

Cycling for Wellbeing



Case Study: Lynn



Lynn rented
a bike for
herself

"I had the most amazing time: meeting new people with similar needs"

Lynn, 60 years young, is from Tower Hamlets and lives alone. She normally sees her daughter weekly but was not able to throughout lockdown. Lynn started to feel isolated, her mood became low and she started to feel anxious. Lynn experiences Osteoporosis and had read about the benefits of exercise and cycling and decided to join the **Cycling for Wellbeing** program in May 2021.

"Thanks to Bikeworks for this GOLDEN OPPORTUNITY- I was very fortunate to cycle with others for the 4 week program learning about the fundamentals of cycling, the history of the Olympic Park and discovering new and exciting areas on my doorstep."

BOOK A PLACE

The positive impact on Lynn's health and wellbeing:

*"During lockdown I felt like I had lost so many days of my life. The cycling enabled me to **improve my health** as well as **adding better value to my life**; my **blood pressure is at its best for years**; I am also **much happier**; the muscles around my knees are **getting stronger** and I'm able to climb stairs with **less pain, fear and tribulation**.*

"I now look forward to each new day with great enthusiasm."



"The banter among my cohort was great."

Lynn learned about cycle hire schemes on the **Cycling for Wellbeing** program and has since found herself a rental bike on a semi-permanent basis, so she can keep her good mood going and build cycling into her everyday life...

....next step is a **one to one lesson with an instructor** though the Bikeworks Adult one-to-one Cycle Training Scheme for Tower Hamlets residents. **Go Lynn!!!**

Bikeworks developed the **Cycling for Wellbeing** program to address health inequalities experienced by adults 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