

The
BIG BIKE
Revival



SCOTLAND'S STORIES 2017-2018

WORKING WITH COMMUNITIES TO ENABLE
MORE PEOPLE TO CYCLE FOR EVERYDAY JOURNEYS.



we are
cycling
The cyclists' champion **UK**



INTRODUCTION

The Big Bike Revival is a Cycling UK project that is all about getting people cycling again and rediscovering the simple joys of a bike ride. Whether someone hasn't cycled for years or is a regular rider, the Big Bike Revival offers something for everyone.

With a huge summer programme of cycling events, October led rides and the ongoing development of community cycle clubs across the nation, Big Bike Revival support for everyday cycling is year-round. By offering a range of interventions, including free bike repair and maintenance, cycle training and skills sessions, led rides showcasing low traffic routes and cycling infrastructure, and volunteer upskilling and support, the project's grassroots approach is empowering local communities to get cycling for everyday trips.

Building on 2016's success

Thanks to funding from Transport Scotland, the Big Bike Revival has built on the success of 2016 with a packed programme of activities and support in 2017.

The project worked with more groups, funded more events and supported more community cycle clubs to get started all over Scotland. These efforts have seen over 18,000 car journeys replaced by bike trips, helping

to show how tailored grassroots support combined with a safe cycling environment is getting more people on their bikes.

We wanted to reach out to people who normally don't think of cycling to get about, so we funded events that were accessible to women, families, people from disadvantaged areas, people with disabilities, older people and minority ethnic communities. And because we wanted to work with occasional and non-cyclists, the Big Bike Revival worked with organisations that don't offer cycling as a key activity. This included health and wellbeing groups, community development trusts, small businesses, youth work groups, disability charities and housing associations. We also worked with community groups with a cycling focus to help them reach new people.

Cycling tells a story

With so many stories to tell from so many thousands of people across so much of Scotland, it's hard to sum up the Big Bike Revival. This

year, we spoke to Big Bike Revival groups, community cycle clubs and individual participants to share their cycling journeys.

This document gives a flavour of how the Big Bike Revival has enabled people to cycle for everyday trips, as well as enjoy many other positive outcomes that a bike ride can bring. From enjoying family time to improved health, from feeling more connected to nature, to making friends, these Big Bike Revival stories reflect just how life-changing cycling can be, even if you're just popping to the shops on two – or three – wheels!



“ IN 2017 THE BIG BIKE REVIVAL WORKED WITH MORE GROUPS, FUNDED MORE EVENTS AND SUPPORTED MORE COMMUNITY CYCLE CLUBS TO GET STARTED ALL OVER SCOTLAND. ”

