

Spotlight On



Name: Ruqiya (21)

Course funded by: Newham Council

Course: Cycling for Wellbeing

"I'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."

Ruqiya 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."**



BOOK A PLACE



REFER SOMEONE



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