


50,000+
Repairs funded by
the Scotland Cycle
Repair Scheme by
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Right: Andy Catlin

Lynn Henty
from Paisley with
her new bike

Scotland

BACK IN THE SADDLE

With more people facing financial difficulties, **Sam Waller** explains how Cycling UK's Access Bikes project is helping those in transport poverty

As the cost of living crisis deepens and petrol prices remain high, more people are looking to cycling as a cheaper alternative to driving or public transport – or as a faster option than walking. But turning to pedal power is only possible if you have access to a bike or can afford to buy one.

That's where Cycling UK's Access Bikes project is making a real difference. We're working with local organisations in Scotland, providing them with the funding and support required to provide new or refurbished bikes to people experiencing financial hardship in their community.

Initially operating in Aberdeenshire, Caithness, City of Edinburgh, Renfrewshire and the Scottish Borders, the Transport Scotland funded project also ensures people have the support they need to get riding – whether that's cycle training, confidence building sessions or route planning advice.

Receiving a new bike has been a game-changer for Lynn Henty, from Ferguslie Park in Paisley. She had previously been riding a "rust bucket" of a bike in dangerously poor condition, before being put forward for the project by local bike recycling centre Ownyerbike. "It wasn't safe, the gears and brakes didn't work, it was

heavy. There was always something going wrong with it," Lynn Henty says of her old bike.

Lynn Henty doesn't have access to a car and says local bus services cost too much, so having a safe and reliable bike is a vital option for getting about. A trip to the supermarket would be a 50-minute round trip on foot. Now, she says, "I jump on my bike and I'm there in minutes, it's brilliant! I'm out on it all the time – I feel a lot safer. I'm cycling further and much faster as well."

As well as the bike itself, which is now Lynn Henty's main mode of transport, she received a helmet, sturdy lock, lights and essential bike maintenance tools. As she explains, the benefits of having the bike have not just been practical: "It's good for your health, definitely – your mental and physical health."

Jamie Mallan works at the Tannahill Centre, a community hub that applied to take part in Access Bikes and that's working with Ownyerbike to help people benefit from the project. He says: "We're already seeing the impact on the local community, with more people cycling around the scheme. Not just those who accessed the programme, but their friends and family too. Some people have also said that having a bike has opened up new employment opportunities."

cyclinguk.org/accessbikes

Health

CYCLING ON PRESCRIPTION

The Government has announced a £12.7m pilot programme for GPs to prescribe cycling, walking and wheeling to improve physical and mental health and tackle health inequalities in 11 locations across England. Cycling UK sees this as a great opportunity to build on previous successes, such as our Cycle for Health project. cyclinguk.org/blog/will-cycling-prescription-work



Cycle for Health project

Women

100 WOMEN IN CYCLING 2022

For the sixth year, Cycling UK will be announcing its 100 Women in Cycling list this autumn, celebrating women who empower and encourage other women to cycle. The list covers everyone from mountain bikers and endurance cyclists to community group leaders and industry figures. You can see who's been on the list previously while waiting for the announcement. cyclinguk.org/article/previous-100-women-cycling