



Left: Robyn Furtado. Below right: Adam Casson

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Read about how we stand up for cycling: [cyclinguk.org/campaigns](https://cyclinguk.org/campaigns)

## The natural health service

Anyone reading this will appreciate that cycling is great for their health, and will understand that getting out into green space is their miracle wellbeing pill, writes *Duncan Dillimore*.

Politicians might say they agree, then speak warmly about encouraging more people to cycle and getting more people active outdoors... before mentioning cost, priorities and economic choices. While we have to consider the cost of interventions and new policies, I wish the conversation were framed more around value. That's why we'll shortly be launching a new campaign on this theme.

I've heard it said that we don't really have a National Health Service but rather a national illness service, where the spending priority is curing people when they're ill rather than keeping them healthy and preventing inactivity-related sickness. But imagine if we thought about activity and access to green space differently – as the natural health

service. That was what the post-war Labour government intended when, a year after establishing the NHS, the National Parks and Access to the Countryside Act was passed.

That legislation led to the creation of National Parks and National Trails, with politicians talking about this being the natural health service to support the NHS. But cyclists can still only use around 20% of our rights of way in England and Wales, and for many people accessing green space by bike from their home is difficult or feels unsafe. Fortunately, the UK government has committed to review access laws, and with elections in Wales next year, it's time to ask what's happening with the Welsh government's long-promised access reforms.

Cycling UK is going to be campaigning to make it easier for people to access green space safely by cycling, focusing on health and wellbeing benefits – the value, rather than just the cost.

### DIARY DATES

#### Bespoked

**Bespoked, the handmade bike show, will return to London in 2026 after two years in Manchester. It will run from 25–27 April at Unit 8, Copeland Park, Peckham. From 10–12 October 2025, meanwhile, Bespoked Germany takes place in Dresden. [bespoked.cc](https://bespoked.cc)**



#### Dartmoor Devil

**The 32nd edition of the Dartmoor Devil, a hilly 100km audax from Bovey Tracey that crisscrosses Dartmoor, takes place on Sunday 26 October. Entry is £11 via the Audax UK website ([audax.uk](https://audax.uk)). For more details, visit [southdevonctc.org/club-events](https://southdevonctc.org/club-events).**

## Vote now for your trustees

Your Cycling UK trustee elections voting form is enclosed with this issue of Cycle. Details of the candidates and instructions on how to vote are included on the form. All candidate statements can be found on the website at: [cyclinguk.org/become-trustee](https://cyclinguk.org/become-trustee). The deadline to vote is 9am on Tuesday 28 October.

Thank you to all those who attended and voted in the 2025 Cycling UK AGM in September. Outcomes of the meeting, along with the details presented, can be found online: [cyclinguk.org/agm-2025](https://cyclinguk.org/agm-2025).