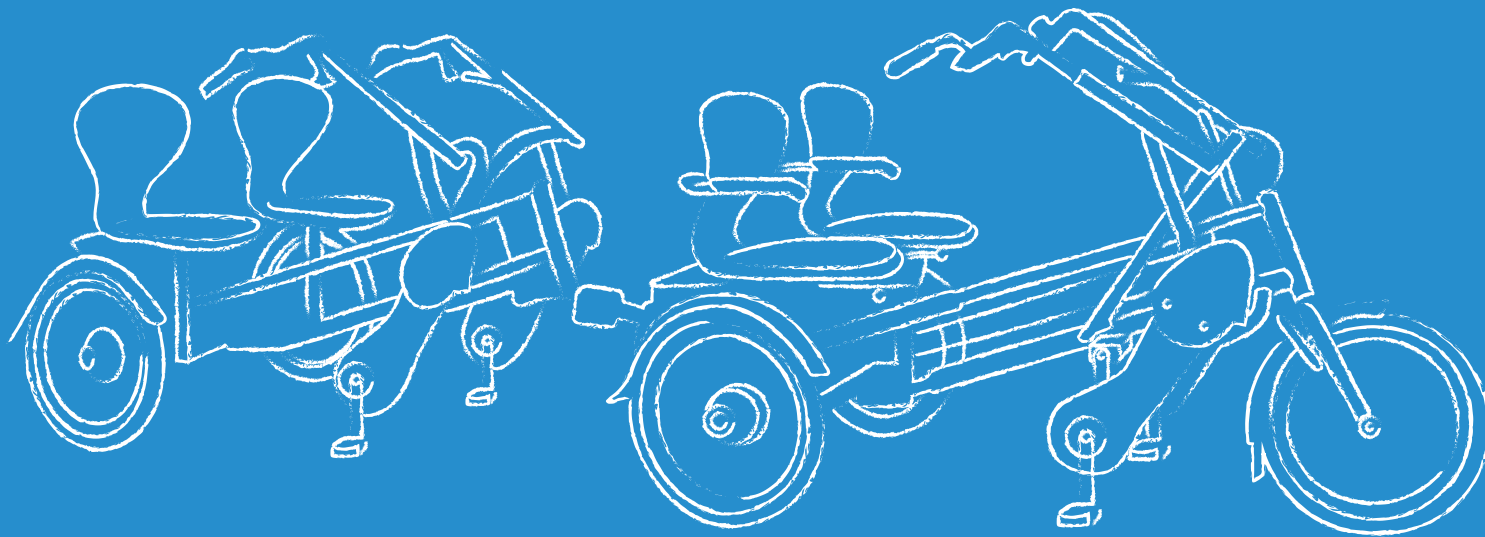


RIDE SIDE-BY-SIDE

SUMMARY OF FINDINGS



BIKEWORKS

Bikeworks creates an inclusive environment for people to come together and enjoy cycling for travel, leisure and wellbeing.

RIDE SIDE-BY-SIDE (RSBS)

The Ride Side-by-Side is 'a cycle taxi with a difference', designed to engage people who experience high levels of isolation and loneliness, with a focus on disabled people, carers, older people and people with restricted mobility.

The cycle can carry up to three passengers at a time. People are collected from their location of choice by a cycle pilot, riding the electric-assist Side-by-Side cycle with a trailer. They can enjoy a journey of their choice for up to an hour and a half. Pedalling is not compulsory but highly recommended and passengers can equally sit back, relax and enjoy the ride.



