

# Helping people find the skills, confidence and equipment to cycle



Whether you want to get back to using a bike, or ride for the first time, the Everyday Cycling Project can help - and it's free to take part.

If you already have a bike, we can help plan routes, solve problems and arrange training if needed. And if you don't, we can provide a refurbished bike.

## What is the purpose of the project?

The aim of the Everyday Cycling Project is to help people cycle some or all of their local journeys. Cycling is great for physical and mental health, as well as being an environmentally friendly and cheap form of travel. And for people who don't drive, cycling offers independence.



You can cycle as fast or slow as you choose - even cycling slowly is good exercise for your heart and muscles and can help you lose weight, and you will be surprised at the distance you cover in no time. Fast cycling gives your body an intense work out and is a great way to get fit while travelling around.



## Who is it for?

You can sign up if you live in the Donnington area and would like to cycle but currently don't. It doesn't matter if you have a bike or not, or whether you have cycled before. Adults can join on their own or with other members of their household, and children can join if they can already ride a bike and are joining along with an adult who will take responsibility for them. If you have any special needs we will do our best to accommodate anyone who wants to participate. If you are new to exercise or have a health condition that may be affected by exertion, you should talk to your GP before starting.



## What would I get?

Our aim is to provide what each person needs to get them out cycling. We will work with you to identify what skills, knowledge & equipment you already have, and what else you need. For some people that could be route-finding and problem-solving, for others it might be training or equipment.

## What would I have to do?

If you sign up, you will have an appointment with someone who works on the project to find out what you might need to get started, and a longer session to plan routes, set goals and think through solutions to any potential problems. You can have these appointments by phone, video call or in-person (subject to pandemic restrictions). We will call you again after a few weeks to see how you're getting on and help you solve any problems, and you can call us in between times if you have any questions.

You will be asked to complete two questionnaires (online or on paper) before and again after the project, and have a final appointment to tell us what was helpful and what could be improved.

## What are the benefits?

The benefit of taking part is to help you make cycling part of your everyday life. Cycling has a lot of benefits, for you, your community and the environment.

### FOR YOU...

Cycling is good for your heart, lungs and circulation, reducing your risk of strokes, high blood pressure and heart disease

Can help weight loss and reduce the risk of type 2 diabetes

Good for reducing stress, depression and anxiety

Improves muscle strength, and because cycling is low impact it's gentle on your joints

It's a cheap way to travel

### FOR YOUR LOCAL COMMUNITY...

When more people cycle instead of driving, the air is cleaner and the streets are quieter and safer, which is especially good for children.

### FOR THE ENVIRONMENT...

Cycling doesn't produce carbon emissions and it takes much less carbon to make a bike than a car, as well as being easier (and much cheaper!) to repair.

## When is it happening?

The project is launching in May 2021 and will run throughout the year.

## Who is behind the project?

The project is being run by Shropshire Cycle Hub with support from Energize and Telford & Wrekin Council, and funding from The Sports Council Trust Company. Shropshire Cycle Hub is a charity for improving access to cycling and promoting active travel. To find out more visit <https://www.shropshirecyclehub.uk/>

## How can I ask a question?

To find out more about the Everyday Cycling Project contact us at **07379 301131** or [everydaycycling101@gmail.com](mailto:everydaycycling101@gmail.com)

## How can I sign up?

Sign up at:

<http://shropshirecyclehub.uk/everyday-cycling-project> or call us on **07379 301131**

