenway, the Olympic Stadium, Three Mills, Royal Docks, Excel 2012 Venue, and the

Thames Barrier Park.
Details from Bernard McDonnell: 794
723 6965 Adavil@ntlworld.com

Friday 24th: April - LCC AGM

(See Page 1 for details).

MAY

Sat 2nd May: New Newham Ride

(See Easter Saturday entry for details).

**Saturday 9th May, 6-8pm: Dr Bike
before the Sikh Charity Bike Ride**

Seven Kings Gurdwara, near
Homebase:

Helpers needed to sort out the bikes
for the next day's ride (mainly brakes
and tyres on children's bikes)

**Sunday 10th, 9a.m.: Redbridge
8th Sikh Charity Ride**

Start outside Sainsbury's, Chapel
Road, Ilford. A short morning ride
to celebrate Vaisakhi around Barking
and Ilford which is lots of fun and
hugely exciting for the children who
take part. A chance to see inside a
Sikh gurdwara and sample some very
good food. Marshals needed, please.

Contact: Arvinder Singh Paul:
Mobile 00 44(0)7939 112 156

aspaul13@yahoo.co.uk

Contact for Dr Bike & marshals: Gill
020 8989 4898

gilljames@btinternet.com

**Weekend 15th -17th May:
Streatly-on-Thames Youth Hostel
Weekend**

Stay in a comfortable Victorian house
on one of the prettiest stretches of
the Thames, not too far from
London, and enjoy rides on Saturday
& Sunday.

To book, contact:

Richard Everett 020 8491 6306

twojollywheelers@hotmail.com

**Tues 19th May: LCC Group
Meeting**

8pm, Wanstead House, near
Wanstead Station, E11

**Sun 24th May: 10th Redbridge Green
Fair**

Melbourne Field, Valentines Park,
Ilford

This free biennial cross-community
event is organised by volunteers. It
promotes environmental issues and is
unique in Redbridge. Three music
stages, solar-powered cinema and lots

of children's activities.

Support needed for an LCC stall &
Dr Bike.

Contact: Gill James 020 8989 4898

**Sun 24th May: New Newham
Cycling Day**

Last year this children's fun day on
the Greenway was a huge success.

Details to be confirmed: Bernard
McDonnell -794 723 6965

Adavil@ntlworld.com

Sat 30th May: New Newham Ride

(see Easter Saturday entry for details).

JUNE

**Saturday June 6th: Movers &
Shakers Ride**

12.30-2.30pm, Redbridge Cycling
Centre, Forest Road

Come and cheer on (or join in?) -

The Movers and Shakers Ride, led by
a celebrity as yet undetermined... the

Ride will follow the Summer League
Youth Series races in the morning.

Contact: Gill James 020 8989 4898
gilljames@btinternet.com

Cycle Maintenance Workshops

**Wednesdays: 29th April, 6th,
13th & 20th May**

The next series of 4 Wanstead
House workshops with Jim Dalton
are a snip at £30.

Please sign up with Terry Hughes
if interested:

terence.hughes@btinternet.com
07795 981 529

NB If we don't have sufficient
bookings the course will be
postponed until June.

Critical Mass

<http://cmlondon.enrager.net/>

Massive ride leaving Waterloo
Bridge at 6.00 to 6.30pm on the
last Friday of every month. You
really should go at least once in
your life and see the sights of
central London in a group of
hundreds of cyclists. It is a great
experience. Richard Everett
usually goes, leaving Walthamstow
about 5:15 p.m.

Contact: Richard 020 8491 6306

Contacts

**Barking & Dagenham LCC
& Rides List Editor**

Colin Newman

Colin.Newman@stibasa.org.uk

Voice (home): Skype/MSN

Messenger/ICQ/Yahoo! Messenger
020 8144 8591

Work: 020 8489 2548

Mobile: (02) 07761 577255

<http://www.stibasa.org.uk>

blog: www.stibasa.blogspot.com

e-group:

<http://groups.google.com/group/stibasa>

**Barking & Dagenham Borough
Cycling Officer**

Nick Davies

nick.davies@lbbd.gov.uk

Tel: 020 8227 3167

Fax 020 8227 3166

Havering LCC

Bernard Curtis

6 Blanchard Mews

Harold Wood

Romford

RM3 0GN

01708 347226

CurtisBernieS@aol.com

Redbridge LCC

Gill James

gilljames@btinternet.com

29 Clavering Road, E12 5EY

020 8989 4898

Rides Fixer

Alan James

29 Clavering Road, E12 5EY

020 8989 4898

alan.j.james@btinternet.com

**Redbridge Borough Cycling
Officer**

Mr J Redman

Lynton House, 255-259 High Road, Ilford,
IG1 1NY

Phone: 020 8708 3677

Fax: 020 8708 3970

Email: jack.redman@redbridge.gov.uk

Hubbub

Chris Elliott

87 Wanstead Park Avenue,

Manor Park, E12 5EE

020 8989 6285

c.elliott@dsl.pipex.com

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