

# The BIG BIKE

Revival

ENJOY THE RIDE



SCOTLAND CASE STUDIES 2016-17





## ABOUT THE BIG BIKE REVIVAL IN SCOTLAND

**The Big Bike Revival is a Cycling UK project that is all about getting people cycling again. Whether someone hasn't cycled for years, is completely new to cycling or enjoys riding their bike already, the Big Bike Revival offers something for everyone.**

Scotland's cycle ownership varies from 22% in Glasgow to 55% in Moray but with cycling trips taking up only 1.2% of journeys, it's obvious that many bikes are unused for everyday cycling. The Big Bike Revival aims to encourage more everyday cycling through a variety of activities, and tackle common barriers like poor infrastructure, lack of confidence and bikes in disrepair.

By offering cycle training and skills sessions, showcasing low traffic routes and dedicated cycling infrastructure, and providing accessible and free opportunities to get cycles fixed up and repaired, people can confidently ride their bikes more for everyday trips in their local community.

### **What happened in 2016?**

Thanks to funding from Transport Scotland, the Big Bike Revival took place across Scotland in autumn 2016, offering a wide range of events and activities to encourage people to revive their bikes and cycle more for everyday journeys. We partnered with 81 community groups and organisations, running events that included led rides, puncture repair workshops, basic bike maintenance classes, cycle health checks, cycle skills sessions and route planning.

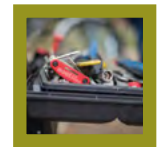
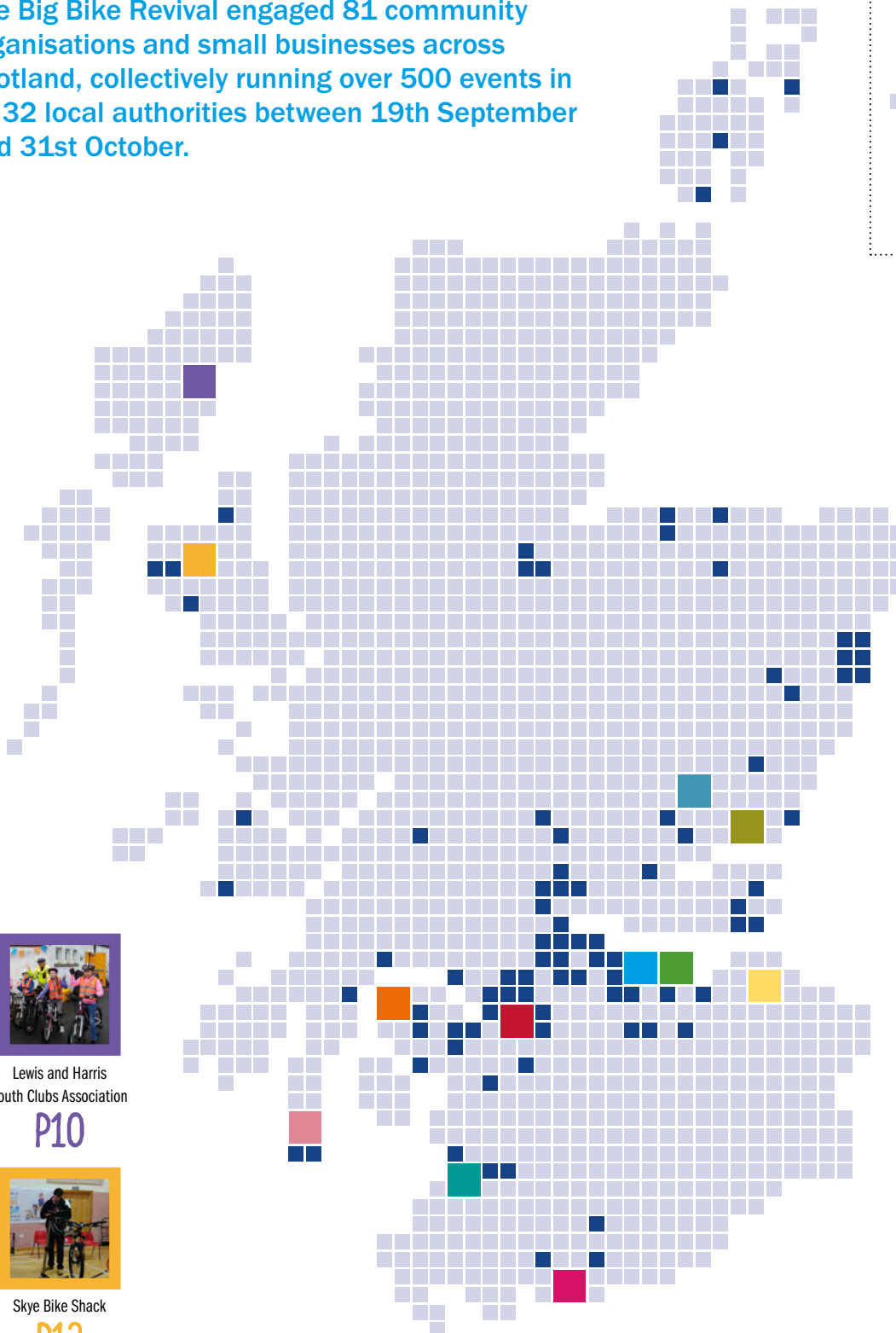
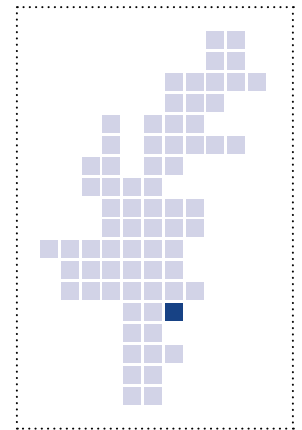
This document provides a snapshot of the groups across the nation that helped to get more people riding their bikes and tells their Big Bike Revival stories. It was important for Cycling UK to partner with organisations that were not cycling focused, in order to encourage non-riders and occasional cyclists, so we worked with organisations like youth groups, community development trusts, environmental charities, university groups, BME organisations, disability charities and grassroots voluntary groups.

