

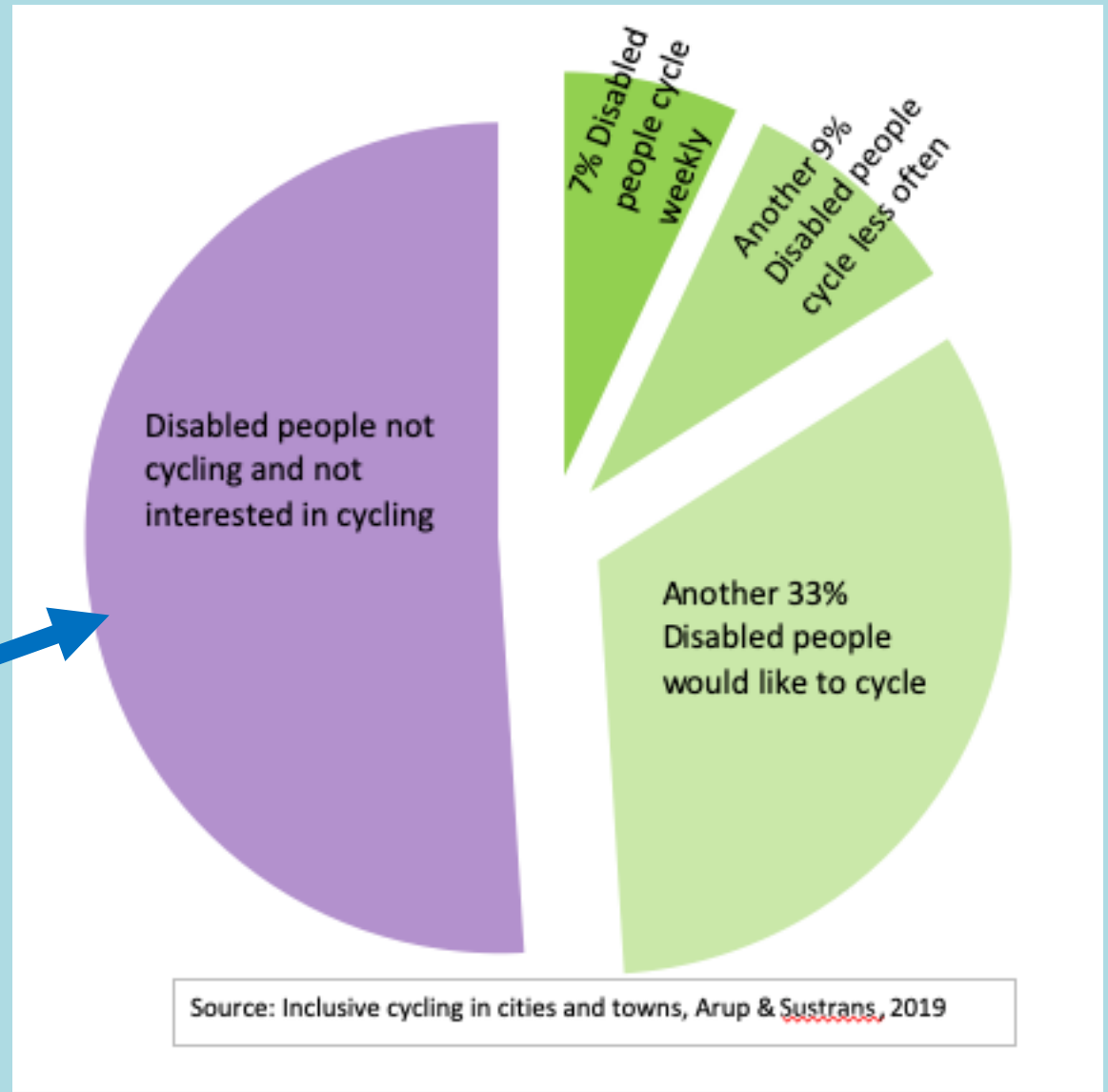
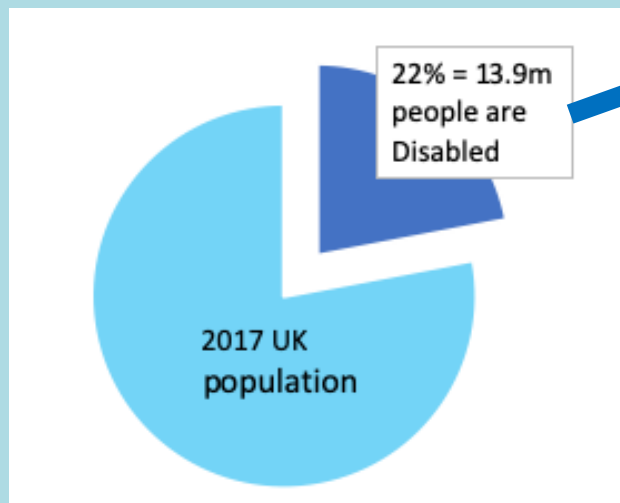
Inclusive cycling

