

Health & wellbeing – inclusive cycling interventions

hello my name is...

Janet Paske

hello my name is...

Steve Rowberry

Exercise



And pleasure?



What is
physical
activity?



Sport

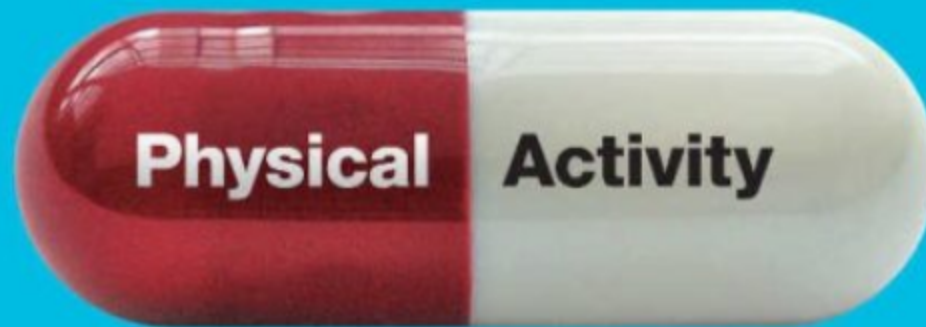


Lifestyle physical activity

© Kevin Hickman

© Shelley

Miracle Cure!



Demand - Barriers = Participation



**MAKING EVERY
CONTACT COUNT**



1 solution is an inclusive cycling hub

Sheffield Cycling **4 All!**

Why cycling rather than A. N. Other physical activity?



Freedom, independence, control.

How can occupational therapists
use inclusive cycling?

REASONS FOR OCCUPATIONAL THERAPISTS TO CONSIDER CYCLING AS AN INTERVENTION

- can develop/ maintain motor, perceptual, cognitive and psychosocial skills
- once confident to cycle, enhances mental and physical wellbeing
- there are cycles for nearly everyone
- may be sustained independently
- aided by existing networks: to support graded cycle training; UK-wide there are over 50 accessible cycling hubs with a range of cycles
- contributes to the Making Every Contact Count (2017) health promotion agenda



“there is clearly an association between meaning and participation in cycling”

Feighan & Roberts (2017)

What goals might be achieved
with inclusive cycling?

What goals might be achieved with cycling?

- Learning of new skills
- Increased confidence
- Improved mood
- Developing social skills
- Developing mobility/ flexibility
- Developing exercise tolerance

None of these require riding on the road





An inclusive cycling hub at an athletics track

Miles without Stiles in the South Downs National Park



Positive spin in south London - a project for people with dementia



Kevin, using his bike for transport. It's more convenient than a car.



Alton Cardiac Rehab cycle group. The retired GP leader has seen members increase their cycle usage into practical journeys.



Cycling in Brockwell Park – an inclusive cycling hub



Over to Steve.....



