**Proposal for Dr Bike Session in Sunninghill & Ascot Parish 2022/23**

**What is a Dr Bike session?**

Dr Bike events are designed to keep people’s bikes in safe and reliable condition. Dr Bike mechanics spend approximately 30 mins on each bike, carrying out a light service and where necessary replacing consumable parts, and carrying out minor repairs.

When the work has been completed, the bike owner receives a report detailing all the work carried out on the bike, and any ‘advisory’ work that is beyond the scope of Dr Bike.

To help the qualified mechanics check as many bikes as possible, owners are asked to bring clean bikes in for the checks.

The mechanics check and adjust:

* Brakes – calliper and cable adjustment, cable, and (if necessary) block replacement
* Gears – indexing check and adjust and (if necessary) cable replacement
* Chain – check for wear, lubricate if necessary
* Tyres – puncture repair, inflated to recommended pressure (psi).
* Plus – check nuts and bolts are secure; check headset and bottom bracket; check and replace missing bar plugs/cable end caps.

**Why hold a Dr Bike session?**

The majority of bike ailments can be fixed on the spot, meaning when people attending a Dr Bike session do so in the knowledge they’ll probably be able to ride away on a bike that feels as good as new. Jenny Box, Cycling UK’s head of behaviour change, says “Cycling UK estimates there are just over 16.5 million unused bikes in England - ‘shed’ bikes so to speak. Most of their ailments, like loose brakes, skipping gears or incorrect saddle height, are all things which a Dr Bike sessions can fix for free right then and there."

**And why hold one in our Parish?**

Maidenhead Cycle Hub regularly hold Dr Bike sessions in Maidenhead and Windsor but with limited funding, don’t currently have any plans to have one in our Parish. By putting one on in the Parish, we would be enabling bike owners to get their ‘shed bike’ fixed so they can start riding it again. Brand new bikes are in short supply due to high demand over various lockdowns as well as supply chain issues so holding a Dr Bike sessions will encourage people to fix the bikes they currently have.

Maidenhead Cycle Hub would need us to provide a venue/location for the event, which could be part of another event (such as Victorian Street Fayre or Jubilee Event/Party in the Park) and we would need to publicise the event on our website and social media channels. They would provide the qualified bike mechanic (who has their own tools to complete the light service).

**How much?**

Approximately £300 per Dr Bike session. I propose we hold two per year – dates and locations TBC.