Through the Big Bike Revival, we also worked with cycling-related groups such as bike recycling centres, active travel hubs, cycling clubs and local bike shops, helping them to reach new audiences and more people in their communities. There are also stories from individuals that began cycling again thanks to the Big Bike Revival and its partners.

We hope that the case studies contained in this document give you a flavour of the Big Bike Revival in autumn 2016, and that you feel inspired to get on your bike, too.

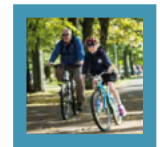
# THE BIG BIKE REVIVAL ACROSS SCOTLAND

The Big Bike Revival engaged 81 community organisations and small businesses across Scotland, collectively running over 500 events in all 32 local authorities between 19th September and 31st October.



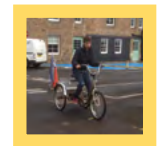
Maryfield Men's Shed

P14



Enverdale Gym

P14



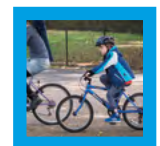
Beyond Boundaries East Lothian

P7



Chhaya Patel and the Edinburgh and Lothians Regional Equality Council

P4



MY Adventure

P12



Lewis and Harris Youth Clubs Association

P10



Skye Bike Shack

P13



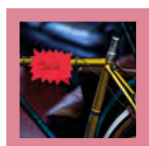
Loch Lomond Shores

P5



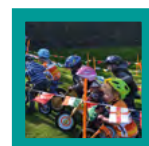
Al-Meezan and Rehana's Story

P8/9



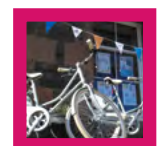
Kintyre Recycling Ltd

P6



Ayr Burners Cycling

P15



Kirkcubright Cycles For Life

P11



#### P4 > CHHAYA PATEL AND THE EDINBURGH AND LOTHIANS REGIONAL EQUALITY COUNCIL

Before hearing about the Big Bike Revival in Scotland, the last time Chhaya had been on a bike was over 20 years ago. After attending two led rides offered by Edinburgh and Lothians Regional Equality Council, she now can't get enough of cycling.

