

Ride Side-by-Side Report

 bikeworks

3358

Journeys
Completed

871

Passengers
Engaged

30

Community
Groups Engaged

15

Staff trained

7

Side-by-Side
Cycles

*“It’s quite a **lifeline** really”*




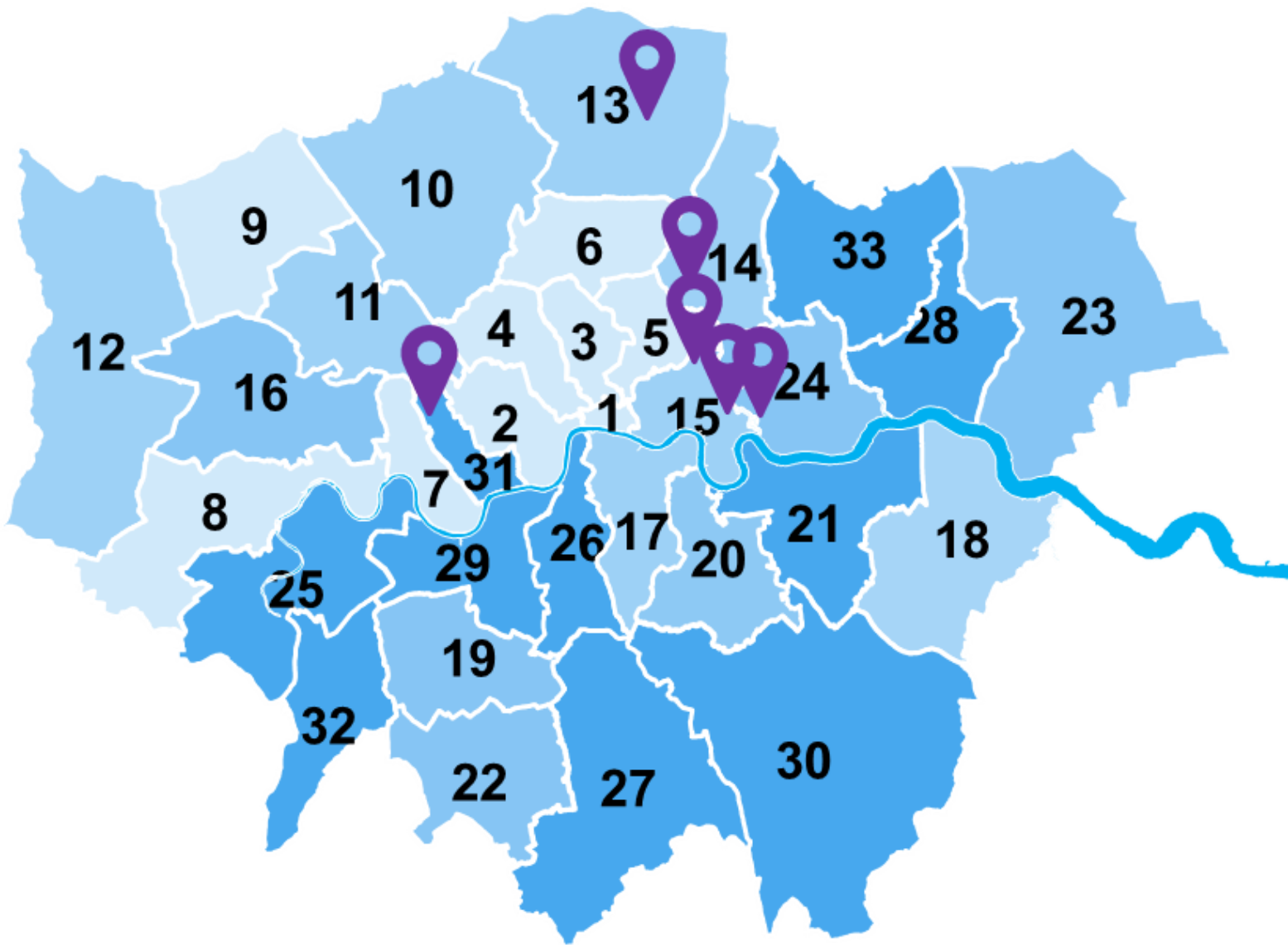
Ride Side-by-Side (RSBS) is an **alternative free cycle taxi** service for older people, people who have mobility or visual impairments; or those facing social isolation. It’s like a pedal-powered Dial-a-Ride for up to three users at a time.