The BIG BIKE Revival

1 MAY-11 JUNE 2017



we are
cycling
UK



18% OF ATTENDEES WERE FROM MINORITY ETHNIC COMMUNITIES

42% OF ATTENDEES NOW FEEL MORE CONFIDENT CYCLING

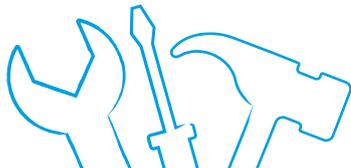


10% OF ATTENDEES NOW FEAR TRAFFIC LESS

53% OF ATTENDEES WERE WOMEN



ALMOST HALF OF NON-REGULAR CYCLISTS ARE NOW CYCLING MORE



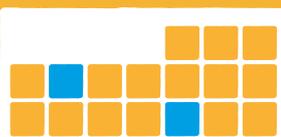
2,656
BIKES FIXED AND SERVICED

146 OCTOBER LED RIDES, WITH OVER 2,700 MILES CYCLED

43% INCREASE IN USE OF CYCLE PATHS



ENGAGED
107
COMMUNITY GROUPS



1 IN 5 NON-REGULAR CYCLISTS NOW CYCLING AT LEAST ONCE A WEEK

11,772
EVENT ATTENDEES



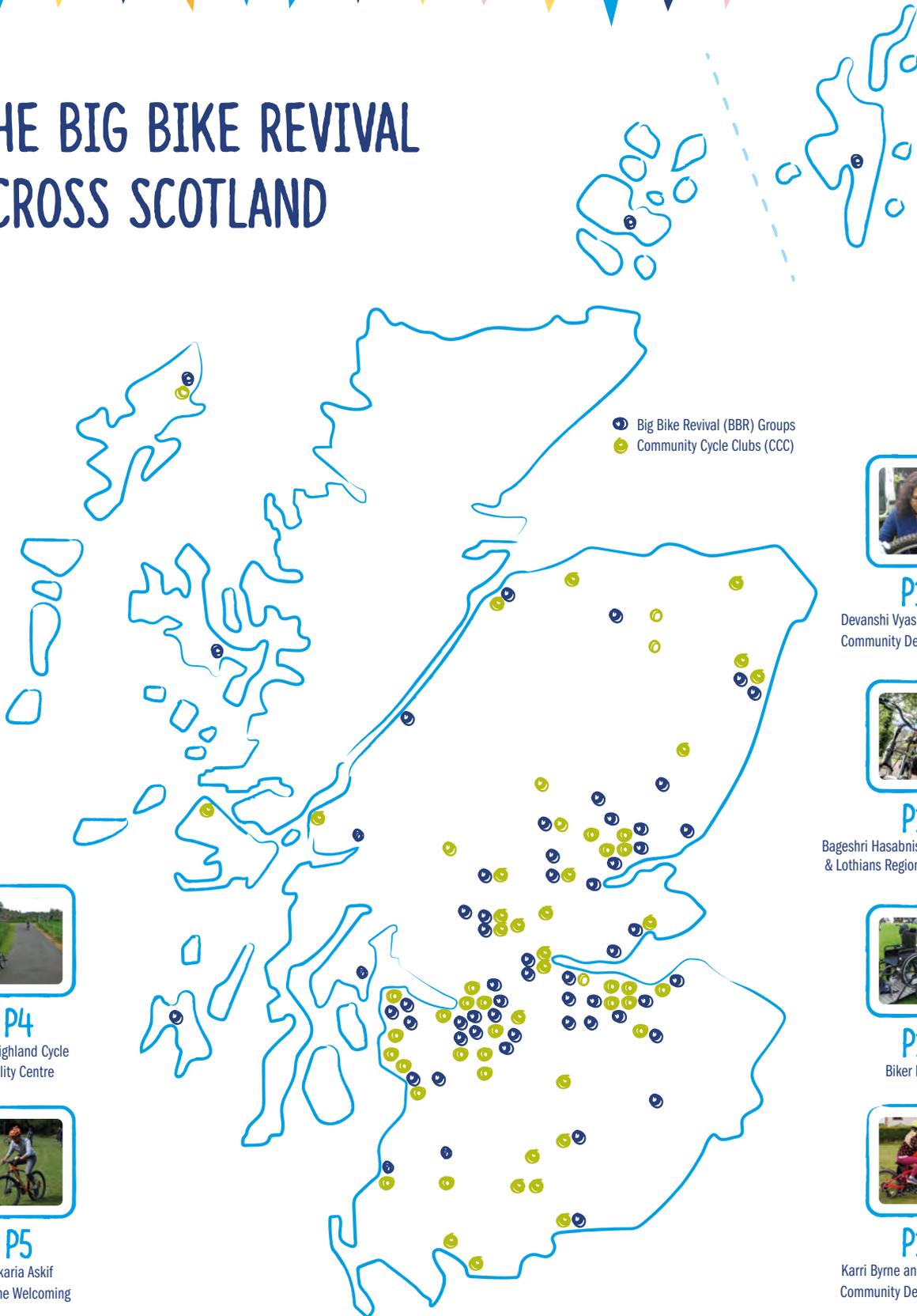
492

BIG BIKE REVIVAL EVENTS ACROSS SCOTLAND, IN EVERY LOCAL AUTHORITY

18,792
CAR TRIPS A YEAR REPLACED BY CYCLING



THE BIG BIKE REVIVAL ACROSS SCOTLAND



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GreenCHIPS (Cycle to Health Inverness Patients and Staff)



“ AN AMAZING PLACE – PEACE, QUIET, SPACE, NO PRESSURE! A PLACE TO FEEL SAFE AND ENJOY CYCLING WITHOUT TRAFFIC. ”

THE HIGHLAND CYCLE ABILITY CENTRE

Based in Cantray, near Inverness, the Highland Cycle Ability Centre provides cycling opportunities for all abilities but specialises primarily in offering cycling activities to people with disabilities. Established in May 2013 and supported by the Watermill Foundation, the centre has gone from strength to strength and now receives more than 2,500 visits annually to its facilities set in the tranquil Nairnshire countryside.

The Highland Cycle Ability Centre participated in the Big Bike Revival in autumn 2016, supporting events in Inverness and Stornoway. With so many standard and specialised cycles available, the centre decided to host its own fully inclusive Big Bike Revival event in 2017.

Many individuals and groups from local schools, day centres and support organisations visit regularly throughout the year but manager at the Highland Cycle Ability Centre, Gareth Jenkins, believes there are still many people out there unaware of the cycling opportunities available to them.

“We have the facilities and resources to give people an all-inclusive experience of cycling,” Gareth says. “Our adapted cycles are perfect for families. Wouldn’t it be fantastic to see grandchildren taking their grandparents for a cycle in one of our side-by-side two person bikes, creating lasting memories for

both? The Big Bike Revival inspires people to become more active and healthy through regular cycling both here at the centre and within their local community.”

The Highland Cycle Ability Centre put on lots of activities for participants at their Big Bike Revival events, with two open days at the end of May to entice new riders onto cycles. People were given free bike health checks and maintenance by a qualified bike mechanic, free food and refreshments were on offer, and more than 100 people came along to try out different bikes and get cycling.

Centre staff and volunteers supported participants to try cycles including side-by-side quads, tandem cycles, handbikes, trikes, off-road karts, running bikes, a side-by-side Draisin Twister and even a unicycle. Young people with additional support needs from a local secondary school undertook

Bikeability training to increase their cycling skills and confidence, and the centre accepted unwanted bikes and helmets for recycling.

Feedback from participants was positive, with the traffic-free environment a real winner. Low-traffic and traffic-free cycling opportunities are key to encouraging new and novice cyclists to get riding more frequently and build confidence. Comments from participants backed this up: “It’s an amazing place – peace, quiet, space, no pressure! A place to feel safe and enjoy cycling without traffic.”

Other people were delighted to learn about the Big Bike Revival and the Highland Cycle Ability Centre, with one participant saying: “It’s our first time here and we’ll definitely be back. We’ve taken a pile of leaflets to hand out at our next Down’s Syndrome Highland Group meet-up.”



ZAKARIA ASKIF AND THE WELCOMING

Zakaria Askif is a 24-year-old Syrian, and before coming along to the Big Bike Revival in Edinburgh he had never cycled before. Zakaria has been in Scotland for about a year now, studying for a Master's degree in Fire Safety Engineering after completing a Civil Engineering Bachelor's degree in Syria. So how did he get involved in cycling once he arrived in Edinburgh?



