

# Cycling for Wellbeing+++ Program

Service description for Social Prescribers/ Community Connectors and other referrers



## Program Aims:

Improved health outcomes and community connections.  
Increased sense of wellbeing and daily physical activity levels.  
Renewed sense of belonging and reduced social isolation.

- 2 wheel and **adapted cycles** (trikes) are available free of charge.
- All courses are **free of charge** to take part- limitations apply.
- All Sessions take place or start in the **Olympic Park, Stratford**.
- Participants are encouraged to engage in **multiple courses**.
- **Carers or support workers** are welcome to attend/accompany.

**Eligibility criteria:** Any adult registered with a GP in Newham with a physical or mental health need (includes common mental illness such as anxiety, depression and stress as well as more severe mental illnesses; or physical illnesses that would benefit from increased physical exercise)



**Learn** (or remember!) how to ride a 2 wheeler on your own in a supportive group with other beginners in preparation for taking part in the Cycle for Wellbeing course. Max 2 sessions per person.



**Improve** cycle control skills for those who can already ride a 2 or 3 wheeled cycle or have your skills checked before signing up for the Cycling for Wellbeing program. Max 2 sessions per person.



**Make friends**, explore green spaces, learn about wellbeing and mindfulness and be introduced to volunteering opportunities. A welcoming group structured around the 5 Steps to Wellbeing- 8 sessions over 4 weeks. You must be able to cycle to take part.



Start making **journeys on the road** using your existing cycling skills. Learn with others and build your knowledge together. Course of 3 weekly sessions. You must be able to cycle to take part.

## How to Book or Refer:

The quickest way to get onto a course is to book directly on our website booking form, or for carers/referrers/ support workers to help them book directly. Otherwise refer them using the referral form and we can support them to complete the booking over the phone.

## Program Funded by:



## How to make a referral:

Complete the online form: <https://www.bikeworks.org.uk/forms/referralenquiry-form/>

## How to Self Refer/ Book a place:

Select your course type and preferred date by completing the online form: <https://www.bikeworks.org.uk/forms/cycling-for-wellbeing-program-booking-form/>

