

Cycling for Wellbeing

Supported by The London Community Foundation



Case Study

Name: **Kiran**

Lives in: Newham

"The main aspect I found beneficial was the social side of the program- it had a compassionate and kind aspect to it. I know I need other people to motivate me now."

I have been working at home on my own in lockdown and ***I was really fed up of these four walls and of seeing people in pixels***. I cannot ride a two wheel bike so I went to **Bikeworks' All Ability club** and I found the tricycle which I used on the wellbeing program.



The main driver for me attending Cycling for Wellbeing was my health- I have Diabetes and whilst I was attending the program it became much more stable - I know I really need to keep on cycling and doing regular exercise now.

After the first session I was amped up and wanted to come back for more!

The following sessions we did less distance and had more breaks- but now I think about it, maybe ***my physical fitness improved so I have found it easier!!!***

I was showing off to my friends and Auntie about doing this program- ***going up that huge hill*** at the end that I had found so hard at the beginning made me realise- ***I can do it!***



Kiran at the top of 'that hill'

But **the main aspect that I found beneficial was the social side of the program-** it had a compassionate and kind aspect to it- I never really got that from the regular physical training sessions I used to do. **Seeing the same people regularly each week really helped me-** I did have the first day nerves but it was a really open and welcoming atmosphere- it didn't even matter that I arrived late to nearly every session! No one criticised me and I was still made to feel welcome.

It felt like a safe environment. That was really important for me.

As part of the program we were introduced to **volunteering opportunities-** I signed up for the Canals and Rivers Trust program and I also hope to join volunteering with Bikeworks. I'm looking forwards to more social rides with them in the summer and doing that hill again!

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

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 and **book a place** visit www.bikeworks.org.uk/cyclingforwellbeing