

# Spokes Action-Update 09.10.23

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## 0. Finding your councillors

In Edinburgh, find your ward & councillors by typing your postcode on [this page](#) [or [edinburgh.gov.uk](https://edinburgh.gov.uk) : Council & Committees : Find your Councillor]. Everyone has either 3 or 4 councillors, usually from assorted parties. For any Council, and to find MSPs, you can use [writetothem.com](https://writetothem.com).

## 1. Spokes Summer Comp - Bike Storage at Home - Results

See the full report on our [website](#). Also [this file](#) [10MB] of prizewinning entries.

Storing your bike, or family bikes, is impossibly hard for some people and a doddle for others (until a thief calls!) Our [Summer Competition](#) showed just how important it is, but also how complex and difficult it can be, and how it depends so much on personal circumstances such as where you live and whether you rent or own your home. People lucky enough to have a garage, or secure outside space, can own multiple bikes, whereas others may find storing even one bike is a real challenge. As our top prizewinner said, "One thing for sure – retrofitting bike storage isn't an easy problem to solve!"

Themes to emerge from the entries were..

- Overall – the difficulties, complexities, and some ingenious solutions.
- Bike storage outdoors – e.g. sheds – including the successful 10-year Spokes campaign to ease the rules on planning permission in [Edinburgh](#) and [Scotland-wide](#)
- Bike storage inside a flat
- Bike storage within the building – e.g. tenement stairwell
- Bike storage in garages
- Owning lots of bikes
- Living in rented property
- Theft from home (& recovery)
- Bike storage for families/ children
- Comparisons with car storage

**Do you have ideas for our 2024 competition?**

As usual, we're looking for something which anyone can enter, so something on schools, for example, is not ideal.

**The lessons for a Council aiming for high bike use, in a city with many flats and tenements, and deprived areas, are profound, and emphasise the necessity for low cost, widely available, secure residential storage.**

The [Cyclehoop bike hangars](#) now [increasingly provided](#) on Edinburgh residential streets are a great boon for many – but waiting lists are long and costs are high, particularly for families. A [restored city bike hire scheme](#) would also help many residents for whom storage is problematic or impossible. **If you are affected, tell your councillors!**

**By chance, our top 3 prizewinners all had outdoor space available, but many other entries were indoors, and a few in garages. We hope to cover such themes in a forthcoming factsheet based on the competition entries.**

### 1st prize – Karen Esslemont - *Getting bike shed permission in a Conservation Area*

In the days before the Spokes bike sheds campaign succeeded, Karen applied (costing ~£100) for planning permission for a bike shed – it was refused. By promising to restore historic iron railings at the same time (very costly!) she eventually persuaded the planners to give the ok.



*"A hard won and costly process for a young family wanting to do the right thing - it should have been much easier"*

### 2nd prize – Rosanna Rabaeijs - *A bespoke & upcycled bike shelter*

Using cast-off materials to create a cheap, cheerful and effective shelter in a space too narrow for a shed.



**Thank you, everyone who entered, the organisers, and our prize sponsors (see [website](#))**

## 2. Events for your diary

Events marked \* will have a Spokes stall – please volunteer to help! Or come and say hello anyway!

### Oct 19 Thu [City of Edinburgh Transport Plans](#) – speaker Cllr Scott Arthur

Meeting of the Capital Rail Action Group, open to all. 7.30pm, Friends Meeting House, 7 Victoria Terrace

Discussion will probably be mainly around tram and rail, but all transport issues are up for questions and debate.

### \*Oct 26 Thu [Cycling Scotland annual conference](#) Edinburgh

All-day conference, including keynote speeches by..

- ◆ **Patrick Harvie MSP**, Minister for Zero Carbon Buildings, Active Travel and Tenants' Rights
- ◆ **Professor Devi Sridhar**, Chair of Global Public Health, University of Edinburgh

Spokes funds 3 or 4 active members, preferably from working groups, to attend the conference each year (get in touch if you'd like to attend) and we also have a Spokes stall. Otherwise, individuals can also book, at your own expense (but is £100). If any member does book to attend, please let us know, and if possible help at our stall.

### Oct 28 Sat [Edinburgh Critical Mass ride](#) – last Saturday in the month, 2pm, as always

**Nov 13 Mon Edinburgh Climate Action (ECAN) networking 1730-2030**, in-person event  
"share your experiences, ideas, and passion for creating a sustainable Edinburgh" [Info & booking](#).

