

The Project

Josie is a mixed media artist whose practice is led by using creative processes to engage people with the topics of sustainable transport, and cycling safety.

Drawing With Bikes is a series of workshops which encourage participants to use a hands-on approach; responding to journeys and bicycles through alternative drawing techniques, mark making, manipulation of materials and displays.

The aim of these workshops is to encourage thought about the issues being explored and simultaneously have fun being creative. There is no previous skill or art experience required to participating in one of these workshops and variations are available to allow for different age ranges and time constraints.

Strengthen relationships between cyclists and other road users
Promote safe cycling
Have fun!

Be part of the bigger picture, work created in these workshops may be used to create layered capsules which will be displayed in train stations on the Penistone Train Line.

For More information about cycling visit:

www.ctc.org.uk
www.britishcycling.org.uk
www.think.direct.gov.uk/cycling
www.gov.uk/rules-for-cyclists-59-to-82

Why not get involved:

www.sustrans.org.uk
www.cyclepenistone.co.uk
www.starwheelers.com

Contact me for more project information:

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sustrans
Join the movement

Drawing With Bikes



Cycling Facts

Cycle
Safety

The Grand Départ of the Tour De France, sets off from Leeds in July 2014, this will be the first time the competition has ever been in the north of England!

4 3% of people in Britain have access to a bicycle.

3.1 billion miles were travelled on bicycles in Britain in 2011, this is 1% of all miles travelled on the road.

Only 8% of the population cycle 3 or more times a week.

On average 40-49 year olds travel the most miles on bicycles.

A study found that just 25 minutes of aerobic exercise such as cycling boosts creative thinking.

Cycling approximately 25 miles a week, can reduce the risk of heart disease by 50%.

The energy used to make one car would be enough to manufacture 100 bikes.



The public health risk from road crashes is far lower than the public health benefits of increased cycling.

A cyclist is 3x less likely to suffer a fatal head injury if they are wearing a certified helmet.

Cycle, be seen, be safe, think bike, environmentally friendly, save money, be healthy, cycle.