He met two attendees at an event organised by The Welcoming who offered to teach him to cycle. They also introduced Zakaria to The Welcoming since he was new in Edinburgh. The Welcoming helps newcomers to the city to feel at home and contribute to life in Scotland. Their staff and volunteers offer support with learning English, finding jobs, making friends and understanding Scottish culture. This year the community group participated in the Big Bike Revival, offering a range of cycling activities and events for new and returning cyclists.

"I went along because I didn't know any other Syrians in Edinburgh so I wanted to socialise and make friends," Zakaria says. "It was the first event I attended with The Welcoming. The

ladies suggested we go for a cycle and when I told them I couldn't cycle they offered to teach me. Being a novice at cycling, we went on cycling-friendly paths. After two sessions, each lasting an hour and a half, I managed to cycle."

The Welcoming's Big Bike Revival events gave Zakaria the opportunity to practise as a new cyclist, learn routes and meet new people. "I have been to two Big Bike Revival events," he tells us. "I cycled slowly and had someone behind me to make sure I stayed on track. The events were a lot of fun and I gained more confidence. Volunteers kept me company as they knew I was a beginner and made sure that I was okay."

The Big Bike Revival saw around twenty people attend each ride, exploring low-traffic and off-road routes around Edinburgh. Zakaria really enjoyed the connection to nature: "It was great fun, the greenery, the water and everything. I just love nature and to explore such beautiful landscapes while cycling was incredibly amazing."

Access to a bike would help Zakaria explore the city. The Welcoming has

been working in partnership with Bikes For Refugees Scotland, and he hopes to receive a cycle to help him get around Edinburgh.

"I have learned how to ride a bike but I am not that confident riding alongside cars on the streets yet," Zakaria says. "I don't have a bike right now so I have not been able to get enough practice. Hopefully after I have my own bike I will get to practise more and soon become confident enough to cycle along side cars on the street."

For this new rider, cycling's benefits have hit home and Zakaria is keen to pursue his newly learned skill once he is able to own a bike of his own. "It is a good thing for people to cycle in towns and cities," he says. "It keeps people fit and reduces carbon dioxide. I love the scenic cycling paths in Edinburgh and would encourage others to experience cycling in natural surroundings."



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Zakaria Askif



“OUR VOLUNTEERS ARE REAL GEMS WHO CARE ABOUT THE COMMUNITY AND ARE VERY COMMITTED. I CAN RELY ON PEOPLE FOR RIDES, EVENTS OR ANYTHING ELSE. EVEN PEOPLE WHO DON'T CYCLE GO OUT OF THEIR WAY TO HELP.”

Anne Glass

DRUMCHAPEL CYCLE HUB

Drumchapel Cycle Hub is a Cycling UK community cycling club (CCC), which operates in a community with high numbers of families, single parent families and disabled people. It also has one of the highest rates of child poverty in Glasgow. Despite these circumstances, or perhaps because of them, Drumchapel locals are extremely supportive of the community and its residents and this is echoed within the hub.

Anne Glass is the project's Secretary, and became involved with the hub as she was already getting people active through her cycling work with local schools. "I was asked if I had any ideas about engaging local people in a cycling project," she says. "It was a great chance to work with a wider range of people and helping my community is something I love to do."

The hub is open to anyone and has thriving groups for beginners, kids, women and men. The volunteering aspect is key, with a vibrant and dedicated group of young and adult volunteers who run activities. "Our volunteers are real gems who care about the community and are very committed. I can rely on people for rides, events or anything else. Even people who don't cycle go out of their way to help. For example, one of the mums whose children cycle with us will make us sandwiches and keep us fuelled up."

People in Drumchapel don't tend to travel much outside the local community and don't often walk or cycle. "In Drumchapel in general, getting people used to going outdoors in all weathers is a challenge," says Anne. "Most people in our community don't spend time outdoors or going on bike rides for longer than completely necessary, so it's quite a culture shift. Another barrier is that some volunteers aren't comfortable coming out if it's cold or dark."

Being a Cycling UK community cycle club has helped to tackle some of these barriers. Drumchapel Cycle Hub has taken advantage of the CCC training package, which has skilled up volunteers and improved their confidence. Before starting their CCC, Drumchapel participated in the Big Bike Revival and saw the benefits of the Cycling UK network.

"Being a CCC gives us a connection to a wider organisation," Anne adds.

"We'd be a bit in the dark without it as we're quite new to this, so it's a guiding light and has helped us find our focus. I think growing and learning together is important, so it's good to work in partnership. We've got all the help we've needed and nothing's gone unanswered. We couldn't have done it without this support."

Drumchapel is keen to develop, and are working on setting up a permanent residence in the area. They also aspire to share their knowledge and experience, as Ann elaborates: "We want to encourage other groups to grow and develop, and are keen for other clubs to visit so we can share information and learning. We've come a long way in only a couple of years and have been able to show local people that there are lovely places to cycle nearby. It expands peoples horizons as well as encouraging them to get active and make local journeys on a bike."



ANDRENA MASSIE AND BELLES ON BIKES FALKIRK

Andrena Massie hadn't been on a bike for over a decade, but after losing over five stone in weight and getting a bike for her 40th birthday, she felt ready to try cycling again. With support from local community cycling club Belles on Bikes Falkirk and a course of Women's Learn then Ride sessions funded through the Big Bike Revival, Andrena now cycles for everyday journeys.



"I went along to the Big Bike Revival course and it was fantastic," says Andrena. "Kat the trainer was amazing. She was so confident on her bike – it's like it's part of her! She taught me how to start and stop my bike; it made such a difference to me."

