

## Scottish Transport Awards 2023

### Most Innovative Transport Project of the Year – Adult Cycle Training and the Impact of Grant Funding

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#### Who are we?

Cycling Scotland is a charity and Scotland's national cycling organisation. Working with others, we help create and deliver opportunities and an environment so anyone, anywhere can cycle easily and safely.

We are responsible for the delivery of national standard cycle training in Scotland. To increase cycle training opportunities for adults and families, we developed existing and created new partnerships with nine organisations across Scotland. These organisations are Act Now, Ancrum Outdoor Centre, Backbone, Bike for Good, Recyke a Bike, SCOREScotland, Soul Cycles, Velocity and Wee Cycle Cumbernauld.

#### Project Initiative

During the pandemic, more people wanted to take up cycling or return to cycling and it was clear we needed to develop a bigger network of funded training at a local level.

We trialled a grant funding pilot, with monitoring to assess demand and explore ways to support harder-to-reach populations.

Through an application process for up to £40,000 worth of funding to be distributed, Cycling Scotland awarded a total of £39,911 to training providers, as well as support and advice, to create over 800 fully funded places. This included sessions for absolute beginners, people starting to journey on road as individuals, or with their families, and more advanced sessions to enable people to actively commute all-year-round.

Based on feedback during the pandemic that families wanted to learn to cycle together, we developed a new course for families to improve their confidence and skills. This was the first time that family focused cycle training has been done in Scotland.

With access to bikes often cited as a barrier for doing cycle training, we also provided organisations with bikes, or bike rental costs if they applied for these within their funding application.

In addition, we provided resources such as training guides, posters and digital resources that organisations used to promote training locally.

The grant funding has strengthened existing partnerships and created new partnerships with and between organisations delivering cycle training and promoting active travel. By supporting local organisations, they have developed and promoted an attractive training offer, tailored to meet their community's needs, recognising specific barriers and support required. Funding has enabled more adults than ever before to take part in cycle training in ten different local authorities, and the wider reach of cycle training has surpassed expectation.

The ongoing demand for free cycle training and access to bikes is evident. One organisation said *"No provision of cycle training was previously on offer in the localities applied for. By being able to support local residents, our organisation has built upon several community focussed travel schemes. We run a bicycle refurbishment project and can now fully support*

*individuals and families (to) overcome all barriers to cycling with provision of a bike and the on-road skills to fully use it.”*

### **Key Results / Outcomes / Performance**

- This grant funding enabled 797 people (an increase of 383% from 2019-20), to develop their confidence and skills, including 69 families.
- Nine organisations in eight local authorities received funding. Training took place in 10 different local authorities.
- 66% of adults participating in training were female. Research indicates that women on bikes are currently underrepresented.\*
- 69 families took part in cycle training.
- 41% of adults participating in training were from a range of diverse ethnic backgrounds. This fund enabled a large percentage of people from hard-to-reach populations to access training\*\*
- Two-thirds of all sessions were ‘Absolute Beginner’ sessions – effectively teaching an adult to learn how to ride a bike.
- All organisations reported that session participants improved their cycling confidence.
- All organisations reported that session participants improved their cycling skills.
- One of the cycle trainers said, *“I (trained a) family whose 18 year old daughter suffers from hemiplegia and is paralysed down one side. She got a new e-tricycle a few months ago to replace her much smaller childhood one but had a bad experience on it and was terrified to go near it again. I spent a slightly extended session with them and by the end (she) was buzzing up and down the cycle paths full of confidence.”*

\*According to Cycling UK statistics (2019), in Scotland only 3% of women cycle for transport compared to 7% of men ([www.cyclinguk.org/statistics](http://www.cyclinguk.org/statistics)).

\*\*96% of the Scottish population is white

(source: <https://www.statista.com/statistics/367842/scotland-ethnicity-of-population/>)