



Client:	Sports & Recreation, Lambeth Local Authority
Project:	To deliver cycle training as part of Lambeth's Exercise on Referral Scheme
Aims:	To improve patient's physical and mental wellbeing and general fitness through a weekly group cycle training programme
Results:	Trainee benefits included weight loss, increase in body strength, improved mobility and an increase in confidence. At the end of the programme, all trainees decided to continue training with 1:1 cycle training lessons

Background:

Lambeth Council's Sports & Recreation teamed up with their Sustainable Travel department to deliver cycling as part of their Exercise on Referral Scheme. Cycling was added to the scheme (which includes gym, pilates and tai chi) to give residents in Lambeth more exercise choice. The scheme is open to clients with high risk cardiac and low to mid mental health issues who are referred by their GP as well as hospital referral cases of pulmonary diseases/ cardiac rehabilitation.

"Cycling is part of our programme to increase physical activity and begin behavioural change. To help people to set new patterns and embrace healthier living" Marcia Dillon, Healthy Lifestyles Manager, Lambeth Council



" I've had little cycling experience and am nervous & anxious on the road. On the referral scheme we start by training in the park where I'm learning the basics and becoming more confident. After the session, I feel a sense of achievement, of having done something constructive. "

Nancy, Lambeth Cycling Referral Scheme



“The cycle training was very good. At the start my left hand was very weak and using the back brake was hard. Now the cycling has really helped with that (and also helped me lose weight). I would say to anyone thinking of doing cycle training that the sooner you do it the better. Cycling is coming back to me and its built up my confidence... and strengthening my left side.”

James, Lambeth Cycling Referral Scheme

The programme:

Over four weeks a group of trainees are taken through the National Standards programme for cycle training. The initial level (Level 1) involves an off-road session (normally in a park) where bike checks take place and trainees learn to develop control skills such as starting/stopping, emergency brakes, hand signalling, looking behind etc. Complete beginners learn to cycle in the park. The trainees are then taken on road (Level 2) where they learn about road positioning, communicating with other road users and basic on-road manoeuvres - such as passing parked cars, turning at junctions and choosing the correct lane. At Level 3 trainees learn to cycle on busier roads utilising traffic lights, roundabouts, filtering and multilanes.

The content depends on the skill level of the trainees. Complete beginners initially train in the park - learning to ride a bicycle while more experience rides increase their confidence by going on-road.

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 canal cycle rides to build up confidence and improve fitness in a relaxed environment.

“I’ve started using exercise as a means to combat my illness. My mobility has improved a lot. It’s tough doing it on your own but in a group you turn up because you don’t want to let the others down. I was a timid cyclist, and I’m still really nervous but I’m trying to break loads of bad habits including cycling by the kerb.

I love cycling it makes me confident, free and not beholden to anyone.. ”

Liz, Lambeth Cycling Referral Scheme

“I’m learning to cycle because I want to ride with my grandchildren in the park.” Majorie, Lambeth Cycling Referral Scheme