#### P5 > LOCH LOMOND SHORES

Loch Lomond Shores is a visitor destination offering indoor, outdoor and water based activities. They are promoting cycling to the area surrounding Loch Lomond and the Trossachs National Park.

#### P6 > KINTYRE RECYCLING LTD

Kintyre Recycling Ltd aims to provide job opportunities to people with special or social needs, help the local environment and promote recycling within Kintyre.

#### P7 > BEYOND BOUNDARIES EAST LOTHIAN

Beyond Boundaries East Lothian provides opportunities for people with disabilities and mental health conditions to take part in a wide range of outdoor and adventure activities.

#### P8/9 > AL-MEEZAN AND REHANA'S STORY

Al-Meezan was established by a small team of female volunteers to provide Islamic education to women, children and young people and it now provides a wide variety of classes and activities to help them become confident members of Scottish society. Rehana is one participant who has benefited from Al-Meezan's Big Bike Revival activities.

#### P10 > LEWIS AND HARRIS YOUTH CLUBS ASSOCIATION

Lewis and Harris Youth Clubs Association is a volunteer-led charity based in Stornoway on the Isle of Lewis in the Outer Hebrides. It was founded in 1964 to benefit the young people of the island, as well as supporting the network of youth clubs local to Harris and Lewis.

#### P11 > KIRKCUDBRIGHT CYCLES FOR LIFE

Kirkcudbright Cycles for Life supports and encourages the local community to swap their cars for cycles for everyday journeys to reduce their carbon footprint and increase their health and well-being. Its aim is to re-engage people with cycling and the joys and benefits it can bring.

#### P12 > MY ADVENTURE

MY Adventure is a social enterprise in Edinburgh that delivers a range of outdoor activities, including cycle rides and training. Its aims are to promote education, employability and environmental action in its local neighbourhoods, which include areas of multiple deprivation.

#### P13 > SKYE BIKE SHACK

Skye Bike Shack was established in April 2016 to provide a place where locals and visitors could get good advice about cycling locally, promoting cycling and enthusing people about cycling on Skye.

#### P14 > ENVERDALE GYM

Enverdale Gym works with the community to increase fitness, health and wellbeing in Coupar Angus and the surrounding area.

#### P14 > MARYFIELD MEN'S SHED

Maryfield Men's Shed provides recreational, educational and skills-based facilities to advance the social needs, health and wellbeing of men in Dundee and the surrounding area.

#### P15 > AYR BURNERS CYCLING

Ayr Burners Cycling is a volunteer-led group that promotes cycling opportunities in Ayrshire, with around 150 members and an interest in getting more people riding bikes.

## CHHAYA PATEL AND THE EDINBURGH AND LOTHIANS REGIONAL EQUALITY COUNCIL

**Before hearing about the Big Bike Revival in Scotland, the last time Chhaya had been on a bike was over 20 years ago. After attending two led rides offered by Edinburgh and Lothians Regional Equality Council (ELREC), she now can't get enough of cycling.**

When Chhaya Patel was a child in her small Indian hometown she used to cycle from A to B along with everyone else, but her bicycle habit ended when she went to university. She lived far from her campus and the traffic made cycling to lectures impossible. When Chhaya left university and moved to the UK with her husband in 2012, cycling was an old memory and no longer part of her life.

Chhaya heard about the Big Bike Revival through the networks of the Edinburgh and Lothian Regional Equality Council (ELREC), a Big Bike Revival partner offering various events, including two bike rides for women in the Asian community. Chhaya thought this seemed a really good opportunity to try cycling again in a supportive environment.

After 20 years there was a lot to learn. She said, "The bicycles I used to ride some two decades ago had no gears. It was simply you pedal and you ride. I've never cycled in the UK and it was very different learning the bicycle with gears.

It was really a good skill to learn. The Big Bike Revival leader explained how to change the gears, how to get up a hill, how to control speed and what the gear has to be. It was really good learning for me, before discovering my confidence."