The cycle is designed to **support people with restricted mobility**, including older age, and can be used in all weather conditions. Residents were picked up from home to attend appointments, go shopping, for exercise, or as a leisure ride, as an alternative form of transport.

Dr Kay Inckle researched the impacts of the RSBS service. The effects on social participation, mobility, access to nature, exercise, and health are summarised here.

Social Connectedness

Using **6 Operation Hubs**  the **7 RSBS cycles** connected with people across **multiple London Boroughs**



After using the RSBS service people reported **increased confidence** to undertake new activities and strongly **improved connections** with:

Cycle pilots



Other riders



Family & friends



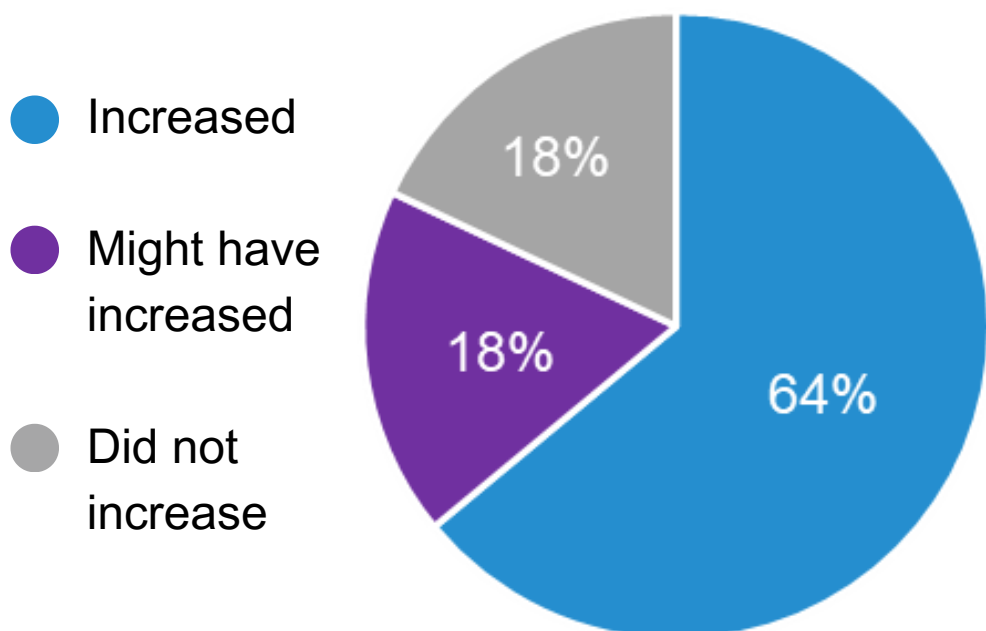
Wider community



Local environment



RSBS Effect on Social Connectedness



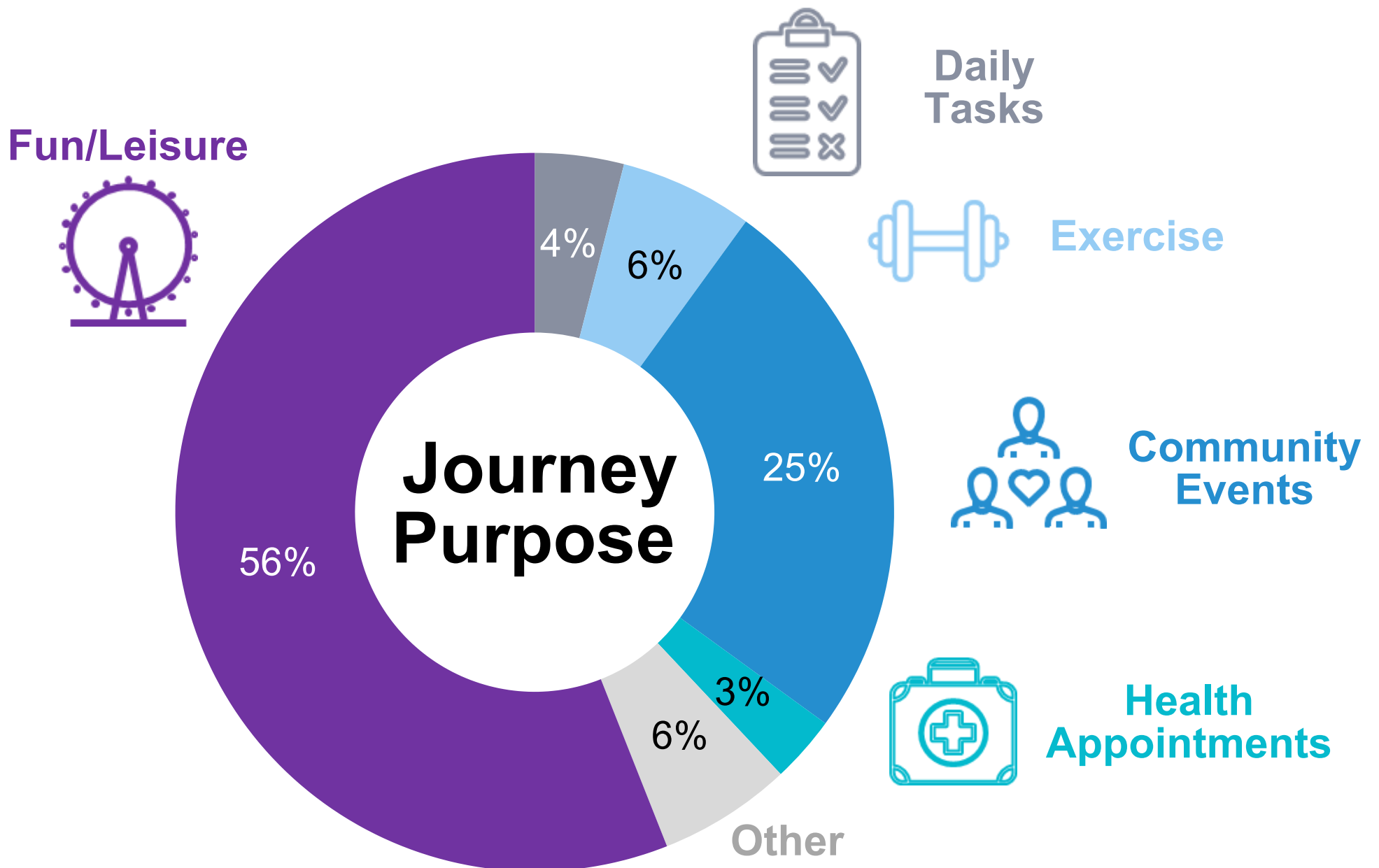
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To me, it's not just about the bike. It's the actual pilot, you're talking all the time, constantly. And the conversation is important to me... it's like a new release for me. That's what's important to me also. Not just the bike ride, but the person that you're talking to, you know?



Mobility

As a service, the RSBS provided essential door-to-door transport for people who face **significant barriers** to mobility. The self-referral and flexibility of the service to book a specific journey to suit their needs made it **uniquely accessible** for passengers. The service being **free of charge** was also crucial for many given the expense of other options.



A number of passengers faced **significant barriers** to accessing their local area and amenities, often describing the service as a “**lifeline**” without which they would be more or less housebound.

“““

*Travel or to go outside is a problem for me. So with someone like the pilot to help me to travel around... it's much more positive because, **if there's no one coming, then I just stay in my room.***



Health & Wellbeing



The RSBS service offered a **unique form** of physical activity and exercise that provided access to the outdoors and nature, as well as social contact. Participants reported a **range of health and wellbeing benefits** as a result of using the service including immediate and **longer-term** mental health benefits.

