

Dear

Year of membership:

Welcome to your renewed or new membership of Spokes.

We hope you will find your membership enjoyable and worthwhile. If you are a new member, we enclose recent issues of the Spokes Bulletin and other items from recent mailings.

**We are a campaigning group seeking to influence government and local councils** (especially in Edinburgh and the Lothians). We promote cycling not just for its own sake but as part of a wider agenda of public health, environmental sustainability, accessibility to local facilities, and integrated transport. For example, we are more interested in a new bus or cycle corridor than in cycle racing or a new mountain bike facility you have to drive to.

**Our second aim is to encourage individuals to use bikes for everyday purposes** - work, shopping, leisure, etc. This we do in many ways such as our fantastic cycle maps of Edinburgh and the Lothians, stalls at community events, joint projects with bodies such as the Bike Station, and helping voluntary groups who need a cargobike.

**We are a voluntary body and we rely heavily on members in many ways - some are just occasional one-offs, some more regular. We hope you will play a part!! Here are some things you could do...**

- ◆ **Contact your councillor, MSP, the press, etc**, every so often on cycling and related issues that concern you. When decision-makers hear from individuals this not only raises your point, but also the general profile of cycling, and so greatly helps our central lobbying. *Politicians say that for everyone who writes to them they know there are another 20+ who feel the same!* Our roughly-monthly member emails tell you how to contact politicians, or use [www.writetothem.com](http://www.writetothem.com). Send us interesting replies: we often get useful info this way
- ◆ **We are volunteers - please help make our life easy!** If you change address, phone or email, please tell us. Once a year (usually Feb) we send you a renewal form; please renew then even if your details are unchanged.
- ◆ **Send us a donation at least once a year, normally when you renew.** There's no fixed membership fee - send what you can afford and what you think we are worth. If you are really hard up, a donation is not necessary - *the occasional letter to a councillor or MSP, as above, is even more valuable than a donation!*
- ◆ **Distribute Spokes Bulletins.** Our communications are largely electronic but we have occasional printed Bulletins for bike leafleting, bike shops, libraries, etc. Tell us if you can leaflet bikes at work, local shops etc.
- ◆ **Emailed action-update circulars: use them!** Members receive a roughly-monthly email circular with news of campaigns, events, and how to help. Please follow up any points that interest or concern you.
- ◆ **Get more involved** Join one of our working groups – they are vital and meet roughly monthly, usually online. You may take on a task between meetings – working on a submission (Planning Group) helping at a stall or event (Resources Group), map development/ distribution (irregular meetings), or our local Portobello group
- ◆ **Be sure we have your email address** - we send out most circulars by email, sometimes about your local area.
- ◆ **Follow Spokes on bluesky/facebook & keep tabs on our website** – see contacts below
- ◆ **If you're a car driver ...** considering swapping from AA/RAC etc to the **Environmental Transport Assn**. They do car recovery (+bike recovery) but they campaign for sustainable transport rather than for more road building. Also, you and we get discounts - quote Ref 1452. For info see: [www.eta.co.uk](http://www.eta.co.uk) 0800.212.810. Or, in Edinburgh, consider joining **City Car Club** - no hassles on repair, insurance, etc! [edinburgh.gov.uk/carclub](http://edinburgh.gov.uk/carclub)

## Relevant contacts - see also back page of latest Spokes Bulletin

<b>Spokes website</b>	<a href="http://www.spokes.org.uk">www.spokes.org.uk</a> Back copies of Bulletin and Action-Updates, submissions and news
<b>Spokes social media</b>	Follow @spokes.org.uk at Bluesky or sign up to our facebook, Spokes the Lothian Cycle Campaign
<b>Spokes maps</b>	From all good book or bike shops, at <a href="http://www.spokes.org.uk">www.spokes.org.uk</a> , or by post from Spokes
<b>Spokes factsheets</b>	<a href="http://www.spokes.org.uk">www.spokes.org.uk</a> : documents : advice
<b>Leisure rides</b>	By various organisations <a href="http://www.cycling-edinburgh.org.uk">www.cycling-edinburgh.org.uk</a> .
<b>The Bike Station</b>	DIY bike maintenance, cycle training, second-hand bikes - <a href="http://www.thebikestation.org.uk">www.thebikestation.org.uk</a>
<b>Sustrans</b>	National Cyclerroute: excellent maps and many associated projects - <a href="http://www.sustrans.org.uk">www.sustrans.org.uk</a>
<b>Helmets info</b>	We recommend <a href="http://www.cyclehelmets.org">www.cyclehelmets.org</a> for a full discussion and links to research info.