KEY NUMBERS

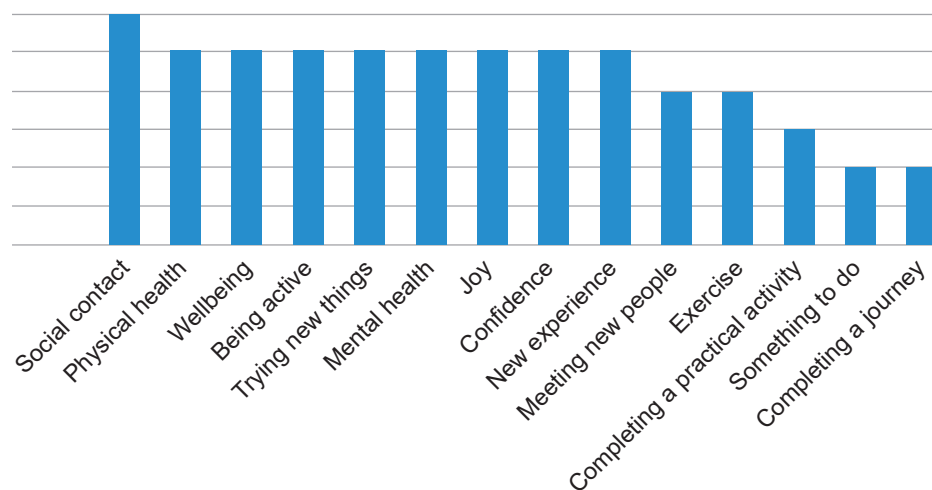
THE EVALUATION

The evaluation was overseen by Dr. Kay Inckle. Data were gathered from thirty-nine RSBS participants using semi-structured interviews and twenty seven demographic surveys. Six pilots completed mixed-methods surveys. Interview transcripts and qualitative survey data were coded and the codes were grouped and sorted to allow a thematic analysis of the data.



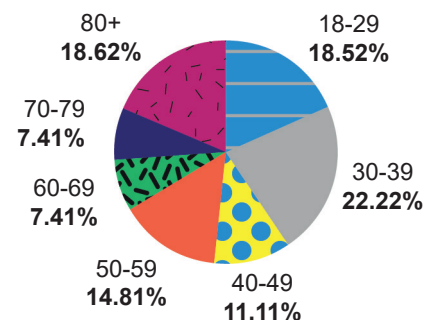
IMPACTS OF RSBS

DATA FROM PILOT SURVEYS

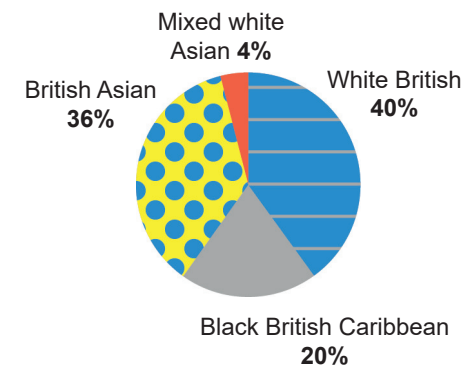


USERS OF RSBS

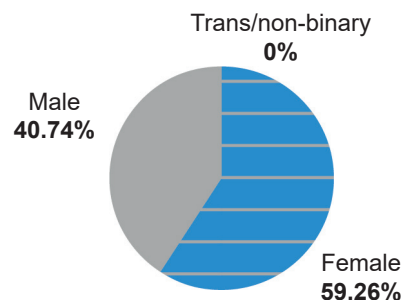
AGE GROUP



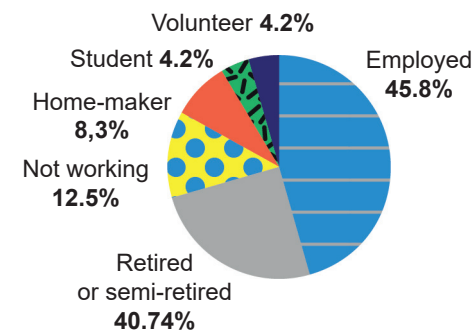
ETHNICITY



GENDER

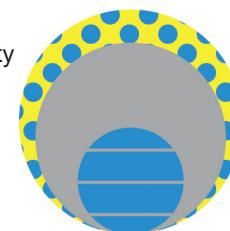


OCCUPATION



DISABILITY STATUS

85.2% have a disability or health condition



47.3% listed being blind or visually impaired

TESTIMONIES

One aim of RSBS was to change people's attitude to and behaviour about cycling. This enabled them to ride the cycle and enjoy the many additional benefits.