Short Term Impacts

RSBS passengers overwhelmingly emphasised the positive effects on:



Mood

Energy



**Social
contact**

Fitness



Long Term Impacts

People also noted **deeper mental health benefits** from using the service over time, noticing an improvement in their mental health arising from the combination of getting out-and-about, the physical exercise, and the social contact.

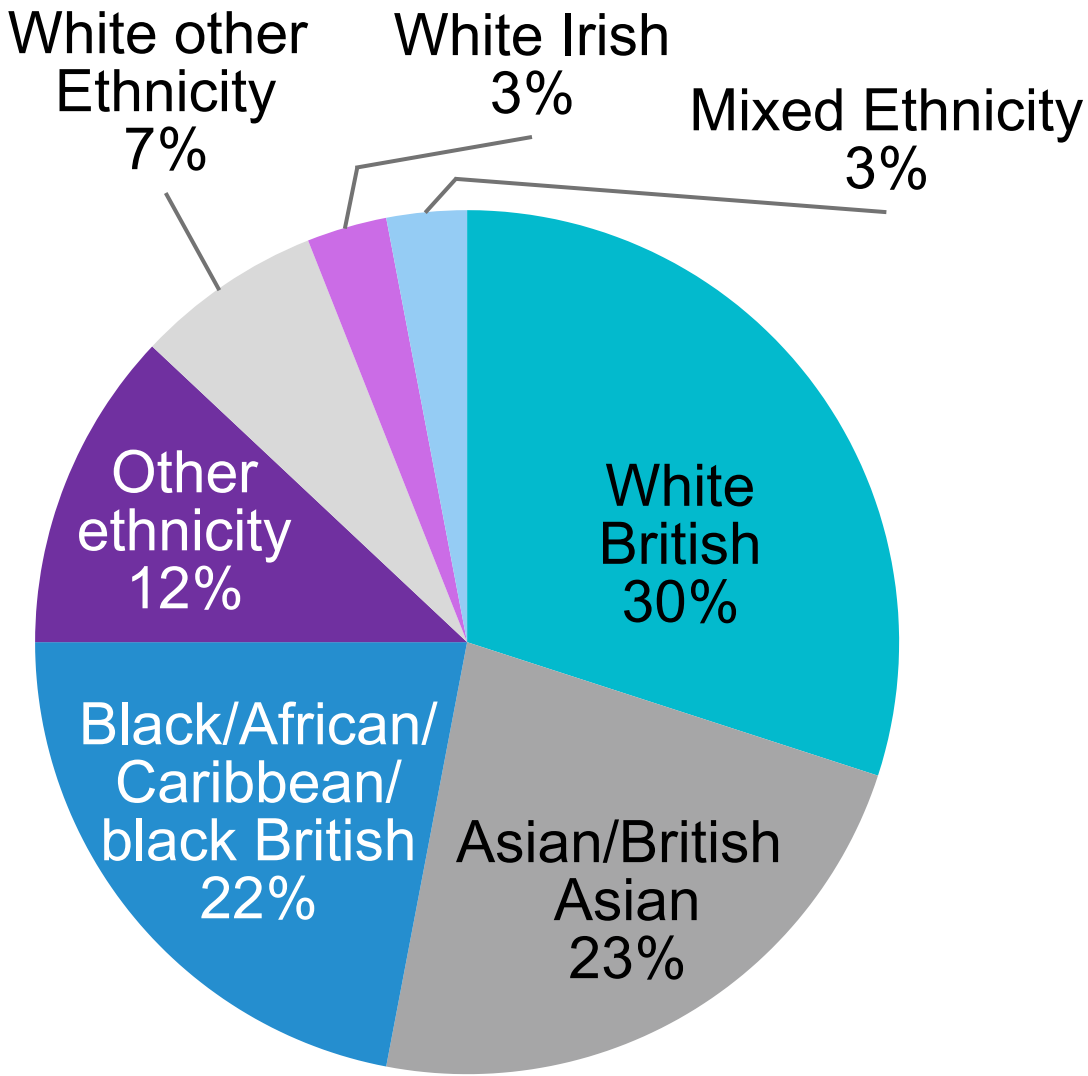
“““

*I mean, I could have been in all the **therapy sessions** in the world. But only for five weeks, this has **helped me much more**. ...This is, this is the **best mental health** I've had, going on the bikes. It's done me good.*

