

CYCLE TRAINING UK

Provision of cycle training to patients

London Borough of Ealing/NHS Ealing

- CLIENT:** London Borough of Ealing and NHS Ealing
- PROJECT:** Providing cycle training for patients over 16 registered with a GP in Ealing. Promoted via GP Practices and other local healthcare channels.
- DATE:** Established March 2011- ongoing
- BACKGROUND:** Ealing Council and NHS Ealing aim to engage the local Southall community through cycling.
- AIMS:** To improve patient's physical and mental wellbeing and general fitness through a weekly cycle training programme.
- RESULTS:** Over 80 participants have taken part in scheme so far (90% women). Boosting confidence and delivering health benefits. Many participants have gone on to take up 1:1 cycle training. The increase in interest in cycling in the area has helped to establish a women's cycle club in Southall.

Funded by the London Borough of Ealing and promoted and supported by NHS Ealing, over 80 trainees (mainly women) have taken part in the scheme. Participants have a range of health issues from cancer, arthritis and obesity to anxiety and depression. They have the opportunity, many for the first time, to learn to ride a bike, as well as to cycle safely on road.

Cycle Training UK worked with the London Borough of Ealing and NHS Ealing to establish the scheme in Southall – an area with a diverse local community groups and low uptake of cycling. Cycle Training UK created a local cycling centre in the park, installing a container and purchasing bikes for the training. Alongside NHS Ealing, Cycle Training UK helped to develop all the marketing and support material for the scheme including Equal Opportunities, sign-up referral forms and posters and promotional communication.

The scheme devised by CTUK follows the UK National Standards for cycle training and is one day a week over a 5 week period. Participants have one-to-one training with professional instructors. The training is paced to the skill level and confidence of the trainees and carried out in a very calm environment with appropriate break periods. As well as using the off-road space and quiet roads the instructors take the trainees on more 'social rides' such as local park rides to build up confidence and improve fitness in a relaxed environment.

To date seven schemes have been delivered in Southall. Feedback from the participants, many of Asian/British Asian ethnicity, has been hugely positive. The trainees have cited benefits as improved overall wellbeing, better fitness levels and increased confidence.

"The Ealing Cycle Training scheme has helped us to get some of our population a bit more active and has proved to be of great benefit to those who participated in the scheme, with self-reported increases in levels of fitness and energy, improved sleeping, reduced levels of stress, and even a decrease in weight. The flexibility, friendliness and confidence of the instructors, as well as adapting the programme to each individual's training needs, have been greatly appreciated by the trainees." Alina, Project Officer, NHS Ealing

"This programme is a new part of our Direct Support for Cycling programme. It has been a key element in getting through to Asian communities in Southall which have historically had a very low level of cycle use, and has led to the formation of the Southall Women's Bike Club". Dr. Robert Davis. Senior Transport Planner, Manager Direct Support for Cycling Programme, London Borough of Ealing



'The training was wonderful – professionally dispensed and a real inspiration for new goals. Many thanks' *Shelly*

'I am happy because I am able now to ride. I thought I couldn't do it because of my age. Thank you Cycle Training' *Sonia*

'Great for fitness & confidence building' *Shaheen*

'It was my dream to ride a bike and thanks to my instructor Julie for making my dream come true. She was patient and her instruction was very useful. I can now consider myself as a person who can ride a bicycle. I was lucky to find information about this course and I used the opportunity.' *Salima*

'This is good exercise for all kinds of disease and everyone can afford it. I think we can get fitter by using cycles daily rather than cars. Our trainers are very good, caring and understanding so please try to join us' *Jayshree*