

Our partners [Sustrans](#) have developed a number of free resources related to active travel that children, parents and staff may find useful during this lock-down period. If it is possible, can you please forward this email to parents and staff, and add to any school online communications or websites?

KEY WORKERS

Sustrans' new scheme for Key Workers - #Cycle4KeyWorkers

With support from the cycling industry, Sustrans have created an [interactive map](#) that shows cycling related offers and services available to key workers in their local area, including:

- Offers on cycles and equipment
- Free and discounted repair and maintenance services
- Free and discounted bike sharing schemes
- Bike stores that remain open during the crisis

Three bike stores are supporting key workers in Harlow (check the map for details). The map will be updated daily. More info at: <http://www.sustrans.org.uk/keyworkers>

ADULT AND CHILD CYCLING ACTIVITIES

The links below and documents attached are short activities which children can do with parents and school staff:

How to repair a puncture - <https://www.youtube.com/watch?v=dVNxD6rW3zQ>

How to check your bike is safe to ride - <https://www.youtube.com/watch?v=4qtx60bcNk0>

How to learn to ride - <https://www.youtube.com/watch?v=p6SNCvIN4EI&feature=youtu.be>

A series of activities from Sustrans in Northern Ireland -

<https://www.youtube.com/playlist?list=PLPiYUmtnZvpSjdLJGRwWiXVm-bw3aF0Jj>

David Burt
Active Travel Officer
Harlow and Gilston Garden Town