Sustrans (Midlands and East) Delivery Team Meeting
11 June 2019

Janet Paske

Soon-to-be occupational therapist
GetSetToGo Coordinator for Sheffield Mind
Founder, Wheels for Wellbeing

About 50% of Disabled people in UK towns and cities cycle or would like to cycle



Why do Disabled people cycle?



Sample: 221 self selecting disabled cyclists.

Source: Wheels for Wellbeing (2017)

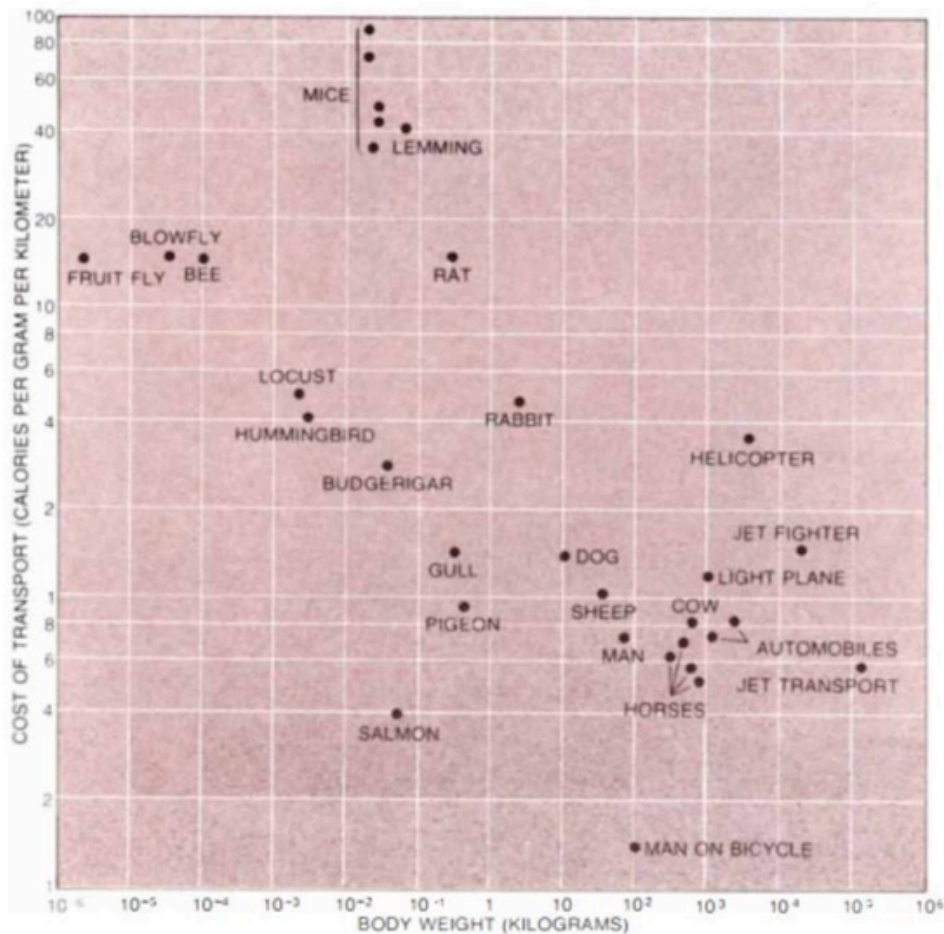
Physical Activity • for • Disabled Adults

