

Cycling for Wellbeing

Supported by The London Community Foundation



Case Study

Name: Kulsum

Lives in: Plaistow- Newham E13.

"Meeting others in the program has given me a boost of confidence"

Kulsum took part in the **Cycling for Wellbeing** program in February 2021- despite snow and cold temperature Kulsum was committed to the sessions and by the end of the program and with the advice of the instructors, she purchased her own bike to continue riding on.

"Since cycling- my (knee) pain has gone- my cholesterol has gone down, and I have been struggling with that for years! I don't want to let go of cycling now!!"

Kulsum lives in Plaistow and before joining the Cycling for Wellbeing program hadn't ridden a bike for 45 years- since she was a girl in India. Now, her husband works and her children have 'left the nest', so she has been alone at home and ***"wanted to do more exercise but wanted it to be outside- not stuck inside the house"***.

Kulsum found the ladies-only group she joined gave her the confidence to get into cycling again. She felt that ***"if people see people like me cycling they might be encouraged to do it too!"***.

Kulsum has discovered a lot about other wellbeing resources in the area through the program- ***"I never thought there were any canals in London!! We live about a mile away (from the Olympic Park) and we never knew about these places. Now we come here for walking and bring our grandchildren here"***.



BOOK A PLACE



The group received a talk from The Canals and Rivers Trust about their volunteering opportunities, and enjoyed the sun on their last big ride (12km isn't too bad!)

With the support of The London Community Foundation, Bikeworks developed the **Cycling for Wellbeing** program for adults in order to address health inequalities in East London. The program is delivered twice a week over 4 weeks in parks and off-road green spaces.

Inspired by the **NHS 5 Steps to Mental Wellbeing**, the program encourages people to form **sociable networks**, incorporate **regular physical activity** into their lives, **take notice of the present** moment and **learn new skills**. Participants explore local places of interest that benefit their wellbeing, including ways to **'give to others'** through volunteering opportunities.

For more information visit www.bikeworks.org.uk/cyclingforwellbeing