Andrena also learned about road positioning. "Kat was so comfortable telling me about not being timid. Get out into the middle of the lane. I had thought to make myself as small as possible when I should be as big as possible to make myself safe on the road."

With her new skills and improved confidence, Andrena was keen to do more cycling and not long after she completed the course her car broke down. "My car's suspension springs went, and I had to get to work, to the

gym. I thought, I have my bike, I've been on this Big Bike Revival course and I can do this."

Andrena started to use her bike to get from A to B. "I cycled to work and I also went to the gym by bike," she says. "I cycled to my class and then cycled home. I was so proud of myself – I haven't let this not having a car interfere with my life. I've taken control, I've trusted myself, and I've used my skills and my bike. I was delighted. I wouldn't have the confidence without that course."

Even with the car fixed, Andrena takes the bike for other everyday trips. "My husband had the car and my brother phoned and said come and visit my niece," she explains. "He lives about 5km away. I cycled to their house and spent the afternoon with my little niece. I was so happy and proud of myself that I could get there without having my car."

The bike has been retired over winter, but for a new rider this is not uncommon. With spring weather, she'll be cycling again. "I will absolutely use it for the gym, my work and my family.

These are all local journeys. You can even put a backpack on your back and pick up a few bits of shopping on your travels like bread and milk."

To help her take everyday trips by bike, Andrena would love to see more cycle-friendly paths and routes in her local community. "From an economy point of view, if I could use my bike a bit more you save fuel, it's better for the environment, you feel green and these are journeys that would be doable because they are local – it won't take that much longer by bike once you factor in having to park."

Certainly, this novice cyclist is looking forward to more trips on two wheels. "I love being on my bike," she says. "I love feeling the speed. You feel you've put in the effort and you're in control. It's a sense of freedom and empowerment that you can get about. It makes me feel happy."



“ MY CAR'S SUSPENSION SPRINGS WENT, AND I HAD TO GET TO WORK, TO THE GYM. I THOUGHT, I HAVE MY BIKE, I'VE BEEN ON THIS BIG BIKE REVIVAL COURSE AND I CAN DO THIS. ”

Andrena Massie



“OUR SERIES OF EVENTS IN JUNE ENCOURAGED EVERYONE TO GET THEIR BIKE OUT OF THE SHED, GET IN THE SADDLE AND GET THEMSELVES ACTIVE WHILE ALSO REDUCING TRAFFIC AND APPRECIATING THE FANTASTIC NATURAL ENVIRONMENT THAT CALLANDER OFFERS.”

Anne Docherty

CALLANDER ACTIVE TRAVEL HUB

In 2017, the Callander Community Development Trust partnered with Forth Environment Link to create a pop-up new active travel hub in the town. After asking the local community if such a project would be welcome, feedback was positive and agreed that encouraging people to cycle more in and around the town would benefit the health and wellbeing of residents, as well as improving the environment and boosting the local economy.

With a six month project agreed, the Callander Hub became resident on the town's main street and worked to make cycling for transport more accessible to people in the local area. During its tenure, it supported communities in and around Callander to better access employment, retail, leisure and community centres by foot and bike. The hub was also keen to link people to existing cycle routes between settlements and strengthen local policy and decision-making around cycling infrastructure.

The hub wanted to get involved with the Big Bike Revival to enable people who were new or returning to cycling to use a bike for transport. They ran a week-long series of events, including free electric bike taster sessions,

route planning sessions, cargo bike demonstrations, led rides highlighting local routes, Dr Bike sessions to revive bikes, cycle skills sessions, and a family-friendly cycling festival.

The varied Big Bike Revival events had 125 people attend over the week, including families interested in the school run, older people exploring ebikes, children from the local primary school, tourists interested in scenic routes and people keen to get their cycles fixed up for a new lease of life.

Anne Docherty, the Secretary of Callander Active Travel Hub, felt the summer Big Bike Revival events were an excellent way to get people cycling. “We were excited to be part of the Big Bike Revival with Cycling UK. Our series

of events in June encouraged everyone to get their bike out of the shed, get in the saddle and get themselves active while also reducing traffic and appreciating the fantastic natural environment that Callander offers.”

The Big Bike Revival also gave the hub the opportunity to work in partnership with other local organisations, including Callander Youth Project, FABB, Callander Pedals and the local bike hire shops. This partnership approach also created a fantastic legacy from the Big Bike Revival – the town's very own community cycle club, Callander Learn then Ride.



CALLANDER LEARN THEN RIDE

After the success of Callander's Big Bike Revival, the Callander Active Travel Hub was interested in setting up a community cycle club to maintain momentum once the Hub wound up. Stirling Cycle Hub took the lead to get Callander Learn then Ride CCC off the ground with help from the Callander Hub. We spoke with Colin Welsh, one of the volunteer ride leaders, to learn more about the group's journey.



"I feel that cycling has done me proud and helped me get over illness and other things," Colin explains. "When the Active Travel Hub asked me if I'd like to start the group I was happy to get involved."

For the last 20 years Colin has been a cycle trainer and leader, so was comfortable supporting new riders with cycling. Along with fellow volunteer Maggie Magor, the pair have been working with women to build their cycling confidence through training sessions. "The first Learn then Ride group we worked with encouraged women to get back on their bikes," says Colin. "The main barriers were fear of traffic, lack of fitness and lack of confidence. On average, six to eight women were attending sessions."

Liz Wilson, one of the course's participants, sums up her experience

of the CCC. "I've learned so much from Colin and Maggie, from always being prepared for the unforeseen by carrying an emergency tool kit, how to deal with changing a punctured inner tube, how important it is to do an M check regularly, to being confident carrying out an amber or red stop, feathering the brakes to keep you at a safe speed, keeping a safe distance, and looking ahead – not inches in front of your tyre."

