Spotlight On



Name: Ruqiya (21) Course funded by: Newham Council **Course**: Cycling for Wellbeing





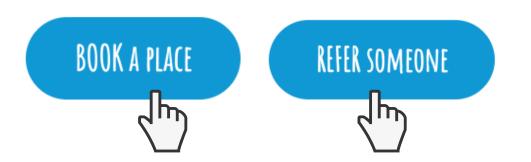
"II'm not really an outgoing person at first, this course made me more confident in meeting people and being out.

Ruqiya took part in the **Cycling for Wellbeing** program in August 2021- being a wheelchair user and having only cycled once before- she excelled at learning to ride the hand crank bike. "I had heard of hand-bikes but I've never heard of anywhere that just lets you use one. Now I've found somewhere where I can just get on one. It's definitely cool."

"Robin, the instructor, is like hanging out with a new uncle you didn't know before, who likes cycling. It was good making new friends."



Rugiya now wants to continue to ride a bike. "For someone who has mobility issues, I would say the people are very accommodating, you never feel you are in danger. Just put yourself out there, and it will be worth it."



Bikeworks developed the **Cycling for Wellbeing** program 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