On her first Big Bike Revival ride, Chhaya arrived with a small children's bike that was difficult to cycle. But she made it all the way through both rides, each more than 15 miles long. Chhaya was so excited about her achievements that she phoned to tell her mother in India, who was unable to believe that her once inactive daughter could cycle more than a mile or two.

Chhaya is now hooked on cycling. After the Big Bike Revival, she goes on at least three rides a week. Her personal aim is to be able to cycle up Eildon Hill, which is an important goal not just for leisure cycling but for everyday riding in the hilly Borders where she lives.



THE BICYCLES I USED TO RIDE SOME TWO DECADES AGO HAD NO GEARS. THE BIG BIKE REVIVAL LEADER EXPLAINED HOW TO CHANGE THE GEARS, HOW TO GET UP A HILL, HOW TO CONTROL SPEED AND WHAT THE GEAR HAS TO BE. IT WAS REALLY GOOD LEARNING FOR ME, BEFORE DISCOVERING MY CONFIDENCE.

Chhaya Patel



## LOCH LOMOND SHORES

**Loch Lomond Shores is a visitor destination offering indoor, outdoor and water based activities alongside great shopping and eating places. It was established in 2002, through a mixture of public and private funding, to regenerate the local area and encourage visitors to Balloch.**

Loch Lomond Shores want their visitors to experience the wonderful outdoor setting, and are promoting cycling both to the area, and within the surrounding Loch Lomond and Trossachs National Park. They are installing cycle racks throughout the site at strategic points to allow cyclists to stop and enjoy the views and facilities, creating and sharing cycling routes, and highlighting the safe cycling route directly from Glasgow to Loch Lomond Shores to encourage visitors from the city to cycle instead of driving and to promote cycling as a means of transport as well as a leisure activity.

Building on this work, Loch Lomond Shores used a Big Bike Revival grant to host a day-long cycling event during the October break. They provided a variety of activities, including free bike checks and a Dr Bike session, advice on maintenance, and led rides showing people local paths and low-traffic routes. There was also the opportunity to donate old bikes for recycling, to bring them back into use and save them from ending up in landfill. Families were encouraged to try out different kinds of bikes, such as tandems and quadricycles, and to try out an agility bike track to develop new cycling skills.

The event was run with the help of Can You Experience, Glasgow Bike Station, Bike Buddies and Cycling Scotland

who provided the bike track, which drew much interest. Clare Gemmell, General Manager of Loch Lomond Shores said, “we would love to have the bike track back on site – it was superb and such an attraction to ALL ages! Brilliant”.

Cycling groups in surrounding areas were invited to attend, with groups travelling by bike from Glasgow and Renfrewshire to showcase cycling routes. This also encouraged more people at the event to see what was possible in terms of cycling as active travel, and to offer advice and inspiration on setting up buddying schemes for new and inexperienced cyclists. The event gave people the chance to speak to experts about cycling and helped to quell any fears they might have, and for some it was just a chance to simply get back on a bike having not been on one for years.

Loch Lomond Shores is keen to continue encouraging people to use their bikes travelling to and around the area, and hopes to build on the success of this event with future cycling events and further bike-friendly facilities. They would also love to act as a venue for more cycling events that other organisations might want to run.





WE NOW FEEL MORE CONFIDENT THAT WE CAN GO ON INTO COMMUNITIES IN KINTYRE OFFERING WHAT WE HAVE LEARNED.

David Conner: Deputy Manager, Kintyre Recycling Ltd

## KINTYRE RECYCLING LTD

**Kintyre Recycling Ltd (KRL) was formed in 2006, taking over from Campbeltown Waste Watchers, which was founded in 1997. It aims to provide job opportunities to people with special or social needs, help the local environment and promote recycling within Kintyre.**