Callander Learn then Ride is now doing regular meander rides for everyone. "We do monthly family-friendly rides and a fortnightly Tuesday ride, and reckon to have about 10 or 15 regular people, including some of the ladies we helped back on their bikes after years of missing them," Colin says. "We are doing around about 10 miles to give people a target. It's a beautiful part of the world to cycle and we use the NCN7 a lot and quieter roads. We'll finish with a cup of coffee – easy to do in Callander!"

Support from Cycling UK has been key for the group. They've found access to a development officer to be very valuable, as well as linking in with other partners and having structure. The training package has also skilled

up the ride leader volunteers. "I've benefited from training so I updated my first aid and cycle training," states Colin. "Eight volunteers have benefited from first aid training and myself and Maggie have Cycle Ride Leader qualifications, all was offered for free from Cycling UK. A few others also have the qualification but they need to build their confidence. The seed has been planted."

It looks like this CCC is already well-rooted locally and has some great plans in the pipeline. "I was walking along the street and one of the participants came up to me to ask, 'When's the cycle group starting?'," says Colin. "The grapevine is working properly and people are positive about the group, so that's brilliant."



“ WE ARE DOING AROUND ABOUT 10 MILES TO GIVE PEOPLE A TARGET. IT'S A BEAUTIFUL PART OF THE WORLD TO CYCLE AND WE USE THE NCN7 A LOT AND QUIETER ROADS. ”

Colin Welsh



“ OUR LOCAL DEVELOPMENT OFFICER HAS BEEN ABLE TO PROVIDE THE OPPORTUNITY FOR CYCLE LEADER TRAINING AND FIRST AID TRAINING WHICH WE ARE CURRENTLY GETTING ORGANISED, AS WELL AS LOTS OF ADVICE ABOUT FUNDING OPPORTUNITIES AND KEY PLAYERS TO GET IN TOUCH WITH. ”

Dr Katie Walter

GREENCHIPS (CYCLE TO HEALTH INVERNESS PATIENTS AND STAFF)

GreenCHIPS started life as the idea of local GP Dr Katie Walter and patient Mick Heath. Both regular cyclists, they understood the health and social benefits of cycling for transport and leisure and wanted to enable more patients and staff at their GP practice to embrace them.

They decided to focus on improving the local cycling infrastructure at the medical centre, starting with cycle racks. Mick suggested that whatever they did for one practice would be worth doing for all the practices in town, and the project grew from there.

After attending a Cycling UK community networking event, volunteer Mick felt that GreenCHIPS would make a great fit as a community cycle club, and duly affiliated the new group to the charity.

It's still in the early stages of development, but this community cycle club has been looking at ways to engage the locals with cycling, especially GP patients and staff. Activities will include led bike rides to showcase local routes, making collaborative efforts to improve cycling infrastructure on the ground, social inclusion through the provision of electric rickshaw rides and tricycles, and the collection of evidence to show what works to get people cycling.

Since becoming a community cycle club, GreenCHIPS has found the support of Cycling UK to be vital. “In getting our project off the ground, the help we have had from Cycling UK has been invaluable,” says Dr Katie. “This support came in the shape of advice, encouragement and facilitation, as well as insurance. Equally, our local development officer has been able to provide the opportunity for cycle leader training and first aid training which we are currently getting organised, as well as lots of advice about funding opportunities and key players to get in touch with.”

Beneficiaries of GreenCHIPS have included Ian Hunter, a local rowing coach who suffered a stroke in 2016 and has been unable to cycle solo since. “My sincere thanks to you for the loan of the tricycle,” Ian explains. “It has transformed my life. Some of my athletes are at national level, so I demand 100% from them. Although I have regained movement of my arm

and leg after my stroke, I still have difficulty walking due to poor balance control, so normal cycling is impossible at present. This has led to me being unable to look after my athletes, which used to mean cycling alongside the boats on the canal towpath. With the trike, it's the first time I have been able to do my duty in one year and five months.”

It's still early days for this community cycle club, but Dr Katie and Mick have big plans to bring everyday cycling to the locals of Inverness. “I had a great brainstorming session with Fiona, our development officer the other day,” says Dr Katie. “We had lots of great ideas about how we can encourage the uptake of cycling among our practice population. Many thanks for all the help!”



KARRI BYRNE AND THE LINLITHGOW COMMUNITY DEVELOPMENT TRUST

Having recently moved to the UK, Karri and her family were delighted to settle down in the surroundings of Linlithgow in West Lothian. Karri's two daughters, Josie (8) and Bea (6), had never been able to cycle in other places they had lived. The Big Bike Revival gave Karri and her family the opportunity to get cycling again.



The Linlithgow Community Development Trust (LCDT) ran Big Bike Revival events over the summer of 2017 and this community organisation formed by residents was keen to encourage more people in the local area to get cycling. Their events promoted cycling as a healthier and more environmentally friendly transport option, and included stalls with free bicycle maintenance workshops, route explorer sessions and free cycle skills.

It was local cycle trainer Simon Fagan who told Karri and her family about the Big Bike Revival. "He explained what it was and how he was doing skills sessions," said Karri. "So I rocked down there as well, all three of us on our bikes so I could show my daughters that grown ups ride, instead of standing at the side

of the street just watching them."

Karri's eldest daughter, Josie, was cycling by the end of the Big Bike Revival session. "Something just clicked for her," Karri said. "After the event that day she said 'Mum, Mum, I used to be so nervous and scared to get on my bike, now I just feel happy, excited and I know how to do this!'"