### \*Dec 7 Thu [20's Plenty for Scotland conference](#), Edinburgh

86% of **Edinburgh** streets [are now 20mph](#), with proposals recently consulted on which would raise this to 90%. At **Scottish** level, the [Bute House agreement](#) between the SNP and the Greens means that 20mph should be the norm in all urban areas by 2025. **Wales** [has already introduced](#) default 20mph in urban areas country-wide. Meanwhile, in **England**, Rishi Sunak is attempting to move things in the opposite direction, saying that 20mph [does not suit British values](#).

Reduced speed limits are often [highly controversial at first](#), more so since social media became so ubiquitous, but the results eventually are reduced casualties and public acceptance. Edinburgh has seen [30% casualty reduction](#) on affected roads.

The [all-day conference on 7 December](#) will highlight and debate all the above contemporary and controversial issues, with top speakers, including...

- ◆ **Lee Waters MS**, Wales Deputy Minister for Climate Change
- ◆ **Will Norman**, Walking and Cycling Commissioner for London
- ◆ **Cllr Scott Arthur**, Edinburgh Transport Convener
- ◆ **Public health** specialists
- ◆ **Fiona Hyslop**, Scottish Transport Minister has also been *invited*



The standard fee for members of relevant organisations (such as Spokes) is £95, but £30 if you are an "active 20mph campaigner." Also, Spokes may be able to sponsor or subsidise one or two members with a specific interest, especially if you offer to help at our stall. For details of the £30 or sponsored entry, contact Spokes.

## 3. Snippets

### 3.1 Linlithgow Active Travel Project – paid posts – **applications close 13 October**

The new Linlithgow Active Travel project aims to encourage more people to cycle, walk and wheel for the benefit of their health and for the benefit of the environment. They are looking for a Manager, Project Worker and Project Administrator. Details at [trust-linlithgow.org.uk/support/workforus/](http://trust-linlithgow.org.uk/support/workforus/)



### 3.2 Spokes West Lothian Map

Our cartographer, Andy, is starting to think about the next edition of the West Lothian Spokes map (to be completely revised, and on a larger sheet). There are some difficult decisions to be taken, particularly on the reverse side of the map. The current edition has a lot of info about places of interest, and a full street map of Livingston. Options/constraints for the new edition, given the fixed amount of space available, include...

- ◆ How many town street plans to include? Livingston definitely but on the new map there may be room for some more, depending on the scale of the street plans. Which are most helpful to include - Linlithgow, Bathgate, Broxburn, Blackburn, Armadale, Winchburgh, Whitburn ?
- ◆ The scale (and thus level of detail) of the street plans?
  1. similar to the main Edinburgh map (recent editions, 1:16 000 scale) so less detailed than the current Livingston map but room for quite a few other towns ? or
  2. Similar to those on the back of our new East Lothian map (1:12,500 scale) so almost as detailed as the current Livingston map but room for only two or three other towns ?
- ◆ How much coverage for Places of Interest – the current map devotes quite a lot of space to this.

If you use our Lothians maps, send us your thoughts. Email: mail@ [andyfollis.com](mailto:andyfollis.com). Obviously the more space devoted to one aspect, the less is available for others. Also, if replying, let us know if you mainly use the maps for leisure or for getting to places, or other reasons.

### 3.3 DIY Sheffield rack DIY installation

If you are thinking of installing a Sheffield rack at home, or for a local organisation, one of our members sent us the following recipe (which he has used). However, if for an organisation, email [activetravel@edinburgh.gov.uk](mailto:activetravel@edinburgh.gov.uk) who may be able to help with advice and possible support (we have not checked with them).

*This is a fairly easy DIY task. Buy the version of the rack for fixing in the ground, not the flat plate for bolting down. Dig 2 holes approx 300mm diameter, so that the rack will finish 800mm above finished ground level. Fill around the legs with Postcrete, Postfix, or other quick setting concrete from your local DIY shop and level it off 50mm below ground level. Use a temporary prop to keep the stand vertical whilst the concrete sets. A spirit level is fairly essential to get the rack itself level on top and the legs vertical.*

*If you don't want to DIY, any small builder can follow the above. There is no need for a specialist installer.*

