



Could you spare some time to repair? ✂

We've got a network of repair cafes across the county that would love to have some more help! You don't have to have any previous experience, just come along with a smile and willingness to learn. 😊 If you think you could spare some time, or would like to find out a bit more about how it all works, simply visit or contact [your local repair café](#).

Interested in bikes? 🚲

[The cycle project](#) at the School House Café in Cheltenham serves the local community. A team of volunteers maintain and repair the bikes that are brought in. They would love to be able to grow the team by training up more volunteers. If you're interested, please contact them or drop by for a chat on a Wednesday afternoon. 😊

The cycle team are normally at the café from 2pm - 5pm on Wednesday afternoons. Bikes can be dropped off or picked up any time the café is open.



She's electric ⚡

She's Electric Gloucestershire 2025!

She's Electric is a growing national campaign from Loud Mobility, running since 2024, with a mission to enable and inspire more women to use e-bikes and e-cargo bikes for everyday transport.

👉 **Saturday, 13 September | 10:00am – 4:00pm Orchard Square, Gloucester Quays**

👉 **Saturday, 27 September | 10:00am – 2:00pm Montpellier Gardens - Cheltenham**

What's On Offer?

☒ Supported test rides on a range of e-bikes and e-cargo bikes. A trained Cycle Instructor is on hand to help if you're nervous or haven't

ridden for a while.

- 🛒 She's Electric goody bags for attendees
 - 🗺️ Advice and resources on local cycling routes and infrastructure
 - 💬 One-to-one chats with friendly cycling experts and local riders
 - 👶 Children's toys and play area to keep little ones entertained while parents explore
 - 🤝 Opportunities to connect with others who are new or returning to cycling
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Cycle September 🚲

Enjoy the ride and take part in Cycle September 2025!

Cycle September 2025 is a fun, free, and friendly challenge that's open to riders of all levels. Whether you're just getting back on a bike or you're an avid commuter, everyone is invited!

- 👉 Get motivated and win prizes for riding
 - 👉 Compete with your workplace or ride solo
 - 👉 Invite friends for more chances to win
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Keeping it cool... 🎲

We still have some hot weather coming our way before the great British winter hits! So, we've listed a few budget friendly ways to stay cool that also helps to save energy.

🌀 **If you can, use a fan!** The average fan uses less than 100 watts of energy, so costs around 3p per hour.

🏠 **Home insulation** works in a similar way to a thermal mug or flask. The flask slows the rate that heat escapes or gets into the liquid, keeping hot drinks hot and cold drinks cold. Insulation will help to keep your home cool in summer and warm in winter.

🕒 Getting the timing right - opening your windows when the air is cool in the morning is great, but be sure to close them before the air outside heats up. Otherwise, you're letting the hot air inside. Close blinds and curtains when the sun is shining through a window. Only open them when the sun has moved away as this will prevent heat from the sunlight coming through the glass.