

# Cycling for Wellbeing

Supported by The London Community Foundation



## Case Study:

Referrals from the City & Hackney Wellbeing Network

*"An invaluable way for clients to connect and take care of their physical and mental wellbeing in a positive, energising way. It has increased their confidence and motivated them to socially connect more"*

The City & Hackney Wellbeing Network (WBN) started referring clients to the **Cycling for Wellbeing** program in February 2021, thanks to support from the **London Community Foundation**.

As a formally organised mutual aid/ support group, **Cycling for Wellbeing** activities were able to continue through the lockdown, providing a much needed service to people experiencing **a range of mental health difficulties, including anxiety and depression**- conditions which can be worsened by the social isolation and stress of the pandemic.



Eleanor from MIND in the City, Hackney and Waltham Forest, one of the WBN partners said "*clients were interested in signing up to the Cycling for Wellbeing program because the group was **outside** and **focused on physical exercise, nature and social connection**. Being able to pursue their interest for cycling while **meeting new people** and **exploring new places** was particularly exciting for them"*



Lamin's group visited 3 Mills

*"You guys wouldn't know how happy I am on the inside all the time when I am riding with everyone!" - Lamin*

One such client was Lamin - he had been "*experiencing feelings of loneliness, and having a neurological disorder means I can't really walk much.*

Lamin attended the 8 sessions in Victoria Park and said afterwards: "*Now **I can't wait to enjoy riding my bike** around these beautiful places rather than be sitting at home, watching TV and feeling lonely"*

He says he "*loved the buzz after the rides! I can get back home and be **ready and fresh** to do the tasks that I have due for the day"*

*"I didn't know what to be expecting, but **from day one I realised the positive difference** it made"- Lamin*

Eleanor says "*all of the clients thoroughly enjoyed getting outside regularly and commented on **feeling more confident on their bikes**".*

*I feel so much better about myself - " I have met some friends and we've exchanged numbers - I plan to meet up with them and go on a bike ride after this programme."*

Bikeworks developed the **Cycling for Wellbeing** program to address health inequalities in North East London with the support of **The London Community Foundation**.

Inspired by the **NHS 5 Steps to Mental Wellbeing**, the program is for people who can already cycle, is free to attend and bikes can be provided, including adapted bikes for all physical needs.



Visit our website for more information, to **refer someone** or **book a place**