

Community Ideas Hub Case Study



**TRANSPORT
FOR LONDON**
EVERY JOURNEY MATTERS

Cycling for hospital staff

Overview

'Cycling for Hospital Staff' encourages and trains hospital workers to cycle to work, and is targeted primarily at women who undertake low-paid shift work. Many of these workers are not confident riding a bike, as they have either not ridden for a long time, or have not learnt to previously. This project can help promote the benefits of cycling, such as free and sustainable transport, health and wellbeing.

Training program bikes and equipment should be provided to participants when learning to ride. As participants become confident enough to cycle to work on their own, they should be encouraged to buy their own bikes or use Santander cycles.

Sessions can be held at the hospital, where bikes and equipment should be stored. This supports participants who are not ready for the road, and makes it easy to attend sessions. As the target group is primarily women, there should be a combination of female-only and mixed sessions. Project equipment will stay with the hospital, ready to be used for new groups of participants.

The legacy of this project comes from the participants becoming cycling ambassadors for their hospital or organisation, encouraging their colleagues to cycle to work. This can also extend to patients, to further encourage health and wellbeing through cycling.

Participants can attend as many sessions as they like until they feel confident to ride on roads. Sessions should last between 1-2 hours and be held once or twice a week (depending on the number of participants or hospitals). The best time to run the programme is in the summer months.

This activity can easily be adapted for staff in any organisation in London where there are low-paid shift workers.



Target audience and engagement

- The key target audiences are low-paid shift workers at hospitals, primarily women, and BAME.
- Engagement and advertising of the programme is done internally through the hospital(s), via email and intranets. It is important to establish a good relationship with the organisations.
- Word of mouth promotion once initial participants have been engaged.

Reach

- Small to Medium (20-40 beneficiaries)

Requirements

Equipment needed:

- 10-15 bikes of various sizes
- Helmets of various sizes
- Maintenance kit
- Basic spare bike parts
- Hi-vis vests

Resources needed

Project Leader:

- Oversee the project
- Coordinate and attend the sessions
- Ensure all funding criteria and documentation is met (if required)
- Run risk assessment for safeguarding, injuries. Identify any other concerns which may affect project delivery.
- The Project Lead should have the requisite level of CRB. Understand health and safety needs (preferably First Aid trained)

Instructor:

- Run regular cycle confidence sessions
- Teach basic maintenance skills
- Must have the relevant qualifications

Storage space:

- You will need somewhere to store bikes. The most convenient place would be at the hospital or organisation where the sessions are run. If this is not possible, speak to a local community centre, or perhaps another local business with storage room. Your council may be able to provide you with relevant contact information.

Costings

Please note, these costings are based on sessions taking place at one hospital.

Bikes of different sizes (£200 per bike)	£2,000 - £3,000
Instructor	£2,500
Helmets	£1,000
Maintenance kit and spare parts	£150
Project Leader	£1,000
Hi-Vis vests	200

Top tips and key learnings

- Ensure you leave plenty of time before starting the sessions to find a partner hospital and promote the sessions.
- Try to keep the sessions fun, and un intimidating!
- Always encourage your participants to spread the word and act as ambassadors to fellow hospital workers and to patients.
- Gain an understanding of whether participants are more confident riders after taking the session. This can be done by a 'hands up' survey or with a questionnaire.
- Depending on the area, you could direct participants to free cycle confidence and maintenance courses – please check with your local council and organisations.

Maximising local contacts

- You might find that a local shop or café is willing to provide water and snacks.
- Talk to local businesses and organisations to see if you can get the bikes donated.
- Engage with your council – they may be able to lend you equipment, help market the project and help secure a space.