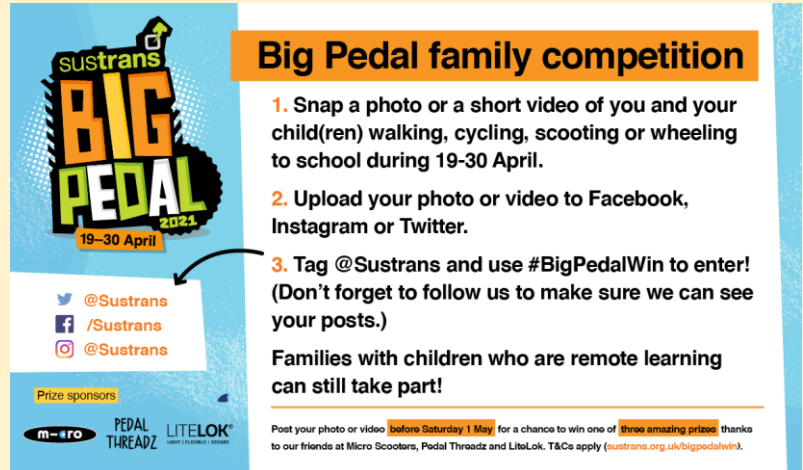


### Sustrans' Big Pedal competition for families

The Big Pedal family competition gives parents and guardians the chance to win one of three amazing prize bundles for their family. All they need to do is take a photo or a short video of their child taking part in Big Pedal between 19-30 April. Post it to Instagram, Facebook or Twitter, tag @Sustrans and use #BigPedalWin. Families whose children are remote learning can still take part from home.

Find out [more information by clicking here!](#)



**Big Pedal family competition**

1. Snap a photo or a short video of you and your child(ren) walking, cycling, scooting or wheeling to school during 19-30 April.
2. Upload your photo or video to Facebook, Instagram or Twitter.
3. Tag @Sustrans and use #BigPedalWin to enter! (Don't forget to follow us to make sure we can see your posts.)

**Families with children who are remote learning can still take part!**

Post your photo or video **before Saturday 1 May** for a chance to win one of **three amazing prizes**, thanks to our friends at Micro Scooters, Pedal Threadz and LiteLok. T&Cs apply ([sustrans.org.uk/bigpedalwin](https://sustrans.org.uk/bigpedalwin)).

Prize sponsors: m-iro, PEDAL THREADZ, LITELOK

Still time to register – don't miss out!

We have 13 schools so far:

Belmont Juniors, Ferry Lane Primary, Highgate Primary, Muswell Hill Primary, North Harringay Primary, Rokesly Infants and Juniors, St Mary's C of E, St Michael's, St Pauls, Treehouse and Welbourne

If you received a Golden Lock Box (GLB), here is your opportunity to make it really work for you.

(GLB is available to schools completing their Hands up survey = 16 prizes for cycling and scooting plus other info)

**Need a new bike? Try Peddle My Wheels!**

**We have set up this company to help our residents obtain an affordable solution.**

**Either new or new to you.**

<https://www.peddlemywheels.com/try-before-you-bike>



**PEDDLE MY WHEELS**

TRIAL A NEW OR NEARLY NEW BIKE FOR A MONTHLY FEE  
FROM £10 FOR KIDS BIKES / £20 FOR ADULT BIKES /  
£20 FOR FOLDING / £50 FOR ELECTRIC / £100 FOR CARGO

Bike delivered directly to your door with a free induction session to increase your confidence.

If you like the bike, buy at a discounted price, take out an interest free monthly payment plan or purchase through the cycle to work scheme.

Range of bikes to try with a helpful guide to selecting the right one for you.

All bikes come with lights, lock and helmet and you can add any other accessories you might need.

Maintenance and theft cover available for peace of mind.

Free delivery and collection. No deposit, interest or cancellation fees.

**TRY BEFORE YOU BIKE**

Working with your local council to make cycling accessible to anyone and everyone

Supported by **Haringey LONDON**

VISIT [PEDDLEMYWHEELS.COM](https://www.peddlemywheels.com) FOR MORE INFO  
Follow us on  Twitter @peddlemywheels

## Complete a Free Online Cycle Training Course and get 15% off in Halfords!

Whether you're popping to the shops or going to work, there's never been a better time to cycle.