A voice for disabled cyclists

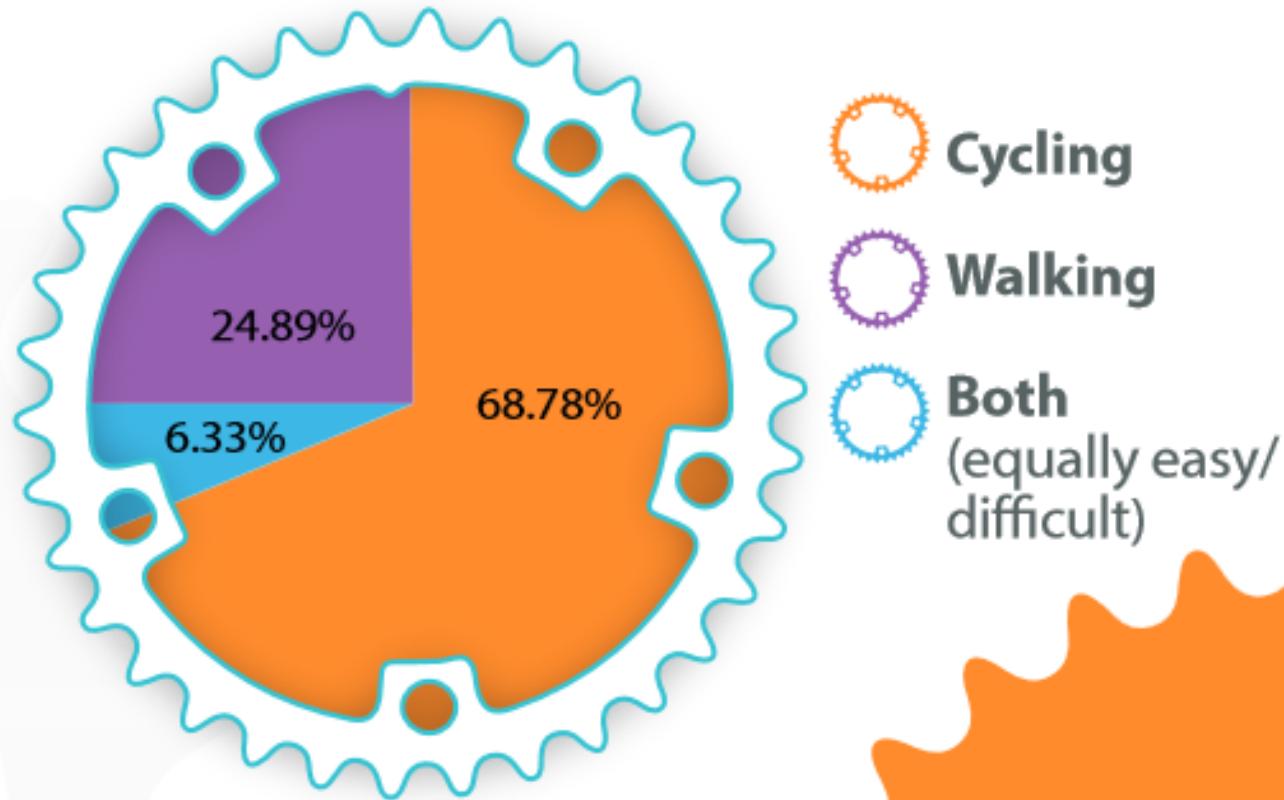
Disabled people do cycle



Sample: 221 self selecting disabled cyclists.

Source: Wheels for Wellbeing (2017)

Method found easier for getting around



Sample: 221 self selecting disabled cyclists.

Source: Wheels for Wellbeing (2017)

The reality of cycling:

57.01%
Experienced passers-by
being positive

11.31%
Allowed to use cycle in
pedestrianised area after
explaining it was a mobility aid

16.74%
None of these

9.95%
Couldn't get cycle through Cycle
to Work scheme because the preferred
cycle was over the £1,000 limit

37.75%
Unable to park or store
non-cycle due to inadequate facilities

35.75%
Encountered abuse/
disability hate whilst cycling

31.67%
Asked to dismount cycle
even when used as a mobility aid

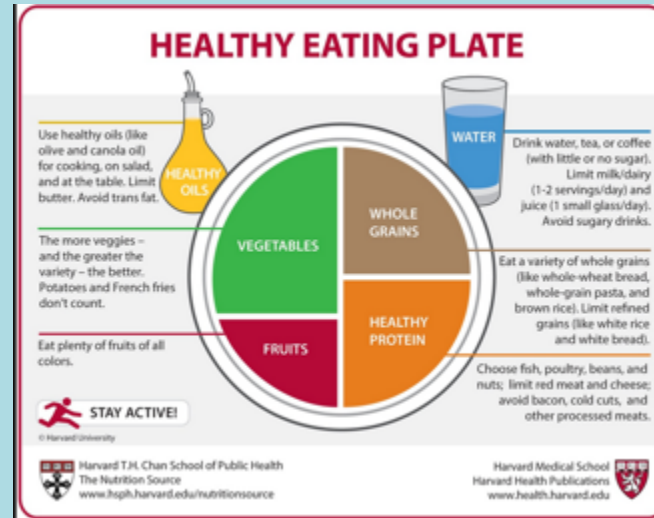
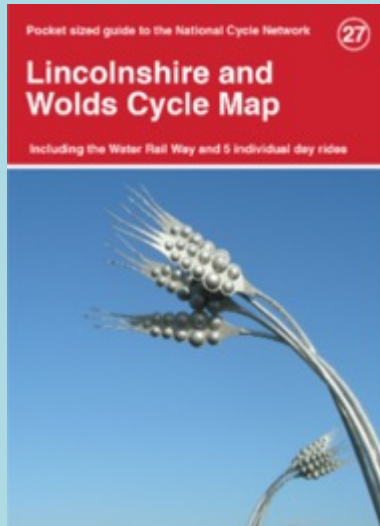
19.46%
Couldn't find any inclusive
cycling opportunities in the area



It's not just the cycling ...