Karri was delighted by both of her daughters' new-found enthusiasm after the Big Bike Revival, remarking that their lack of confidence had always scuppered the family's cycling before. Karri explained, "I think when you're learning a new skill everybody gets and doesn't get different parts of it. But my kids responded to Simon's confidence session and that was the day that Josie really clicked. To have Josie say 'I feel really confident on my bike now', I was like 'YES!'"

The Big Bike Revival's way of making cycling accessible for her kids has enabled her family to make a lasting change. "We really loved the event and the ongoing communications," she said. "As a parent I get really busy; messages and publicity from the Big

Bike Revival, like 'ride your bike' or 'take the kids out', reminded me that we had that goal and wanted to do that!"

The family's legacy from the Big Bike Revival will continue as they set goals for planning cycling trips into their schedule. "We have plans to go up and down the canal in Linlithgow for family trips," said Karri. "The kids are definitely still riding their bikes and they are still excited."

And what about Karri? "I got a bike, I haven't had a bike for years. I got it because it's not that far to the centre of town, and I really want to cycle there. There is a massive, massive hill beside us so that's a barrier, but the flip side is that if I walk up it I can get off my bike and walk up it, too. I am in line with that goal to get me to the top of the hill!"



“ I COULD SHOW MY DAUGHTERS THAT GROWN-UPS RIDE, INSTEAD OF STANDING AT THE SIDE OF THE STREET JUST WATCHING THEM. ”

Karri Byrne



“ THERE HAVE BEEN BENEFITS TO WORKING WITH OTHER SIMILAR MINDED ORGANISATIONS AND PARTICIPATING IN CYCLING UK’S NETWORK OF AFFILIATED MEMBERS. SHARING KNOWLEDGE HAS HELPED BIKER BUDDIES GROW. ”

Christine Crossley

BIKER BUDDIES

Providing a hub for adults with learning disabilities, Buddies is an asset to the community of Dumfries. The organisation supports adults with (primarily learning) disabilities to meet friends, improve confidence and enable an independent and autonomous life. Cycling addresses all of Buddies’ aims, and so an all ability cycling club called Biker Buddies was set up so that members could be enabled to ride and enjoy cycling’s benefits.

The group is now a Cycling UK community cycle club going from strength to strength, a year after their affiliation to the network. Christine Crossley, the group’s Secretary and Trustee, tells us more about the CCC’s experiences. “Buddies recognised the positive aspects of cycling for all people to build confidence, improve health and enjoyment and develop skills. We set up our own all ability bicycle club, which we are further developing now by expanding into other premises and working in partnership with the Kilmarnock Station Railway Heritage Trust (KSRHT) and other cycling organisations.”

Biker Buddies has been a great way to take members of the club into the community. The CCC has regular led bike rides with a range of standard and adapted cycles available. Because adapted bikes are expensive, the group made the decision to give non-members and their families access to the cycles so that everyone can ride.

Biker Buddies members try to use bikes instead of public transport. Much of this is dependent on the quality of cycling infrastructure, because the all ability bikes and their users are vulnerable and will avoid cycling on the road. To see more of the local area in Dumfries, Biker Buddies explore in safety by using the increasing number of cycle paths around the town.

The members love to use bikes to get out to parks and other council facilities, and can get fitter in the process. “We have partnered with Cycling Dumfries for training leaders and support for our more formal led rides,” Christine says. “There have been benefits to working with other similar minded organisations and participating in Cycling UK’s network of affiliated members. Sharing knowledge has helped Biker Buddies grow.

“It has been useful to have training, advice and information within easy reach. Our Cycling UK development

officer support has been brilliant – we’ve welcomed having someone to run ideas through with and help build connections.”

Even with this success, it has taken nearly three years to get the CCC off the ground. “The initial idea took a long time to get people interested and engaged, especially the building up of support and ‘buy-in’ of the project idea,” Christine explains. “Progress was slow, with many reports written and meetings held. But at last there is genuine enthusiasm thanks to the determination of all staff and members of Buddies in pushing the idea forward.”

Many of the members have grown in confidence since starting to cycle and it has become a regular part of their activity programme. One father, observing their son’s progress, exclaimed “I’ve tried for years to get that kid to ride and just look at him now!”, while a Buddies staff member described their delight with a participant, “he’s never been on a bike before, but look at him on that trike!”.



BAGESHRI HASABNIS AND THE EDINBURGH & LOTHIAN REGIONAL EQUALITY COUNCIL

Bageshri Hasabnis hadn't been on a bike since she was a child and has spent almost all her adult life without cycling. That all changed last autumn when the Edinburgh and Lothians Regional Equality Council (ELREC) took part in Cycling UK's first Big Bike Revival in Scotland.



ELREC is a charity founded in 1971 that works to reduce inequality, promote human rights and has a wide-ranging membership. The charity has participated in the Big Bike Revival for the past two years, offering different cycling activities for novice and inexperienced cyclists to get back on their bikes.

"Last year ELREC went out cycling to Corstorphine Hill in Edinburgh as part of the Big Bike Revival," Bageshri says. "Lots of my friends, my husband and my son went on the bike ride, but I couldn't go because I couldn't cycle."

This Big Bike Revival event was a turning point for Bageshri, as she vowed there and then that she was going to learn how to ride a bike. "I decided that by the next Big Bike Revival I'd be able to ride a bike. So I put my mind to it and learned to cycle."