*As regards the rack itself, there are many suppliers, such as <https://bollarddepot.co.uk/products/sheffield-cycle-stand-stainless-steel?variant=40305185784013> or <https://cyclehoop.com/product/sheffield-stand/>*

*Personally, I think stainless steel looks best, 304 grade is usually offered, but 316 grade is more corrosion-resistant and should be used near a coastal environment (including most of Edinburgh north of Princes Street).*

### 3.4 Water of Leith path, canal to Balerno

The path has now been officially reopened (by Active Travel Minister [Patrick Harvie MSP](#)) after a nearly 7km upgrade, funded by Sustrans, using material recycled from some 40,000 tires! [More details.](#)



### 3.5 Cycling all Paths on Spokes Edinburgh Map

Congrats to Sue Fletcher-Watson, who has [cycled every cyclepath](#) shown on our Edinburgh Cycle Map, during September, in aid of [SuperTroop](#) charity holidays for young people with learning disabilities. [Nearly £2000](#) was raised.

Sue said, "Thank you Spokes - I literally couldn't have done this without your map!"

**If you fancy a challenge**, how about doing similar with one of our Lothians [Spokes maps](#)?



### 3.6 Corstorphine: free tryouts of CargoBikes and Adaptive Bikes

As part of the Corstorphine Connections scheme, anyone living in Corstorphine area can try out a cargo bike or an adaptive bike (for people with disabilities) free.

- ◆ **e-cargobike** email--> [jamie@cargobikemovement.org](mailto:jamie@cargobikemovement.org)
- ◆ **adaptive bike** email--> [thistleoutdoors@thistle.org.uk](mailto:thistleoutdoors@thistle.org.uk)

The latest Corstorphine Connections project newsletter is [here](#). If you have comments, see Consultations below.

### 3.7 Wee Bike Library

This is a new initiative by [The Bike Station](#), where you can borrow a kiddies bike for free, then swap it for the next size up as the child gets bigger. A great idea, given the many costs incurred by children as they get bigger in size! We are not sure who is funding this initiative. More details, and apply at [thebikestation.org.uk/weebikelibrary](http://thebikestation.org.uk/weebikelibrary).



### 3.8 CCWEL cafes

If using CCWEL you might like to try one of these cafes, at either end of the Roseburn-Haymarket section...

- ◆ [Rosebean Cafe](#) - recently opened after heroic efforts by the Friends of Roseburn Park. The cafe is managed by (councillor) Euan Hyslop, who already runs Corstorphine's [Dower House](#) park cafe. Spokes supported a [cargobike](#) now used at both cafes.
- ◆ At the Haymarket end, try [Flatbread Turkish Bakery House](#). Although currently hidden behind the CCWEL works, the chef/owner, Kutlu, is enthusiastic about the cycleroute: "My grandfather Yusuf cycled to work age 14 to 86 ... the cycle lane is a great idea."



Rosebean Cafe, Roseburn Park

### 3.9 CargoBikes made in Scotland

- ◆ [Ariel Bikes](#)
- ◆ [XYZ Cargo](#)
- ◆ [C3 Cycles](#)

### 3.10 Green curtains going free

The Spokes office has been renovated and we have 2 redundant curtains, each measuring approx 260cm long x 280cm wide. If interested, email office manager Anne at [office@spokes.org.uk](mailto:office@spokes.org.uk).





## 4. Edinburgh Consultations

*Please respond as an individual to all that concern you. Also copy to Spokes for possible use in our responses.*

### 4.1 Spaces For People bike lanes, ETROs – *consultn postponed; now expected mid/late Oct*

The 6-month [formal consultation](#) [#6] for the *Experimental Traffic Regulation Orders* for the *Spaces-for-People/ Travelling-Safely* main road semi-segregated bike lanes was due to end on May 20<sup>th</sup>. However, errors have been found in the technicalities of the Orders, so they will have to be re-issued - which means another 6-month consultation period. Spokes has been assured that comments already submitted will still be taken into account.

### 4.2 Drylaw Greenspaces consultation – *ends 20 October*

An online survey [here](#), the results of which will be used by [Drylaw/Telford Community Council](#) to seek funding to progress the best ideas.

### 4.3 Greenbank-Meadows quiet route – *ends 22 Oct*

[Consultation page](#). *This is very important* as the Quiet Route is at risk of being significantly downgraded. See this [analysis and recommendations](#) by Blackford Safe Routes, who are involved in organising the James Gillespie's '[Wee Unicorns](#)' [bike bus](#). They recommend supporting..