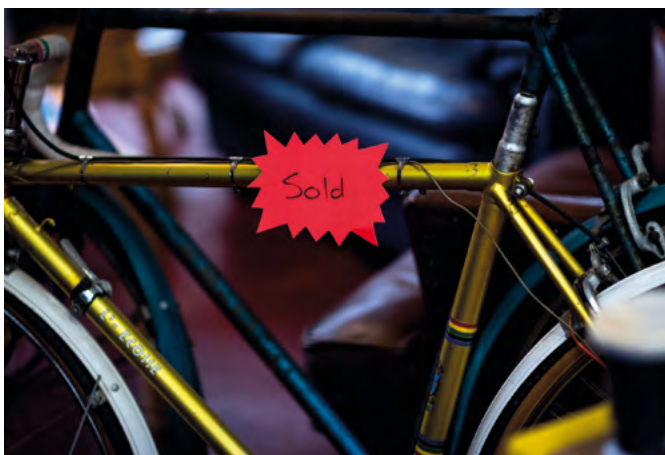
In 2013, with the nearest bike shop 53 miles away, it started a bike re-use project, diverting unwanted bicycles from landfill, and training three bike mechanics to Velotech Gold level. The project has since grown steadily and is popular with the local community. It now offers quality recycled bikes at affordable prices, helping to promote the health and wellbeing benefits of cycling as an alternative to using the car.

KRL saw the Big Bike Revival as a way to interact more with the community, offering the chance to acquire the tools and resources needed to hold workshops and promote cycling. KRL's deputy manager David Conner said, "we wanted old cyclists wanting to take the bike out of storage and new cyclists who were unsure whether cycling was for them to try it out".

The project was funded to run 13 events between Campbeltown and Southend, each of them offering Dr Bike sessions and bike safety checks, maintenance tips,

sessions on changing an inner tube, and a bike donation drop-off zone. The grant money gave them the chance to buy the tools they needed as well as run the workshops. They also took the opportunity to check over bikes at Castlehill Primary prior to the Primary 6 iCycle training. They partnered with Zero Waste Heroes, who offered free use of their shop and helped to promote events.

They felt they gained valuable knowledge from being involved with the Big Bike Revival. David said, "we now feel more confident that we can go on into communities in Kintyre offering what we have learned". The project is now looking into setting up a cycling hub and planning to visit the Stirling Bike Hub and Recyke a Bike to look at how they work. They hope that the Big Bike Revival will be on hand for advice as they grow, and will support them in helping to build cycling infrastructure locally, tying in with local events and companies, and building relations with other cycle hubs across Scotland.







## BEYOND BOUNDARIES EAST LoTHIAN

**Beyond Boundaries East Lothian (BBEL) provides opportunities for people with disabilities and mental health conditions to take part in a wide range of outdoor and adventure activities.**

In March 2012 the group formed Cycling Out in East Lothian (COEL), which uses a varied fleet of adapted bikes to give anyone who wishes the chance to cycle, regardless of physical ability. COEL confronts assumptions that cycling is too difficult or physically demanding for some people in society.

COEL used Big Bike Revival funding and marketing support as an opportunity to run four “Come and Try” all-ability bike sessions on Sundays in Haddington. Their intention was to extend their reach to people who did not have disabilities, increasing awareness about all-ability cycling and also challenging people’s assumptions that they themselves were not physically capable of cycling. They ran two led rides every week during the period of the Big Bike Revival, incorporating both on-road and off-road riding so that participants could discover quiet routes but also get some experience of riding in traffic.

The Big Bike Revival provided BBEL with an opportunity to work with a wide variety of organisations which got involved in Come and Try, all working towards the common objective of seeing more cycle travel in the area. East Lothian Council provided a venue, and the bicycle repair clinics were

delivered by both Belhaven Bikes of Dunbar and Recharge Youth, which has recently begun its own community-wide bike recycling initiative throughout the Fa’side.

Steve Nelson, who heads up COEL, found that instead of all-ability cycling feeling like an adjunct, as happens at conventional cycling events, the Big Bike Revival Come and Try sessions put disabled cycling centre stage and brought it into the mainstream. “Not only did it provide a boost for cycling activities for disabled riders, it also raised awareness among all members of the community about all-ability cycling, and broke down common assumptions and myths about who can and cannot cycle”.

Steve’s vision for COEL is to turn it into a charity in its own right and to secure funding to carry the project forward. Awareness building remains a key task, and greater coordination and communication between Scotland’s various all-ability cycling projects would facilitate this, with regular meetings or conferences to share knowledge, experience and ideas. A Scotland-wide training scheme for all-ability bike riding would help support ride leaders and others who want to work with all-ability cycling.