She didn't realise how quickly she'd build confidence and be able to go a bike. It only took a couple of lessons. "One of my friends is a volunteer and she organised cycling classes for beginners," explains Bageshri. "I contacted her and I went to the lessons. I did three or four lessons with her to give me a bit of confidence. When an ELREC bike ride came up, I joined them and it was a wonderful experience."

The cycle training helped to blow away the cobwebs and improve cycling skills for Bageshri. "The ELREC ride was the first time I cycled on a road. It was about six or seven miles and was a wonderful experience. I did it in February, it was winter and it was freezing cold."

Didn't the winter weather put her off as a novice cyclist? "I was so determined I wanted to do it, so it was nice anyway," she replies. "When I realised I had completed the distance, I was so happy at the power of myself!"

Spurred on by the Big Bike Revival in 2016, when the project returned to Scotland for 2017, Bageshri was ready for ELREC's Big Bike Revival led rides and could attend them with her friends and family. "I really enjoyed the rides,"

Bageshri says. "They have given me more confidence to cycle."

Understandably, roads are still a challenge, as traffic can be a daunting prospect for a new rider. "I'd like to be able to cycle to work but I still feel scared when I ride on the roads. I have no problem cycling on cycle paths, but my work is in the city centre and I am not confident about cycling in traffic."

So what's next for Bageshri to overcome this challenge? More cycle training to boost her confidence is an option she is exploring. "I would like to do further levels of Bikeability training to build my confidence. I want to keep up my cycling and that will help with my confidence, too. I am looking forward to more cycling with my family."

One thing's for sure with this new rider: if Bageshri puts her mind to it, it's going to happen. She echoes this sentiment with her own advice for people who are thinking about getting back on their bike. "It's just a skill," she says. "You need to learn it like anything else. When you start first time you'll think, 'Oh, I can't do it.' But once you decide, you can do it. Nothing is impossible!"



“ I WOULD LIKE TO DO FURTHER LEVELS OF BIKEABILITY TRAINING TO BUILD MY CONFIDENCE. I WANT TO KEEP UP MY CYCLING AND THAT WILL HELP WITH MY CONFIDENCE, TOO. I AM LOOKING FORWARD TO MORE CYCLING WITH MY FAMILY. ”

Bageshri Hasabnis



“ THE BIG BIKE REVIVAL EVENTS HAVE HELPED ME WITH ADVICE TO GET A MORE APPROPRIATE BIKE FOR CYCLING IN EDINBURGH, AND I’VE LEARNED TO FIX A PUNCTURE AND BOOST MY CONFIDENCE. ”

Devanshi Vyas

DEVANSHI VYAS AND KIRKNEWTON COMMUNITY DEVELOPMENT TRUST

Six years ago Devanshi moved to Edinburgh from York and stopped cycling to work. There were several barriers that stopped her – some of the city is hilly and it was off-putting for Devanshi to cycle up and down the hilly terrain, especially in traffic.

Devanshi also has a two-year-old daughter called Lucy. The logistics of working 30 hours a week coupled with dropping off and picking up her daughter from childcare is a big issue in preventing her from cycling for everyday journeys.

The Big Bike Revival came along at a good time for Devanshi. “I went along to the Kirknewton Community Development Trust’s event with my second hand bike,” she said. “There was a mechanic there from Dr Bike and I got lots of good advice from him on the best kind of bike for cycling to and from work. Once I go back to full-time work I will access the Cycle to Work scheme and get a lighter bike. The mechanic was so helpful and really friendly, and he looked over my current bike and made sure it was safe to ride.”

Devanshi also had the opportunity to learn how to fix her own bike with the Big Bike Revival, learning new skills to support her cycling. “I spent two hours

with one of the staff at the event. He taught me how to change a puncture and was so patient and helpful.”

We asked her if learning how to change a puncture has helped with her cycling confidence. “Absolutely!” she replied. “My husband knows how to fix a puncture but I didn’t and I wanted to be able to do things myself without relying on him to do it for me. Learning how to fix a puncture has boosted my confidence.”

Devanshi is very clear that if there was better infrastructure in her local community she would cycle to work every day. She feels that dedicated space for cycling would make a significant impact on her cycling as well as other people’s.

“It wouldn’t matter about weather conditions – I would ride to work every day if there was a path separate from traffic,” she stated. “Where I live in West Lothian, I could take the canal

to work but it’s indirect and would add a lot of time to the commute. It is a six mile journey which is my perfect distance, but the A71 road is the direct route which is extremely busy with traffic and I would never, ever cycle on it. It would be better for drivers also as they wouldn’t get frustrated if bicycles were given their own space.”

Despite the difficulty of getting to work, Devanshi is still committed to exploring a cycling commute. “The Big Bike Revival events have helped me with advice to get a more appropriate bike for cycling in Edinburgh, and I’ve learned to fix a puncture and boost my confidence. Everyone’s patience while I was learning was fantastic. Once I am working full-time again I will get myself a new bike and start cycling to work. I love the feeling of the wind in my hair!”



THANK YOU!

Thank you to Transport Scotland. With their funding and support in 2017-18, Cycling UK has been able to bring the Big Bike Revival to the whole of Scotland for the second year running.

Of course, without the support and enthusiasm of hundreds of volunteers, community groups, charities and businesses, we wouldn't be enabling thousands of people to get cycling again.

Thank you to everyone who has contributed to BBR events and community cycle club activities in the last year – see the full list below.