• Make it a daily habit •



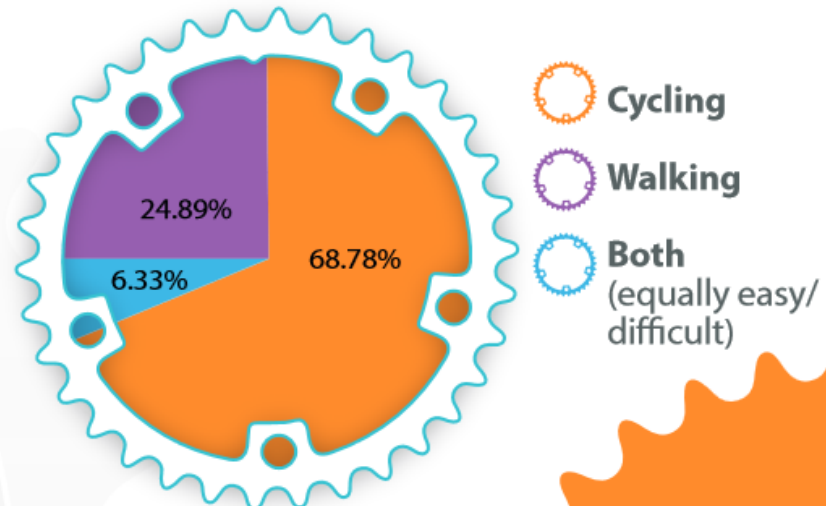
UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

People who do least physical activity benefit the most.



Sample: 221 self selecting Disabled cyclists.
Source: Wheels for Wellbeing (2017)

Method found easier for getting around



Source: Wilson, S. Scientific American, 1973

#cyclingseasierthanwalking

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

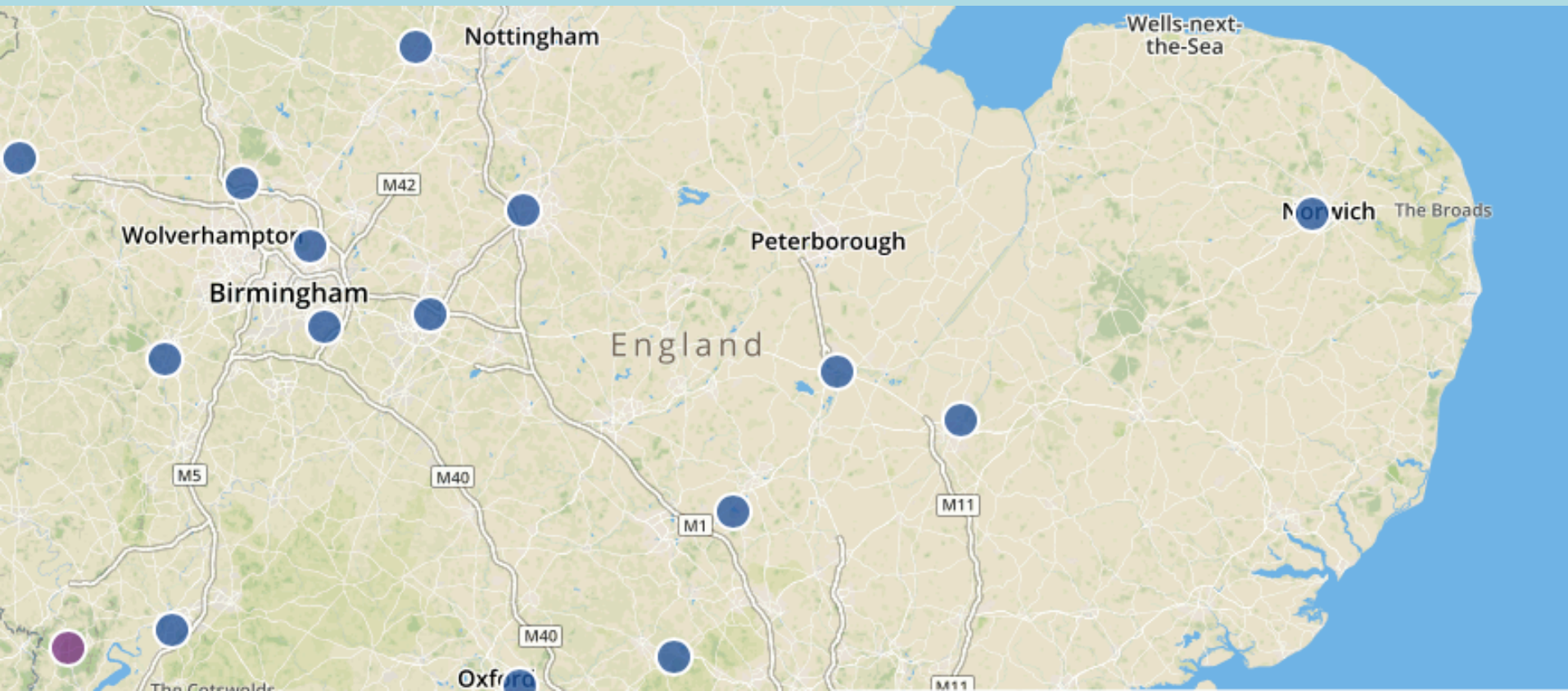
37.75%
Unable to park or store
non-cycle due to inadequate facilities

