

Community Ideas Hub Case Study



**TRANSPORT
FOR LONDON**
EVERY JOURNEY MATTERS

Cycling with a disability

Overview

The 'Cycling with a disability' project provides cycling training and maintenance sessions for people with learning and communication disabilities, and their families. The aim of the sessions is to improve participants' physical, mental and social well-being.

All activities need to be run by a qualified cycle trainer, preferably somebody who has relevant experience in working with and supporting disabled people. Both individual and group sessions should be offered to cater for different skill levels. In addition to this, there are also sessions that focus on specific aspects of cycling – including providing independence, transport, and a healthy lifestyle. This project also provides many opportunities for social activities after the cycling sessions; projects could also offer lunch/brunch, quizzes, board games, excursions, or just the chance to sit and chat.

Existing cyclists can be recruited to volunteer at sessions, adding the benefit of upskilling non-participants and non-family members.

Each training session lasts about two hours (one hour cycling and one hour maintenance). Additional sessions around the benefits of cycling can last between one to two hours. Both sessions are weekly and run for eight weeks.

The project location can be in any community centre or local building, preferably with a garden large enough for cycling, or very easy access to a suitable park or cycling facilities. It is important to provide participants and their families a setting that allows them to experience cycling in a completely safe and secure environment.

Target audience and engagement

- The key target audience is people with learning and communication disabilities, and their families.



- Promotion is mostly through local community channels.
- Recruit volunteers through local sports channels.
- Flyers, posters and social media can also be useful tools for promotion.

Reach

- Large (100 – 200 beneficiaries, including family members)

Requirements

Equipment needed:

- Bikes of various sizes (or you could ask participants to bring their own)
- Helmets of various sizes
- Maintenance kit
- Basic spare bike parts

Resources needed

Cycle Instructor:

- Run the cycling sessions.
- Ensure participants feel confident and well looked-after.
- Must be a qualified and experienced instructor, preferably with experience working with people with learning and communication disabilities.

Project Leader:

- Oversee the project ensuring the participants feel safe and are enjoying themselves.
- Ensure all funding criteria and documentation is met (if required).
- Run risk assessment for safeguarding, injuries and also to identify any other concerns which may affect project delivery.
- Gather feedback from participants.
- The Project Lead should have the requisite level of DBS and understand health and safety needs (preferably First Aid trained).

Volunteers:

- Help participants with the sessions and provide encouragement.
- Contribute to overseeing activity and potentially fix any equipment issues.

Storage space:

- You will need somewhere to store equipment. This can be at the building you run the sessions (providing there is the space and you have permission). Alternatively you could ask a community centre or another local business that has storage room. Your council may be able to provide information regarding relevant contacts. You could

also use a shipping container; see if anyone is willing to lend you one, or purchase one. Try to keep this as close to the location of the sessions as possible.

Refreshments:

- Tea, coffee and lunch/brunch after every session. This offers an incentive for people to come, and creates a social atmosphere.

Costings

Bikes of different sizes (£250 per bike) x10	£2500
Cycle Instructor	£2000
Helmets	£150
Maintenance kit and spare parts	£150
Project Manager	£500
Flyers and Posters	£100
Refreshments	£100

Top tips and key learnings

- Try to keep the number of participants to a maximum of six per session. This makes for a less intimidating environment, and people are more likely to form closer friendships. It also means participants get much more one-to-one time with the instructor and volunteers.
- Try to keep the sessions fun and relaxed!
- 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.
- Try to mix up the after-session activities, really use the eight weeks you have with the participants to think of interesting things to do!

Maximising local contacts

- Utilise networks to recruit participants or even get in kind support. For example, disability groups, volunteer organisations and local centres, community centres, schools, etc.
- Engage with your council – they may be able to lend you equipment, help market the project and help secure a space.