2017–2018 Big Bike Revival Groups

- > 1st Step Bikes
- > 3rd Argyll Scout Group
- > Aberdeen Multicultural Centre
- > Active Schools P&K
- > Adventure Centre for Education
- > All Ability Cycling
- > Alloa Cycles
- > Angus Cycle Hub
- > Annan Youth Cycling Club
- > Annondale Cycles
- > Ayr Active Travel HUB
- > Barrhead Centre
- > Barrhead Community Sport Hub
- > Bearsden and Milngavie Highland Games'
- > BeCycle
- > Beith Development Trust
- > Belles on Bikes Falkirk. Forth Environment Link
- > Belles on Bikes Inverclyde
- > Bike Dufftown
- > Blantyre Soccer Academy/ Blantyre Bikes Better
- > Bridgend Inspiring Growth
- > Broadford and Strath Community Company
- > Buddies
- > Callander Hub
- > Callander Youth Project
- > Camglen Bike Town
- > Centre 81
- > Churches Action for the Homeless
- > Clear Fife
- > Clyde Activity Bikes
- > Clyde and Avon Valley Landscape Partnership
- > Clyde Muirshiel Regional Park
- > Connect Community Trust
- > Corstorphine Youth and Community Association and Corstorphine Public Hall Company Ltd
- > Coupar Angus Cycle Hub
- > Coupar Angus Cycle Hub – Cycle for Cake
- > Coupar Angus Youth Activities Group
- > Cycle Ayrshire
- > Cycle Ayrshire – Heels to Wheels
- > Cycle Orkney
- > Dalmuir Park Hub
- > Darvel Community Trust
- > Drumchapel Cycle Hub
- > Dumfries and Galloway LGBT Plus
- > Dunkeld & Birnam Tourist Association
- > Dunoon Presents
- > Edinburgh and Lothians Regional Equality Council
- > Forth Environment Link/ Braehead Primary School
- > Forth Valley Disability Sport
- > Gallatown Bike Hub
- > Gardner Community Association
- > Girvan Wheelers
- > Glasgow Bike Station
- > Glasgow Caledonian University
- > Glenboig Neighbourhood House
- > Gorebridge Community Development Trust
- > Govan Community Project
- > Highland Ability Cycling Centre
- > Hope Amplified
- > Hope for Autism
- > Inverclyde Phoenix Car Club
- > Inverkip Community Initiative
- > Kille Bluebelles CCC
- > Kilmarnock Station Railway Heritage Trust (KSRHT)
- > Kinning Park Complex
- > Kirknewton Community Development Trust
- > Knightsridge Adventure Project
- > Lambhill Stables
- > Linlithgow Community Development Trust
- > Live Borders
- > Local Energy Action Plan (LEAP)
- > Lochaber Environmental Group/ Off Beat Bikes
- > Milngavie Community Development Trust
- > Muckmedden Events
- > Neilston Development Trust
- > Networks of Wellbeing
- > NHS Tayside
- > North United Community
- > Northmuir Primary School
- > On Yer Bike
- > One Parent Families Scotland
- > Pedal 4th Community



- > Recharge Youth and Community Facility
- > Recyke-a-bike
- > Re-Union Canal Boats
- > Revolution Strathearn
- > River Clyde Homes
- > Royston Youth Action
- > Shetland Bike Project
- > South West Community Cycles
- > St Angela's Participation Centre
- > Stirling Cycle Hub
- > Telugu Association of Scotland (TAS)
- > The Bridge Centre Community project

- > The Vennie
- > The Welcoming
- > Tron St Mary's
- > University of the West of Scotland
- > Urban Fox
- > Velocity Café and Workshop
- > Volunteering Hebrides
- > Wheels of Fleet
- > Woodfarm Education Centre
- > Woodhill Residents' Group
- > Young Enterprise Scotland

2017–2018 Community Cycle Clubs

- > Aberdeen Multicultural Cycling Club
- > Annan Youth Cycling Club
- > Blackhill on Bikes
- > BofA Social Cycling Club
- > Caledonia Cycle Group (Falkirk)
- > Callander Learn and Ride Group
- > Callander Youth Project
- > Carolina Community Cycling Club
- > Central Scotland Regional Equality Council
- > Centre 81 Cycle Club
- > Clyde Activity Bikes
- > Clyde and Avon Valley Landscape Partnership
- > Cranhill Cycles
- > Cycle for Cakes
- > Cycle Lockerbie
- > Dundee Cycle Forum
- > Fuse Bike Hub
- > Get Out Get Active Cycles
- > Green Champions Cyclists
- > GreenCHIPS (Cycle to Health Inverness Patients and Staff)
- > Hope Amplified
- > Huntly Community Cycling
- > Inverclyde Phoenix Car Club Cycles
- > Kilmarnock Active Travel Club

- > Kip Cycle Group
- > KPC Bike Project
- > Lambhill Bike Hub
- > Let's Get Biking
- > Lochee community cycling group
- > Lochside Neighbourhood Group
- > MoveAhead- Health Using Bikes (HUB)
- > North Shore Belles On Bikes
- > NUCycling
- > Orchard Centre
- > Paths to Freedom
- > Pathway Cycle Club
- > Pedal 4th
- > Pedal 4th Community
- > Phoenix Cycle Club
- > Ride 63
- > Saddle Bags Dunkeld
- > SCOREscotland Green Future
- > Sports Darvel Community Cycling Club
- > The Welcoming
- > Urban Fox Cycling Programme
- > Well Foundation CCC
- > West Dunbartonshire Community Cycle Club
- > Wheels of Fleet
- > Woodland Cycling Group
- > Y Sort It Street Bikes

CYCLING UK'S VISION IS OF A HEALTHIER, HAPPIER AND CLEANER WORLD,
— BECAUSE MORE PEOPLE CYCLE. —

Thank you to Transport Scotland for funding the Big Bike Revival in Scotland.



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www.bigbikerevival.org.uk

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