FEELING ABLE TO CYCLE

I was terrified before the ride, I haven't been out by myself for ten years. Afterwards I felt fantastic! You can't describe what it's like to be free and have the wind in your hair on the bike! I was sort of buzzing! [...] it was absolutely WOW! I have never ridden a bike, [...] I'd like to learn to ride a bike now.

FREEDOM THROUGH IMPROVED MOBILITY

It was that sense of independence that I can achieve something again. Before I'd always been told no, no, no, no, no. It was like YES you CAN do this, let's GO! Since lockdown I'm not using public transport. It [RSBS] gives me a good sense of independence...



EXPANDING BOUNDARIES AND REACH

I don't always feel confident walking to places, an Uber is easy but expensive. [...] Just trips like, you know, going round Regent's park, or going to an outdoor market, to experience different neighbourhoods, you know, like exploration of London.

BEING LIKE EVERYONE ELSE

I think that it was, in a way, private. You know, no-one was judging me and I was enjoying it. The fact that I could pedal, that was important, if I wasn't able to pedal then I would have just felt [...] that I'm just some disabled person being wheeled around. I want to be as normal as possible.



HEALTH AND WELLBEING

It was very good, it also happened to be a nice day, we were really happy to get out and be outdoors [...], and we were able to pedal and get some exercise and at the same time sit comfortably on the seats [...]. It forces me to go out and cycle which is good for my health and wellbeing. [...] I physically felt like I had worked out.

SOCIALISING

I think it's great, it gives us a chance to chat and socialise [name] and I are going to meet up for a drink outside as well, and learn about what other visually impaired people do, so we can help each other in terms of how we might tackle certain things.[...] The pilots are very friendly and helpful, we have a good laugh, and you know I just really enjoyed it. I felt relaxed. The weather was great.



CARER BENEFITS

The people that I support would never be able to get out and about in the same way. Using public transport is not always a viable option for some people, and so without having this scheme there'd be very few opportunities to be mobile and to experience being out and about in the community, to see things and feel connected to where they live. Mum came alive, [...] it was a glorious day as well, sunny and warm, and she was just loving it, she's never been on a bike before in her life. I'm a carer who's exhausted all the time and my general wellbeing has been crushed into the floor on a daily basis, not my mother's fault at all, it's just her condition. [...] To see my mum, when she smiles, I smile. When she's a bit down it's difficult for me to smile. I don't get that many opportunities to smile so when I do it's golden.



IN SHORT

KEY RECOMMENDATIONS

Considering the immense benefits for the RSBS passengers illustrated in this research, alongside current government policy on active travel and tackling the climate emergency, the main recommendation is to scale the delivery from a project to a service, and to:

- Continue to work with current participant groups e.g. older, disabled and visually impaired people
- Approach new organisations, especially:
 - Organisations/groups for people with mental health needs
 - Carer organisations
 - Organisations/groups working to combat social isolation and loneliness
- Ensure that health and social prescribing programmes (including active travel) establish pathways for referring to the RSBS
- Expand the service so it is available during evenings and weekends
- Expand the service so there is a wider range of leisure and taxi rides available

ACKNOWLEDGEMENTS

Some people accessed RSBS independently, most were referred by a range of other organisations including: For Brian referring people with dementia; Beyond Sight Loss and Metro Blind Sport, visually impaired people; Poplar Harca, people living in social housing; The Outside Project, LGBTQI+ living in sheltered accommodation, and many others.

Many thanks goes to our funder the London Legacy Development Corporation, Dr Kay Inckle for writing this evaluation, our participants and pilots who agreed to be interviewed and our interviewers.