IT WAS REALLY VALUABLE BECAUSE WE'RE VERY VOLUNTEER DEPENDENT AND WE USUALLY CAN'T DO BIGGER CYCLING EVENTS DURING HOLIDAYS DUE TO VOLUNTEERS' FAMILY COMMITMENTS.

Mahnoor Campbell, Low Carbon Al-Meezan Project Champion



## AL-MEEZAN

Al-Meezan was established in 1998 by a small team of female volunteers to provide Islamic education to women, children and young people. In 2003 it became a charity and limited company and now provides a wide variety of classes and activities to enable participants to develop communication skills and a positive self image, and become confident members of Scottish society. As part of this, Al-Meezan offers cycle training and led rides to women and children from Glasgow and the surrounding area, and provides support to enable people to go from leisure cycling to making purposeful journeys on bikes.

For Al-Meezan, a Big Bike Revival grant enabled them to reach more people and offer more led rides by using self-employed ride leaders. These included two big family rides from the centre, one to Crookston Castle and the other to the Cuningar Loop, offering a choice of routes to suit people of different levels of fitness and confidence.

Mahnoor Campbell, Al-Meezan's Low Carbon Project Champion, said "it was really valuable because we're very volunteer dependent and we usually can't do bigger cycling events during holidays due to volunteers' family commitments". The grant also covered basic maintenance tools to allow them to adjust bikes at the start of their rides.

During the course of the Big Bike Revival, Al-Meezan staff also partnered with Free Wheel North to teach several women who had never ridden a bike at all and others who had not been on a bike for over 20 years. These women are now able to participate in led rides around Glasgow, using both cycle paths and the road, and some are beginning to use bikes as a mode of transport instead of their cars.





## REHANA'S CYCLING STORY WITH AL-MEEZAN

**Until summer 2016 Rehana had never ridden a bike in her life. Now in her forties, she hadn't learned as a child, and when she got her driving licence aged 17 she travelled everywhere by car.**

Rehana was encouraged to try free cycling lessons and attend Big Bike Revival led rides through Al-Meezan. Cycling was something Rehana had been keen to try, so when a friend prompted her, she went along for her first session and hasn't looked back.

As a complete newbie, Rehana started learning in summer 2016 with Free Wheel North at Glasgow Green in a traffic-free environment. She found that learning as an adult beginner was challenging because adults don't necessarily have the same confidence as children. As she felt quite apprehensive at first, she used a balance bike for the first session, but she gradually became more confident and was ecstatic when she started pedalling and riding by herself.

After mastering essential cycling skills over the summer, Rehana attended Al-Meezan's led rides as part of the Big Bike Revival in autumn 2016, which took riders on various routes around the city via cycle paths as well as roads. She relished the challenge of applying her new cycling skills to these rides, and said, "because I'm a newbie, every ride was exciting. There's a new challenge each time. Mahnoor [Al-Meezan's ride leader] is a brilliant teacher".

Rehana caught the cycling bug, and just a few months after her first ever lesson and having enjoyed Big Bike Revival led rides so much, she bought her first bike – second hand from another Glasgow cycling organisation, Soul Riders.

Having her own bike means Rehana can now go cycling whenever she wants. She said that the Al-Meezan ride leaders were a great support to her to become more independent and confident, with ride leaders buddying

with her to help her find good routes in her local area, as well as showing her low-traffic options via the Big Bike Revival events she attended.

Rehana is now starting to make purposeful journeys by bike, clocking up the miles and maintaining at least one weekly ride. Her next goal is replacing the car for more journeys and for getting to and from the gym. She's impressively unfazed by Glasgow's damp climate, saying cheerily, "Oh yes, I bought waterproofs when I bought my bike, so the weather's no barrier!"

Rehana credits the accessibility of the cycling classes and Big Bike Revival led rides with her transformation from non-cyclist to enthusiastic rider. Big Bike Revival led rides helped her build confidence and learn about route options in her local community. As she explains, "a little thing like that can make a huge difference. I honestly wouldn't be cycling without it". The group spirit and support of having led rides has also been great for keeping motivation in the early stages.