Cycle Sheffield
Love both





[A short video of disabled cyclists from Wheels for Wellbeing](#)

Help to find support near you

FIND AN ACCESSIBLE CYCLE HUB

Wheels for All cycling.org.uk/wheels-for-all/

CyclingUK Inclusive Cycling www.cyclinguk.org/ride/inclusive-cycling

ALSO, FOR PEOPLE WITH VISUAL IMPAIRMENTS

www.metroblindsport.org/sports/vision-impaired-tandem-cycling/



LEARN TO RIDE A BICYCLE OR IMPROVE CYCLING CONFIDENCE

Various organisations provide adult and child cycle training across the UK, whether in groups or 1-1. Inclusive cycle training should be provided but only some will have access to non-standard cycles.

bikeability.org.uk/find-a-course-provider/



FIND A GROUP TO RIDE WITH

All these groups are run by volunteers.

CyclingUK has many groups across the UK www.cyclinguk.org/local-groups

British Cycling organises rides for women www.letsride.co.uk/breeze

Also see campaign groups below



CYCLE ROUTES AND CYCLE MAPS

Sustrans has created the National Cycle Network of quiet routes.

www.sustrans.org.uk/

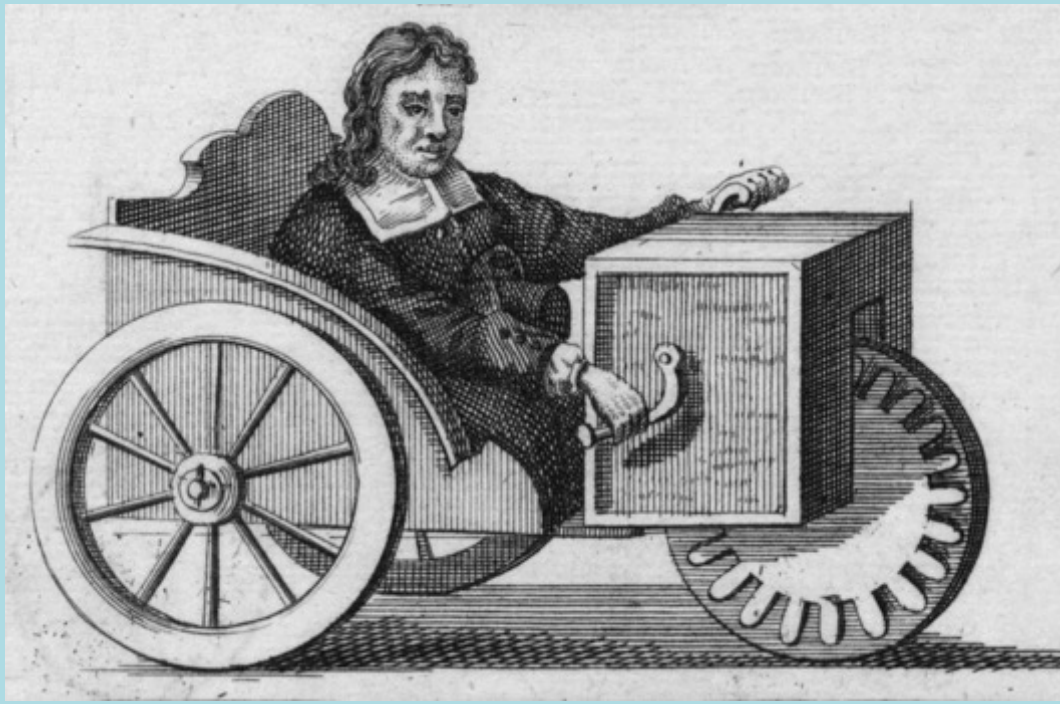
Local councils sometimes provide free cycle maps for their area.



LOCAL CYCLE CAMPAIGN GROUPS

A good way to meet people interested in cycling and get involved locally to campaign for a better deal for cyclists. These groups may also organise bike maintenance classes. www.cyclenation.org.uk/test-map





The first self-propelled wheelchair or the first handcycle?

Designed by Stephan Farffler in 1655. It precedes the creation of the first bicycle in the late 19th century.

References

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How to find out more

Experience an
inclusive cycling
hub:
[cycling.org.uk/wh
eels-for-all/](http://cycling.org.uk/wh
eels-for-all/)

Use my
quick
start
factsheet



#inclusivecycling
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