#47. INCLUSIVE CYCLING

Photo credit: https://bit.ly/2smjsuZ

Theme(s): Partnership

Type of initiative:
Active Parks

Year: 2015 - till present day

Location:
Birmingham
United Kingdom

Owner: Birmingham Wellbeing Service and British Cycling
Contact: chris.watts@cycling.org.uk

Source: https://bit.ly/2smjsuZ

DESCRIPTION

In 2014 there was no inclusive cycling offer at all within Birmingham, a city that has a metropolitan area of almost 3 million. We identified a need and initiated a plan to include adapted bicycles as part of the Big Birmingham Bike project. We started to work with Cycling Projects, which is a national charity, and their Wheels For All programme, to make cycling accessible for all in the city. We began with trial sessions at the Alexander Stadium, and then moved to better facilities at Small Heath Wellbeing Centre, working with support from Small Heath School, where the sessions are still based. Work is currently being done with both Midland Mencap and Hockley Day Centre, with a view to establishing satellite sites with public access to these bikes. We also aim to have at least one trike in all of the BBB hubs in the future.

SUCCESSES

We have had huge success with riders who have never previously been able to cycle, which also adds a social element to the groups. In addition it helps to address the lack of exercise in people with physical restrictions.

CHALLENGES

The challenge in the early stages was in finding as suitable venue to start the project. We had hoped to have access to the track at the Alexander Stadium, but this was not possible to, due the high profile nature of the site and their concerns over damage to the track. The Small Heath venue is successful, as it is easily accessible and the riding space is reasonably large, enclosed, and provides a variety of riding terrain for both the novice to the more confident rider.

Other practical challenges include the cost of the bikes, managing repairs, and also storing the bikes, which are all shapes and sizes!

*All information in this entry is sourced from the link above and contact mentioned in the document