35.75%
Encountered abuse/
disability hate whilst cycling

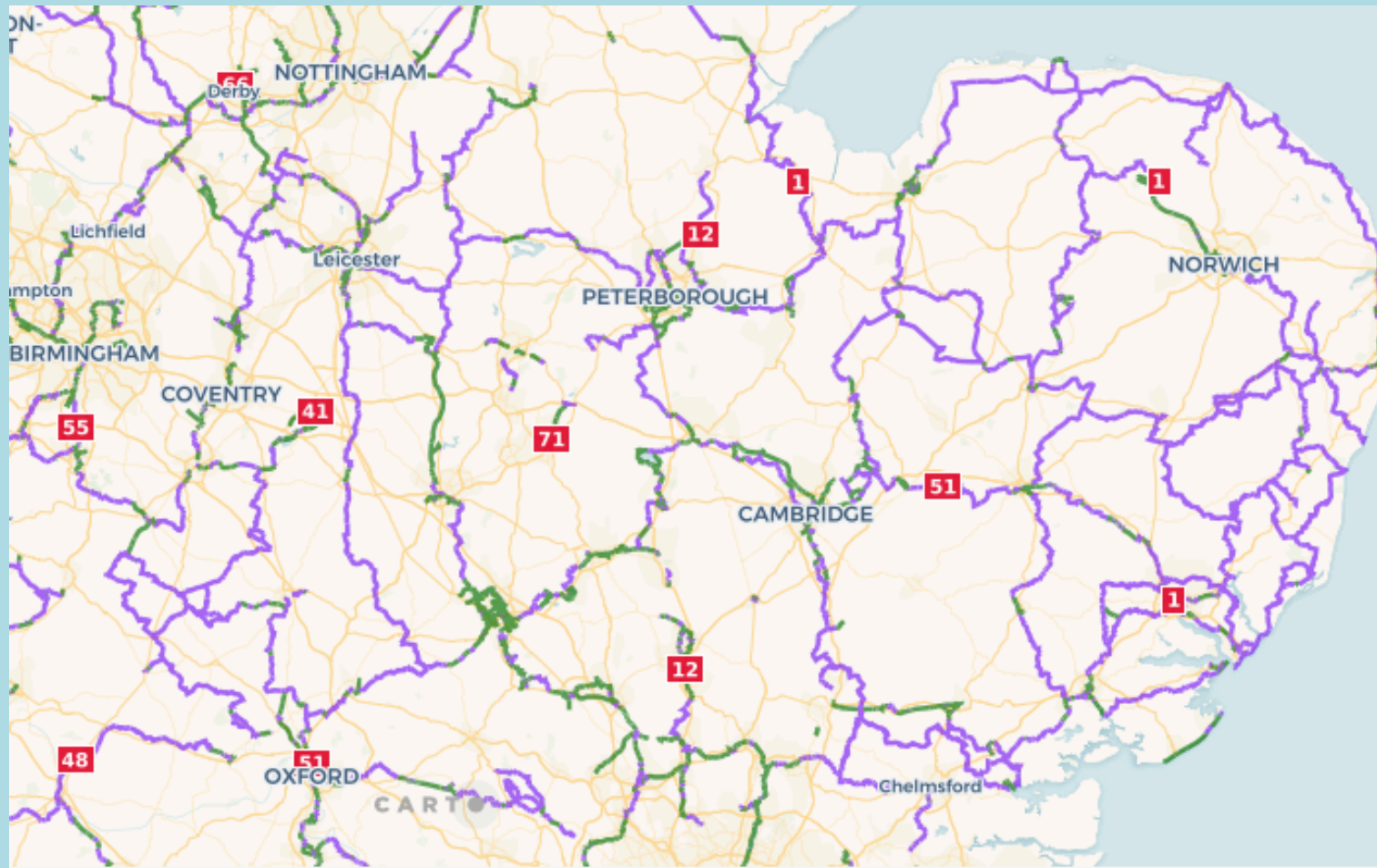
31.67%
Asked to dismount cycle
even when used as a mobility aid