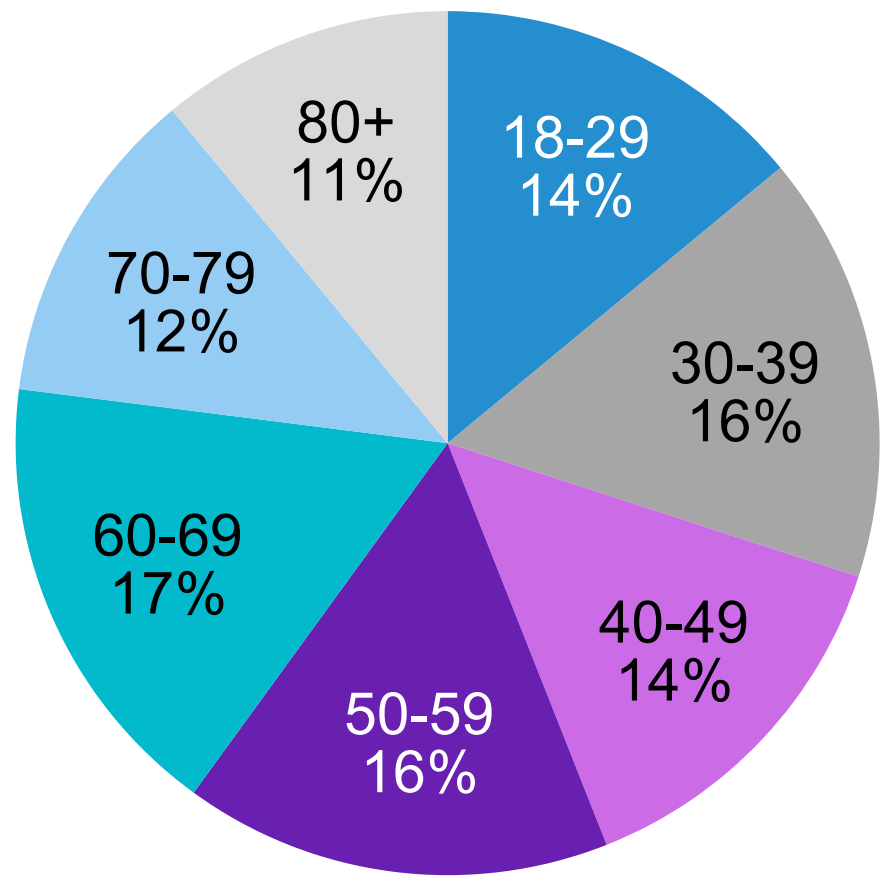


Inclusion & Accessibility

Passenger Ethnicity

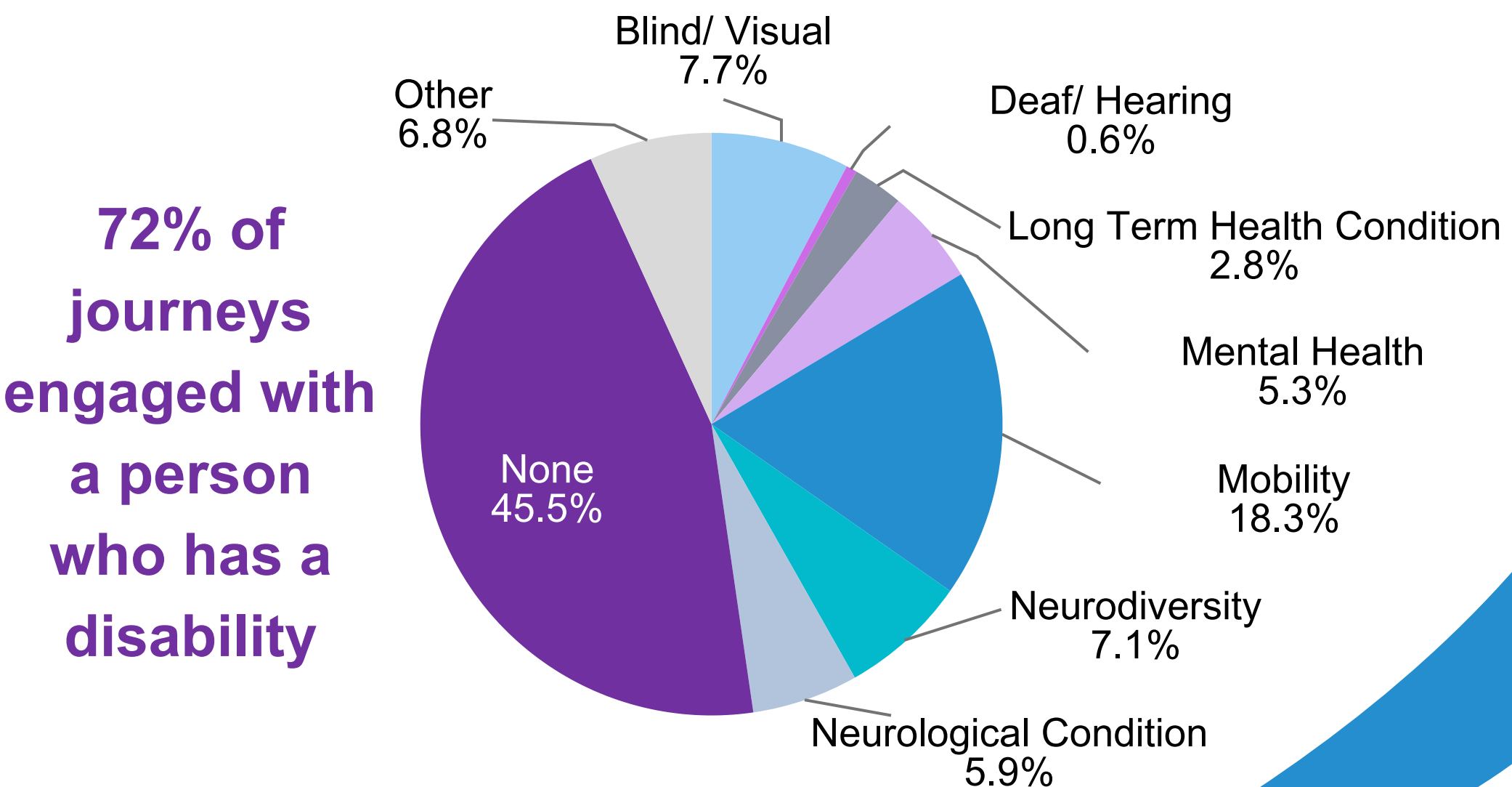


Passenger Age



The RSBS is **accessible** to a wide range of demographic groups and particularly **inclusive** of those who are likely to experience barriers to mobility, transport, and active travel. More, **Cycle Pilots were frequently praised** for the skill, sensitivity, and adaptability they demonstrated, as well as the warmth of their social interactions.

Disability Engagement



72% of journeys engaged with a person who has a disability



Conclusions

Dr Kay's report concluded that the Ride Side-By-Side service should:



Be **funded on a consistent and ongoing basis** to continue uplifting disadvantaged communities



Remain **free and available on an easy refer**, including a self-referral basis.



Have **information and awareness** about its impacts **disseminated widely** across health, social, and public services



Be rolled out across a **wider geographical area**, to ensure equitable access to the benefits across the country



Be **developed**, to include **special excursions** and supported employment opportunities for those from marginalised groups



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