

CYCLE TRAINING UK

Southall Women's Cycle Club Pilot

London Borough of Ealing

- CLIENT:** London Borough of Ealing
- PROJECT:** Southall Women's Cycling Club Pilot
- BACKGROUND:** Feedback from the Ealing GP Referral scheme, based in Southall Park suggested that there was a demand for social rides for local women.
- WHAT?** A series of 5 fun rides that will take women cycling on road and in parks/cycle lanes around the Southall area.
- AIMS:** To build up the confidence of participants, to experience cycling on road (many for the first time), to discover places of interest and parks using local cycle routes, as well as social benefits.
- RESULTS:** Very positive feedback from the participants and a desire for more rides to be organised in the future

Feedback from the Ealing GP Referral Scheme which provided cycle training to patients and healthcare employees showed that there was a demand for a local women's bike club. The London Borough of Ealing fully funded this pilot club scheme with the aim of delivering a series of club rides to women in the local area.

Over 5 weeks a Dr Bike and Club ride was delivered to a group of women that had signed up to the Club. The rides took part each Saturday 11-1pm with a Dr Bike beforehand to ensure that bicycles were roadworthy. There was also free bicycle provision for those without their own bikes.

Rides from the Southall Park base:

Week 1: Osterley Park

Week 2: Hanwell

Week 3: Northala Fields

Week 4: Along the Grand Union canal and part of river Brent

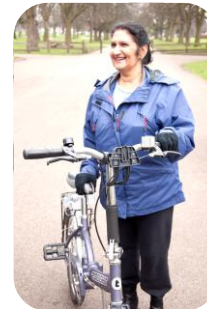
Week 5: Canal ride Brent – Boston Manor

Each route was planned by the lead cycling instructor ensuring that the routes and terrain were suitable for the skills of the cyclists including some contingency timing (for example in one week part of the canal path was being resurfaced).

The cycling instructors noted improved basic cycling skills as the weeks progressed including getting on and off the bicycle safely, covering brakes and improved balance. Many members of the club signed up to Ealing's individual cycle training.

'The club had a very mixed level of skills so there was the challenge of making each ride doable and interesting for all of the group. Whatever skills group members might lack, they more than made up in enthusiasm. The more skilled cyclists were very encouraging and supportive to other members.' Catherine, Lead Cycling Instructor

"The Southall Women's Cycle Club is one of the initiatives we are using in the Southall area to engage ethnic groups. We aim to establish behavioural change towards more cycling through a range of projects. This Club highlights that cycling is fun and that getting to local places of interest is easy in 'bike miles', while also introducing the idea of cycling on road to new cyclists.' Dr. Robert Davis, Senior Transport Planner, Manager Direct Support for Cycling Programme, London Borough of Ealing



'This was an excellent opportunity to explore the area I live in and yet would never have ventured on these routes by myself' Nadira

'I acquired confidence to get on and off safely on my bike and ride on the side roads' Surinder

'The rides increased my confidence, therefore my enjoyment of riding' Jumoke

'Just to say that I really enjoyed the cycle rides. Since taking training, I have been uplifted by the sport' Shelly

'I thought the instructors were excellent; helpful, cheerful, not too bossy! I learnt a lot about road sense, as well as discovering back routes to places I knew and didn't know' Amanda