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





People can cycle at inclusive cycling hubs or



.....or on Sustrans' motor traffic free cycle routes if they have access to non-standard cycles, e-cycles, bicycles.



Lack of recognition that Disabled people
are cyclists

Cyclist images from
TfL's Cycling Action Plan 2018



(See also Wheels for Wellbeing's 2017 guide to inclusive cycling (available for free online))



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



Freedom, independence, control.





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



A bike's more convenient than a car.



Cycling in Brockwell Park – an inclusive cycling hub



E-cycling with friends on the Monsal Trail



The Social Model of Disability

A person is Disabled by society, rather than by their impairment or health condition.

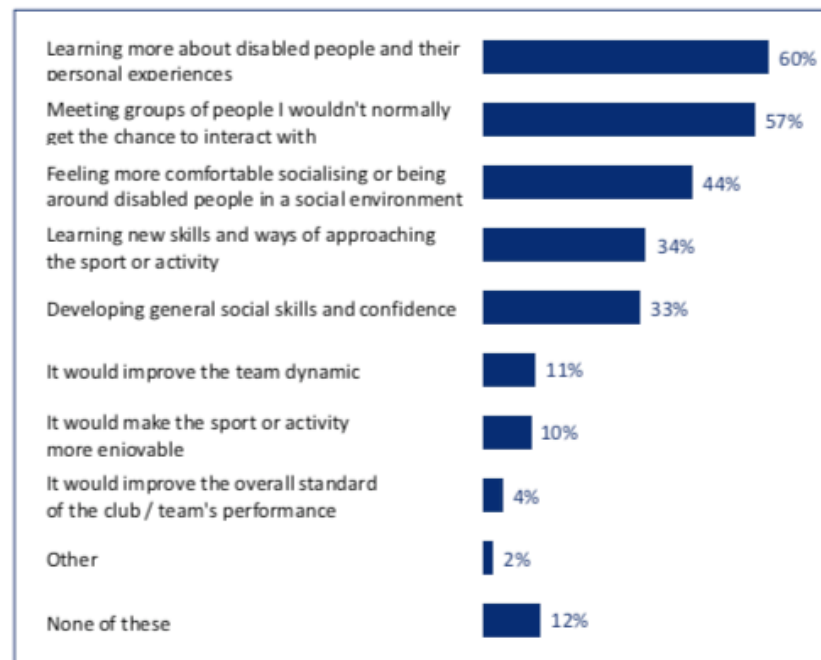
In contrast, the medical model says people are disabled by their impairments or health condition.

Research from the Activity Alliance shows (2019)

