

Community Ideas Hub Case Study



**TRANSPORT
FOR LONDON**
EVERY JOURNEY MATTERS

Cycling to improve mental health

Overview

Bikeworks in the Park (Mental Health) aims to encourage and engage people with mental health issues to cycle – building cycle confidence and skills. The programme holds 20 three-hour sessions a year, with five to six participants per session. The programme is able to facilitate up to four groups per year. These sessions are held at the accessible Leo Valley Velo-Park and the Queen Elizabeth Olympic Park.

The programme has created all-ability cycling sessions using tried and tested adapted bikes, and has established a five-week course for young people. Working alongside Children and Adolescent Mental Health Services (CAMHS) Hackney, young participants are either existing users of the service, or known to the service.

Bikeworks in the Park has also established a relationship with the East London NHS Foundation Trust (ELFT) to engage people with mental health issues, particularly those diagnosed with, or considered at risk of developing, psychosis.

Using the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS), the programme measures how the activity has an impact on wellbeing. In addition to this, a 'Cycling for Wellbeing Board' has been established to act as a mental health steering group, allowing participants to make decisions and provide valuable input in the programme.

At the end of the programme the bikes are gifted to the participants, encouraging them to cycle independently.

All of the instructors are local, most are women, and all are trained and experienced in working with people with learning difficulties and autism.

This activity can be run anywhere in London where there are accessible green spaces.



Target audience and engagement

- The key target audience is people with mental health issues, particularly those diagnosed with, or at risk of developing psychosis & children and adolescents with mental health issues.
- Promotion is mostly through Mental Health Services who refer people to the cycling sessions.
- Participants with mental health issues have the opportunity to join the steering group to help make decisions about marketing tools and making decisions about the finder aspects of delivery; in essence to co-design the programme.

Reach

- Small (10-20 beneficiaries)

Requirements

- Bikes of various sizes
- Accessible or adapted bikes
- Helmets of various sizes

Resources needed

Cycle Instructor:

- Run the cycling sessions
- Ensure participants feel confident and well looked-after
- Must be a qualified and experienced instructor trained to work with people with learning difficulties and autism. Preferably also trained to work with people with mental health issues.

Project leader:

- Oversee the project ensuring the participants feel safe and are enjoying their time
- 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. Understand health and safety needs (preferably First Aid trained)

Access to Mental Health Services:

- To provide extra support to participants.

Volunteers:

- Help participants with the sessions and provide encouragement

- Contribute to overseeing activity and potentially fix any equipment issues
- Be part of the steering groups to co-design the programme

Storage space:

- You will need somewhere to store the bikes. This can be at a community centre, or perhaps another local business that has storage room. Your Council may be able to provide you with information on who to contact. You could also use a shipping container, see if anyone is willing to lend you one, otherwise you could buy one as a last resort. Try to keep this as close to the location of the sessions as possible.

Costings

Adapted & accessible bikes (x40 bikes)	£120 per bike £4,800
Staff Training (10x staff, £50 per day, 4 days)	£2,000
Management/Admin	£1,550
Delivery Costs (2x Instructors per session at £25 p/h)	£150 per 3hr session £9,000 (60 sessions over 3 years)

Top tips and key learnings

Get participants involved in goal setting and safety planning to really encourage a co-design of the programme.

Maximising local contacts

Utilise local services and networks to recruit participants or even get in kind support. (Disability groups, volunteer organisations and local centres, community centres, schools, etc.)