Now Rehana can take her children out on their bikes, and the whole family can enjoy cycling together, with bike journeys providing a fun and healthy alternative to going places by car all the time. She has become more aware of the needs of cyclists when bikes and cars are on the road, and would welcome more good cycling infrastructure in Glasgow. "I'm hoping for more cycle lanes," she said. "That would be a dream".



## LEWIS AND HARRIS YOUTH CLUBS ASSOCIATION

**Lewis and Harris Youth Clubs Association (LHYCA) is a volunteer-led charity based in Stornoway on the Isle of Lewis in the Outer Hebrides. It was founded in 1964 to benefit the young people of the island, as well as supporting the network of youth clubs local to Harris and Lewis. Their services are open to all and are fully inclusive, and their interest in providing cycling activities for the local community made them a great fit for the Big Bike Revival.**

The Outer Hebridean islands of Lewis and Harris are a mecca for cycle tourists due to the stunning scenery and quiet roads. But what about cycling for locals? LHYCA was keen to get involved with the Big Bike Revival as they wanted to grow the cycle skills and confidence of families and individuals around Lewis and Harris, especially in Stornoway. They were also interested in the benefits of coming together as a community and inspiring people to get back on their bikes for everyday journeys and other types of cycling.

The charity decided to offer a large open day at the end of October with a wide range of activities, which included road cycle safety skills sessions, bike servicing and repair, police bike marking, a bike smoothie maker, bike jumble sale, face painting, Bikeability sessions and adapted cycles. Led rides were also on offer, so residents could see the low-traffic routes when cycling around Stornoway.

The open day was a real community affair. Volunteers from LHYCA worked in partnership with local youth group, the Bridge Youth and Community Group to make the day a success. Adapted bikes were provided by the Highland



Cycle Ability Centre, community police officers attended to manage bike marking, council volunteers did Bikeability training and local bike shops Bespoke and Bike Hebrides were on hand with bike mechanics and repairs.

LHYCA felt that their Big Bike Revival event provided a good range of benefits. Neal Ingram, Chair of LHYCA said “We could see the opportunity to give something back to the community, and it was especially worthwhile to local families and individuals to get their bikes serviced for free and gain basic knowledge of maintenance and cycle skills to help them ride more regularly. It was also a good opportunity to collaborate with local bike services, organisations and businesses.”

The next step for the group is to develop cycling opportunities for the wider community with training to deliver cycling activities and skills, including ride leaders. They are interested in the community cycling club offering from the Big Bike Revival to help them get going, as support includes a variety of training, membership to a large network of cycling groups across Scotland and insurance for running led rides. Neal said, “We’d be keen to do more to encourage cycling locally, so the idea of community clubs to encourage people to keep riding their bikes really appeals.”



**WE COULD SEE THE OPPORTUNITY TO GIVE SOMETHING BACK TO THE COMMUNITY, AND IT WAS ESPECIALLY WORTHWHILE TO LOCAL FAMILIES AND INDIVIDUALS TO GET THEIR BIKES SERVICED FOR FREE AND GAIN BASIC KNOWLEDGE OF MAINTENANCE AND CYCLE SKILLS TO HELP THEM RIDE MORE REGULARLY.**

**Neal Ingram, Chair of LHYCA**

## KIRKCUDBRIGHT CYCLES FOR LIFE

**Kirkcudbright Cycles for Life (KCFL) are a recently formed community organisation, managed by the Kirkcudbright Development Trust. They support and encourage the local community to swap their cars for cycles for everyday journeys to reduce their carbon footprint and increase their health and wellbeing. Their aim is to re-engage people with cycling and the joys and benefits it can bring.**

In their short existence, KCFL have achieved an enormous amount. They have an office and shop front in the middle of the town's shopping area, offering easy access to local people as they go about their daily life. Many residents simply pop in for advice or a chat about their cycles or events organised by KCFL. The project offers weekly bicycle loans in return for a pledge to swap a car journey for a cycle ride – this means the community are doing something regular and positive to tackle climate change and promote sustainable methods of transport which do not impact negatively on the earth's resources.

