

The Outspoken Word

Newsletter 3 – Spring 2009



The lovely spring sunshine has at last heralded the end of winter and the start of the 'happy season' for us as cycle couriers! Fingers crossed for plenty more sunny days this summer.

Outspoken Training – latest developments



Work with our cycle training arm of the business, Outspoken Training has been gaining pace and we have been busy training adults and children, mostly on a one-to-one basis. We are also bidding for the County Council's tender, to deliver Bikeability training to all schools in Cambridge and the necklace villages.

We bring you news that Melinda (Manager for Outspoken Delivery) has now passed her Bikeability Level 3! Mel had not cycled since she was at school (not so long ago!) but has been steadily getting back into it with plenty of persuasion and fair weather.



We're also pleased to welcome Lisa Dawson as our latest cycle instructor. Lisa has worked for us as a courier in the past and is otherwise found rowing up and down the Cam as ladies captain for City boat club.

New Customers

We have been fortunate these past few months to have picked up a good number of new customers. Whether this is due to companies looking to cut costs and streamline their businesses or because they simply want a cheerier face to their end product, it's really uplifting to know that we are doing something right; we are now the largest cycle courier company of our kind in the UK. Many thanks for all your support over these past years.

Tolly's Flowers

We are pleased to advertise a great offer from one of our oldest customer's - Tolly's flowers. Based up at (but not exclusive to) Addenbrookes, Tolly's offers a great choice of flowers. If you ask for Wayne and mention this newsletter he'll give you a 10% discount and of course one of our riders will be there to give you the flowers in person!



Riding through Sudan.



PK and the rest of the Down Right Kenya crew have finally made it back! Despite being slightly bewildered by everyone's excitement of sunshine and 15 degree heat back here in England, they are in good spirits. The team have recently presented their journey with some breathtaking slides; you can see them again on the website (www.downrightkenya.org). Their fundraising is now reaching completion and they're hoping for a big surge to pull in the last 10% of donations to hit their £60,000 target. They are speaking at local school assemblies over the forthcoming weeks, and to other clubs/institutions that can manage a brief slide show.

Know Your Riders!

Jack Lawlor-Anderson is our rider of the month! Jack has been riding for us for the past year. Remarkably, seven hours of cycling each day isn't enough training for his Ironman Triathlon later in the year and so Jack is regularly out early in the mornings 'topping up' his fitness levels with rowing, running, swimming and yes, a bit more cycling. Apart from being a fitness freak, Jack has an affinity for doing silly things, most of which are too rude to print but here he is looking rather presentable as a dashing superman, raising money for Comic Relief. He did a marvellous job on Red Nose Day so many thanks to all of you who donated!



Bike Week

We are gearing up for Bike Week too – 13th to 21st June which promises to be an excellent week celebrating cycling in Cambridge. Amongst other things, we are offering Stagecoach the chance to cycle train a number of their drivers and for them to show cyclists about issues relating to buses such as blind spots. We think this will be an excellent step towards building positive relations amongst all road users. Please see our events page for more details. .

This year's 'Ride to Reach' organised by the Cycle Campaign and supported by 'Cycle Cambridge' (the new brand name for Cambridge's Cycle Demonstration Town status) looks set to be the biggest ever. The event takes place on **Monday 4th May** and will be a gentle cycle out to Reach Fair. We will be providing a couple of freight bikes to act as back-up and to fix punctures etc. This is an event for everyone; please pass the word around and visit the Cycle Campaign's website for more details!



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