Health & wellbeing – inclusive cycling interventions

# hello my name is… Janet Paske

# hello my name is… Steve Rowberry
What is physical activity?

And pleasure?

Exercise

Sport

Lifestyle physical activity

Source: Cole, 2014
Miracle Cure!

Physical Activity
Demand - Barriers = Participation
1 solution is an inclusive cycling hub
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

© Wheels for Wellbeing
Over to Steve.....
A voice for disabled cyclists
Disabled people do cycle …….

Reasons that people cycle

- Leisure/fun: 84.64%
- Commute: 29.41%
- Transport: 47.51%
- Sport: 27.15%
- Exercise: 76.47%
- Other: 19.91%

Sample: 221 self selecting disabled cyclists.
Method found easier for getting around

- Cycling: 68.78%
- Walking: 24.89%
- Both (equally easy/difficult): 6.33%

Sample: 221 self-selecting disabled cyclists.
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
- 19.46% Couldn’t find any inclusive cycling opportunities in the area
- 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

Sample: 221 self selecting disabled cyclists.
It’s not just the cycling ...
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.


How to find out more

Experience an inclusive cycling hub: cycling.org.uk/wheels-for-all/

Use my quick start factsheet

Visit janetpaske.wordpress.com for slides & more

More interested? Join my mailing list: leave your email on the feedback sheet.