....from a non-Disabled person's perspective

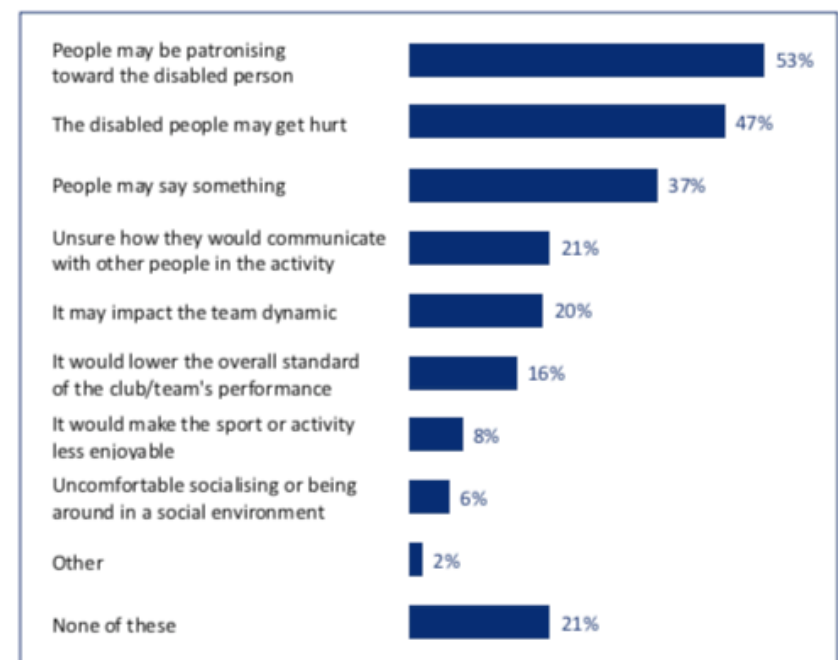
Perceived benefits of non-Disabled people taking part with Disabled people

Figure 6.3: Percentage of respondents who chose each benefit as one of their top three about a disabled person taking part in sport or active recreation with non-disabled people²⁴



Perceived concerns about a disabled person taking part with non-Disabled people

Figure 6.1: Percentage of respondents who chose each concern as one of their top three about a disabled person taking part in sport or active recreation with non-disabled people²²



Engaging with Disabled people



<https://www.youtube.com/watch?v=f0Ud5q55oxQ>

For more tips see <https://www.scope.org.uk/campaigns/end-the-awkward/>

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/

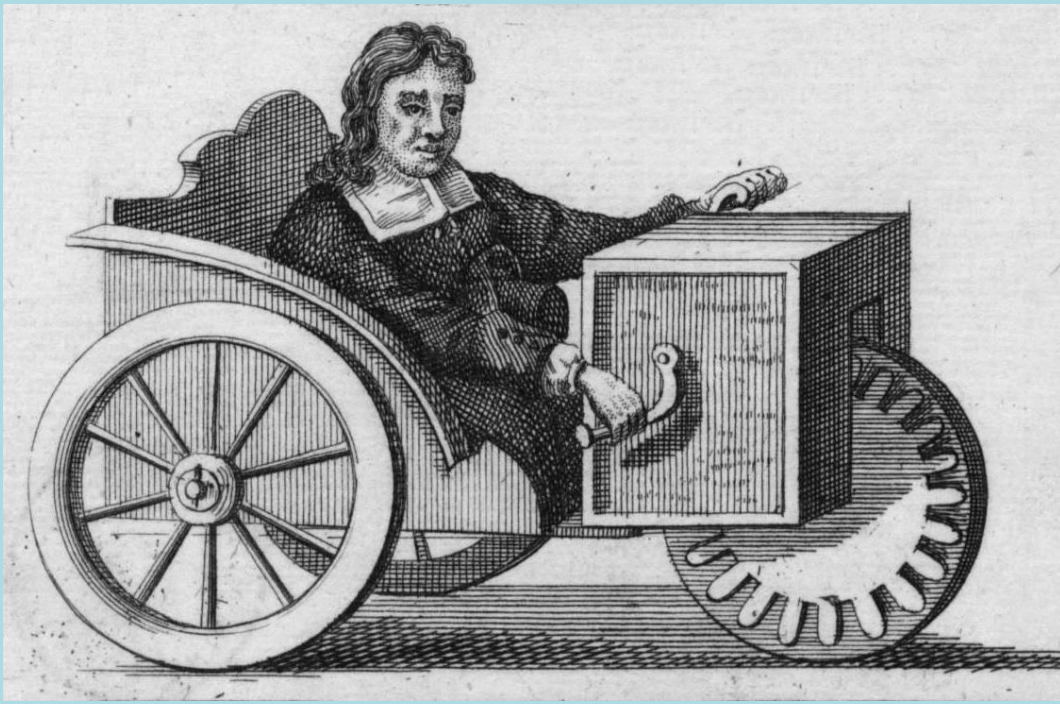
Local councils sometimes provide free cycle maps for their area.



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.

How to find out more

Experience an
inclusive cycling
hub:
<http://bit.ly/ichubs>

Use my
quick
start
factsheet



#inclusivecycling
#beyondthebicycle
@JanetPaske

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for factsheets &
more