- ◆ **Braid Estate** – Option 1
- ◆ **Clinton Road/Whitehouse Loan** – Option 2.



### 4.4 West Craigs planning proposal 23/04779/PAN - *ends 15.12.23; drop-in consultn 6.11.23*

Major residential site, part of the overall West Craigs development, with shops and an active travel route. The site includes part of Maybury Rd, including the junc. of Craigs Rd with Maybury Rd, and the Bughtlin rbt.

This is a PAN, a public consultation required of developers prior to submitting a major planning application. The details of the scheme are revealed at the drop-ins but, as far as we can see are not available online.

The drop-in is 1530-1930 on Monday 6 Nov at *Delta Hotel by Marriott*, 111 Glasgow Road, Edinburgh, EH12 8NF. There's information about the PAN arrangements on the Council Planning Portal [here](#), but not details of the scheme itself. For more info about the scheme and/or the drop-in, contact [amcconaghy@iceniprojects.com](mailto:amcconaghy@iceniprojects.com) 0131 603 4930.



**NOTE:** there are frequent planning proposal PAN consultations like this, relevant to Spokes, for sites around the city, but we don't have capacity normally to notify local members. However one of our Planning Group members scrutinises the Council's weekly list for relevant proposals, and circulates our Planning Group email list.

### 4.5 Relocate St Catherine's RC Primary School on Captain's Road – *ends 31 October*

[Consultation page](#). This is not something we have looked at, but it is very disappointing that the map showing routes to the proposed new school ([Appendix 4](#)) does not mention cycling! (and not the text either?)

### 4.6 Corstorphine Connections LTN (Low Traffic Neighbourhood) – *ends 23 November*

*"Measures to promote quiet local neighbourhoods, encourage sustainable travel (walking and cycling), improve exercise local to home, and to deter motor vehicle through traffic in the areas of Corstorphine and Carrick Knowe, particularly around the Primary Schools."*

The measures are now in place under an Experimental Traffic Order, [ETRO/21/21](#). Comments and/or objections received may result in changes either experimentally or as part of a final permanent scheme.

There is some vociferous opposition, and some of the LTN measures were [vandalised](#), so comments in support, from people who live in or use the area are very important.

[The Order ETRO/21/21 \(includes plans\)](#) [Where to send your comments](#) [Background info](#)

#### 4.7 Bus Lane ETRO/23/13 – ends 11 December

Bus lanes and/or restrictions on waiting/loading, at **Captain's Road, Drum St, Newtoft St, Duddingston Park South, Howden Hall Road, Gogar Underpass, Newbridge Edinburgh Rd (A89)**. This is an ETRO, so we presume the measures are all now in place, but on an experimental basis. Whether the schemes are kept, modified or scrapped will depend on the feedback to this consultation, as well as monitoring of the schemes. *If you would like to influence what happens, please respond.*

[The Order ETRO/23/13, including plans](#) [Where to send your comments](#) [Background info](#)

#### 4.8 Holyrood Park draft Strategic Plan – ends 19 Dec

After years of campaigning by many groups including Spokes and, more recently, [Car-Free Holyrood](#), there is now a consultation with options to remove all or most motor traffic from the Park. [The consultation](#) is by Historic Environment Scotland (HES) who are responsible for Park management.

Our [tweet](#) about the consultation proved very popular – please retweet further!



### 5. Lothians Councils Consultations

#### 5.1 East Lothian – Resurfacing the Longniddry/Haddington railway path – ends 13 October

[Consultation page](#). Includes access point changes, and options for type of surfacing – a choice of tarmac or recycled tyres as recently laid on the canal to Balerno Water of Leith path (3.4 above).

#### 5.2 West Lothian Council - enquiries re new road & path developments – no closing date

The Council has a [new webpage](#) for **enquiries & comments** about new roads, footpaths, and cycle routes; and also a page of **current projects and completed consultations**.

#### LOTHIANS LOCAL DEVELOPMENT PLAN (LDP) CONSULTATIONS

LDPs are major Council policy documents on development and use of land, including transport and climate issues. The Lothians Councils are gathering early ideas and comments to develop new LDPs. *Please submit your comments on the consultation pages below.*

#### 5.3 Midlothian Local Development Plan – ends 31 October

The main consultation is now closed, but 3 sub-consultations are open until 31 October...

