



Community Network News

October 2023

Take the first step – Helping Sopwell residents walk and cycle more

Most people who start to walk or cycle instead of using a car keep it up! It just takes that first step, or first bike ride... Walking and cycling keeps you fit, and saves money too.

Transport, including cars and taxis, make up the largest source of UK greenhouse gas emissions – and 29% of journeys under one mile in St Albans are by car – a distance that can easily be walked or cycled by most people.

Proposed 20mph zone covers Sopwell

Hertfordshire County Council has just completed a consultation about a 20mph zone in Central and South St Albans - which includes Sopwell.

The aim is to make it easier to walk and cycle, and to improve safety for everyone by encouraging drivers to adopt appropriate and safe speeds for our busy residential area.

Sandy Walkington, Herts County Councillor for Sopwell said:

"It was initially proposed to leave out Cottonmill Lane. I thought this was crazy. Even before the opening of the new Cottonmill Community and Cycling Centre, I was getting more complaints about speeding there than anywhere else, with Maynard Drive and Holyrood Crescent not far behind. The new community centre makes it even more essential that cyclists and pedestrians can use and cross Cottonmill Lane safely."

Sopwell community leaders are working together to encourage and support people to walk and cycle more.

In this issue, we take a closer look at local initiatives to encourage this **'Active Transport'**.

We'll take a look at Public Transport in a future newsletter.



Supporting each other to tread lightly, adapt and be resilient in the face of an **uncertain future**

St Albans Cycle Hub

Supporting your cycling journey

What a brilliant eco-initiative right here in the heart of Cottonmill!

By switching to a bike, you can have an immediate positive impact on the planet.

Calculations have shown that when you switch to a bike from a car, you emit six times less CO₂.

Electric cars are part of the future solution – but we can get on our bikes now!

The St Albans Cycle Hub is here to encourage adults and children to cycle safely – and is now also in charge of all bookings for the Cottonmill Community Centre. They run the café too – with new food offers now available.

The Cycle Hub oversees the pump track, runs bike courses and carries on its day-to-day work repairing bikes. Did you know you can also buy reconditioned bikes there? These are for children and adults - and they come with a 3-month warranty.



They also help with cycling and other events at the centre.

Over the summer 70 people – adults and children – completed the 100 Lap Challenge - cycling a bit at a time to reach their goal of 100.



To book the Community Centre or Cycle Track, head over to: stalbanscyclehub.co.uk/communitycentre and **fill out the enquiry form** or email bookings@stalbanscyclehub.co.uk. Located at Old Oak. AL1 2EF

Get out for a walk too!

The Community Centre is also a venue for **Hertfordshire Health Walks**. Join in on Tuesdays at 11.45am for their friendly introductory-level 'First Steps' walks. These are wheelchair and buggy friendly. Meet just in front of the basketball court. Visit bit.ly/hertshealthwalks23 for more info. Also check out lovely local walks by the river: www.riverver.co.uk/walks

Courses to look out for on St Albans Cycle Hub website

Learn 2 Ride - Something to consider for every child aged 4 or over – with bikes for hire if needed. Check the website for these 4 x 45 minute sessions during school holidays.

Child Fun skills – Aimed at those that can already ride but want to take these skills further. 2 sessions of 1hr 30 each – Bikes to hire if needed.



Adult Beginners - For adults who have never ridden before – or not for a very long time! One hour for three sessions on Saturdays – bike to hire if needed. Women-only sessions available too.

Bike Maintenance – For beginners. Identify the key components of your bike including removing the wheels. How to fix a puncture, check the chain, looking after your bike, equipment to carry with you. Q & A session.

Understand Bike Gears - What does it take to get the gears just right? Learn about gears using one of our training bikes. How to fit and adjust, different types of front and rear derailleur, understand gear cabling – routing and tension.

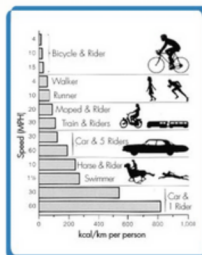
Reasons to get on your bike



Transport is now the UK's largest source of greenhouse gas emissions

Cycling

is the most energy efficient form of transport on the planet



Half

of all car trips are less than three miles long

Also Air pollution | Health & Wellbeing | Cost savings



stalbanscopyclichub.co.uk/training

This Initiative groups households together to obtain the best price and service for solar PV and/or battery installation

- Free to register
- No obligation to go ahead with installation
- Deadline: 27th Oct 2023

Solar Together



Group-buying for solar PV and battery storage systems. Better offers together!

Find out more:
solartogether.co.uk/st-albans/home

Have you got an online Street Group?

There are so many benefits to being connected to your neighbours. It's easier to be more sustainable for one!



Contact us if you'd like help setting one up on WhatsApp

It's as easy as posting an invitation flyer through your neighbours' doors

Remember: Don't share all your personal details and keep vulnerable street members safe



For more news and events:
Sign up to the Sopwell eco-stars mailing list
<http://eepurl.com/h42bSr>



See more on our website:
<https://sopwell.org.uk/sopwell-eco-stars/>



Working together to address climate change & inter-related issues, through local resilience