TfL's free online Cycle Skills course will help you to cycle safely and confidently. So whether you're new to cycling or just want to brush up on your skills, we can help you take to the road.

What you'll learn:

There are four modules to complete and each one takes less than five minutes:

1. Get ready to ride - gives you tips on getting you and your cycle ready for the road including basic maintenance and road handling skills
2. First time on the road - shows you how to cycle safely and responsibly and includes tips on setting off, road positioning and stopping safely
3. On the road again - helps to get you cycling again with advice on traffic lights, roundabouts and junctions, and how to share the road safely
4. Cycling with children - gives you advice on cycling in a group

On completion of the course, you'll receive a code to redeem 15% off Halfords own-brand locks, lights and helmets! What are you waiting for? [Register Now!](#)

Please **share this in your newsletters** so that staff and parents can take advantage of the online training offered.



### \*\*\*\* Cycle Training is back on the Agenda \*\*\*\*

Contact [www.cycleconfident.com](http://www.cycleconfident.com) to book your FREE cycle training for your pupils and staff.

Haringey is committed to making cycling safe, enjoyable and practical. Anybody who lives, works or studies in the borough is entitled to the following services:

**FREE Cycle Skills sessions:** Get tailored training at a level suited to your needs, or book a lesson for the family (with up to three participants)! Choose from Basic (off-road environment), Urban (quiet local roads) or Advanced (complex junctions and busy roads).

**Please note that we are open for bookings for all Cycle Skills session. Between 8th and 28th March, we are only allowed to have one attendee per session. From 29th March onwards, we can have up to 3 riders again per session.**

[Book Basic](#) [Book Urban](#) [Book Advanced](#) [Book Family](#)

**FREE Group Cycle Training:** Click [here](#) to see what's on, or visit these pages for more information: [Adult Group Cycle Training](#) & [Children's Group Cycle Training](#). Please see our eyesight recommendations below.

**FREE Schools Cycle Training:** For schools wishing to book a course, see more details and book [here](#).

**FREE Themed Led Rides:** Explore Haringey by bicycle - click [here](#) to see upcoming marshal-led rides.

**SUBSIDISED Basic Bike Maintenance Courses:** Click [here](#) to see what's on, or click [here](#) to learn more.

**FREE or SUBSIDISED Dr Bike Sessions:** Have an experienced mechanic check that your bike is in good order. Click [here](#) for details of upcoming sessions. If you'd like to arrange a private session for your organisation please [contact us](#).

### **School Travel your essential tool for your school community**

This week launches the new School Streets scheme at 11 schools. This is the next stage in our project to improve the areas around our schools, reducing the pollution and improving the road safety at the schools. We have listened and we are working on schemes. Not every school can have a scheme like this, but there are other projects we are working with our colleagues to improve your school areas. Funds are not infinite and we are always seeking ways to help you. [www.haringey.gov.uk/school-streets](http://www.haringey.gov.uk/school-streets)  
Remember, they may not be at your school now, but may affect staff and pupils, so please inform your community and check the list to see which schools are next.

The school travel plans are an essential tool for us to keep informed of what you need, what you are doing to reduce the number of vehicles coming to your school.  
Contact us to assist your school to complete this year's school travel plan and get accredited by TfL.

**TfL STARS** is an essential tool for you and us to help your school.

- Hands up surveys <https://stars.tfl.gov.uk/Explore/Idea/Details/1090>
- Junior Citizens and Healthy schools as well as anti-idling campaigns Transition & competition
- Initiatives such as Walk to school Week and The Big pedal & school streets, Road safety lessons, environment lessons.

Help us to help you by completing this. We can help you to achieve.

[Smarter.travel@haringey.gov.uk](mailto:Smarter.travel@haringey.gov.uk) 0208 489 5351



**\*\*Moving up and Mission Transition \*\***  
will be arriving at your schools soon.  
For your Year 6 leavers  
These are bespoke to Haringey and we  
Include the transition lesson too.

### **Social Distancing**

We still have a few banners left

Social Distancing is still an essential part of tackling the Spread of Covid.

If you would like a replacement/additional banner, let us know. [Smarter.travel@haringey.gov.uk](mailto:Smarter.travel@haringey.gov.uk)