- ◆ [Open Space Strategy](#)
- ◆ [Playing Outside survey](#)
- ◆ [Organisations and Businesses](#) - *How Midlothian can be good for them*

#### 5.4 West Lothian Council, Local Development Plan – ends 31 October (midday)

West Lothian is to develop Local *Place* Plans (LPPs) for different localities, which will be taken into account in preparing the LDP. For background info on the processes, see [this page](#). If you have queries, or to get on the email list about LDP developments, email [wlldp@westlothian.gov.uk](mailto:wlldp@westlothian.gov.uk).

**There is now a *How Good is Your Place* survey**, with 4 versions, as below [also available from the above page by clicking *LDP2 consultations*, then *Consultations – How Good is Your Place*]

- [Adults](#)
- [Young people \(age 13-18\)](#)
- [Children \(up to 12\)](#)
- [Disabled persons \(any age\)](#)
- [Businesses and organisations](#)



**'How Good is Your Place?'**

*The adult survey covers a big range of topics, but you can omit questions.*

There are also **public drop-ins** at various towns in West Lothian (all 3pm-7pm). Find them [here](#). They include Oct 10 East Calder; Oct 11 Winchburgh; Oct 12 Armadale; Oct 17 Broxburn; Oct 19 Fauldhouse; Oct 24 West Calder; Oct 26 Bathgate; Oct 31 Linlithgow.

## 6. Group member volunteers needed

Most Spokes activity happens through working groups which meet roughly monthly online. The two most central groups, [Planning](#) and [Resources](#), have both lost a couple of regular members during the last year or so.

This has a clear detrimental effect on Spokes activity, most importantly we can't respond to all relevant council and government consultations, but also other ways such as fewer volunteers to help at stalls. It also puts more strain on other members of the group.

*Please do get in touch if you'd like to try joining Planning or Resources.* Both have well-used email lists to keep in touch with ongoing issues between meetings. At meetings, don't be shy to butt in with your thoughts or asking anything that is unclear; groups are friendly and everyone starts by not really knowing what is going on!

Don't feel you don't know enough – it is by doing that you learn - and you would normally share with other members of the group. For example, on responding to a consultation in Planning Group, someone might draw up initial ideas, others could then comment and perhaps add useful references, leading to a final complete response.

Our [consultations page](#) tries to include the main current consultations, but there are others in 4 & 5 above also, so you can see the kind of thing that is involved.

## 7. Moving Journeys from Air to Rail, between British cities

In view of the climate crisis, and the need to reduce flying, there is an interesting [report](#) on this from the [Campaign for Better Transport](#) (English equivalent of [Transform Scotland](#)). It includes the following table which shows, for various city to city trips, the climate emissions, productivity time, cash costs and travel times from citycentre to citycentre.

**Appendix: Full comparison table**

	Passenger numbers	Cost one way		Value of productivity	City centre to city centre Journey time		Emissions per passenger	
Flights Between	Plane	Plane	Train	Train	Plane	Train	Plane	Train
London Heathrow and Edinburgh	732,421	£60-300	£24.90-145.70	£176.32	4hr 40m	4hr 20m	132.35 kg	14.53 kg
London Heathrow and Glasgow	694,334	£42-261	£33.40-119.20	£183.24	4hr 45m	4hr 30m	136.04 kg	14.93 kg
London Gatwick and Glasgow	434,363	£23-118	£33.40-119.20	£183.24	4hr 45m	4hr 30m	136.04 kg	14.93 kg
London Heathrow and Manchester	412,547	£40-400	£18.50-141.30	£85.51	4hr 30m	2hr 6m	63.96 kg	7.02 kg
London Heathrow and Aberdeen	411,683	£38-403	£55-83.70	£285.45	4hr 55m	7hr 6m	157.69 kg	22.76 kg
London Gatwick and Edinburgh	408,754	£25-104	£24.90-145.70	£176.32	4hr 45m	4hr 20m	132.35 kg	14.53 kg
London Heathrow and Newcastle	328,801	£47-332	£19.90-144.60	£106.69	4hr 40m	2hr 37m	106.52 kg	11.69 kg
London City and Edinburgh	304,035	£75-266	£24.90-145.70	£176.32	4hr 45m	4hr 20m	132.35 kg	14.53 kg
Bristol and Edinburgh	296,617	£23-57	£108.50-217.30	£261.42	4hr 40m	6hr 25m	123.49 kg	17.82 kg
Bristol and Glasgow	290,662	£23-46	£129.50-143.70	£310.69	4hr 45m	7hr 38m	123.74 kg	17.86 kg
London Stansted and Edinburgh	265,824	£14-73	£24.90-145.70	£176.32	4hr 48m	4hr 20m	132.35 kg	14.53 kg
London Luton and Edinburgh	246,524	£23-38	£24.90-145.70	£176.32	4hr 45m	4hr 20m	132.35 kg	14.53 kg
London Stansted and Glasgow	214,969	£23-42	£33.40-119.20	£183.24	4hr 52m	4hr 30m	136.04 kg	14.93 kg
London Luton and Glasgow	210,698	£23-48	£33.40-119.20	£183.24	4hr 45m	4hr 30m	136.04 kg	14.93 kg
Birmingham and Glasgow	183,489	£23-48	£20.90-137.70	£166.14	4hr 45m	4hr 05m	100.61 kg	11.04 kg
London City and Glasgow	176,763	£71-210	£33.40-119.20	£183.24	4hr 57m	4hr 30m	136.04 kg	14.93 kg
Birmingham and Edinburgh	171,501	£23-59	£20.90-146.80	£170.21	4hr 45m	4hr 11m	97.91 kg	10.75 kg
London Gatwick and Aberdeen	162,333	£32-76	£55-83.70	£285.45	4hr 55m	7hr 06m	157.69 kg	22.76 kg
Bristol and Newcastle	125,272	£24-52	£57.70-195.60	£199.53	4hr 35m	4hr 54m	97.66 kg	14.09 kg
London Luton and Aberdeen	67,572	£23	£55-83.70	£285.45	4hr 55m	7hr 06m	157.69 kg	22.76 kg
London Heathrow and Amsterdam	1,143,986	£77-406	£74-248	£157.59	4hr 30m	3hr 52m	57.11 kg	1.66 kg
London Heathrow and Paris (Charles De Gaulle)	917,541	£101-459	£49.50-215	£94.47	4hr 40m	2hr 19m	53.43 kg	1.55 kg
London Heathrow and Brussels	431,729	£74-302	£55-224	£76.55	4hr 35m	1hr 53m	54.04 kg	1.57 kg

## 8. More & future consultations – *Check council, government, and other sites*

- ◆ Edinburgh [consultationhub.edinburgh.gov.uk](https://consultationhub.edinburgh.gov.uk)
- ◆ Edinburgh [Edinburgh traffic orders](#)
- ◆ East Lothian [www.eastlothianconsultations.co.uk](http://www.eastlothianconsultations.co.uk)
- ◆ Midlothian <https://www.midlothian.gov.uk/directory/33/consultations>
- ◆ West Lothian [www.westlothian.gov.uk/consultations](http://www.westlothian.gov.uk/consultations)
- ◆ Scottish Government [consult.gov.scot](https://consult.gov.scot)
- ◆ Transport Scotland [www.transport.gov.scot/consultations](http://www.transport.gov.scot/consultations)
- ◆ Scottish Parliament consultations [yourviews.parliament.scot/consultation\\_finder](https://yourviews.parliament.scot/consultation_finder)
- ◆ Scottish Parliament petitions [petitions.parliament.scot](https://petitions.parliament.scot)
- ◆ Just in case... Transform Scotland keeps an updated page of current transport-related consultations... [transformscotland.org.uk/whats-new/action-alerts](https://transformscotland.org.uk/whats-new/action-alerts) Check it out in case there's anything important that doesn't appear in the website addresses above (there often is!)
- ◆ Spokes website We have a page of particularly relevant consultations [www.spokes.org.uk/consultns](http://www.spokes.org.uk/consultns)

## 9. Keeping in touch

- ★ Remember to check out our **website** every so often [www.spokes.org.uk](http://www.spokes.org.uk)
- ★ We are active on **Twitter** [@SpokesLothian](#). Follow us and ReTweet tweets that you support. Recent tweets also appear on our website in the right-hand column.
- ★ If you use **Facebook**, please like, share, etc the [Spokes Facebook page](#)
- ★ To campaign effectively Spokes needs as many supporters as possible. If you are not already a member and you like what we do, go to [www.spokes.org.uk/membership](http://www.spokes.org.uk/membership).