KCFL wished to add value to the project activities they were already undertaking, and enthuse all members of the community about cycling in an inclusive and dynamic way. The Big Bike Revival enabled them to host a number of fun and educational events which they would not have

otherwise have been able to do. The ever-enthusiastic members managed to put on a busy week-long programme which included many exciting and well-attended activities, including family cycle rides with events on the beach and refreshments, Ladies that Lunch, Men that Munch, puncture repair workshops for young people, confidence building for women, confidence building for families on tracks and trails, cycle to work and cycle to the shops. All these activities were highly praised and successful and all ended on a high with the Big Bike Revival party event.

KCFL want to work with partners to gain safer routes and cycle paths in the town so everyone can cycle more safely. They want to establish cycle clubs to run local rides at weekends, enabling people of all ages and abilities to enjoy cycling together.







## MY ADVENTURE

**MY Adventure is a social enterprise in Edinburgh that delivers a range of outdoor activities, including cycle rides and training. Its aims are to promote education, employability and environmental action in its local neighbourhoods, which include areas of multiple deprivation. It has close relations with several community and youth centres in north Edinburgh.**

Big Bike Revival allowed MY Adventure to engage more closely with centres in Muirhouse and Pilton, and offer services to less privileged communities for free at the point of delivery. MY Adventure worked with Pilton Youth Centre, Pilton Community Centre, Muirhouse Youth Development Group and the Millennium Centre. MY Adventure also partnered with Edinburgh College and seven high schools, providing bike fixing sessions and bike rides.

Some of the groups MY Adventure supported through the Big Bike Revival were targeted because of their needs, such as a dads' ride for fathers in Circle Scotland's Haven group. For many of these fathers, cycling is a key mode of transport that supports them in raising their children. The rides ran down to the beach and participants were shown routes that they could take with their children to make everyday journeys.

As well as partnering with community centres, MY Adventure worked with the participatory design and landscape architecture firm Here + Now to deliver a bike tour of community spaces in Edinburgh. A speaker at each space welcomed riders and explained the project's aims. This ride showcased quiet routes around the city, as well as providing a safe atmosphere on busier roads, and strengthened communal relations and awareness by introducing members of the public to community gardens and other spaces that they had not previously known about. Many of these projects had an environmental focus and so married closely with cycling as a mode of transport. They also reached out to users beyond MY Adventure's normal base.

## SKYE BIKE SHACK

Skye Bike Shack was established in April 2016 to provide a place where locals and visitors could get good advice about cycling locally, promoting cycling and enthusing people about cycling on Skye. It runs on the proceeds from bike servicing, sales and bike hire and is an active part of the community, working towards better cycle facilities and routes. Owner Mark Crowe said, “we’re looking to make the local cycling infrastructure accessible to all abilities and encouraging those that don’t cycle to build up the knowledge and confidence to start”.

The Bike Shack saw the Big Bike Revival as a chance to get into the community and promote cycling locally as well as their own activities and services. As Mark said, “I was looking at how I could start to bring in business but also ways in which I could embed cycling locally, creating support for our future aims”. Mark felt that locals would benefit from having access to bike mechanics, especially if they couldn’t easily get to bike shops where they lived. This would also help them to keep their bikes maintained, making them more willing to cycle for daily journeys.

With funding from the Big Bike Revival, the Bike Shack ran five mobile mechanic sessions in outlying, remote and rural areas of Skye, offering free bike repair in community halls. The sessions also provided some information about cycling on the island and taught some basic bike maintenance

skills to those who wanted to keep their bikes in good repair themselves. The Bike Shack found it helpful to have a Cycling UK development officer to give them ideas, provide local contacts and help them with grant applications.

Future plans could include hands-on sessions at various events in Skye, particularly family ones, or working with local cycle clubs and sporting events. With further funding, and signposting to other funding bodies, the Bike Shack would like to continue running the mobile mechanic sessions, especially reaching communities they couldn’t access last time. In the longer term, they would like to develop trails that are accessible to all and safe, clearly signposted cycle ways.



WE'RE LOOKING TO MAKE THE LOCAL CYCLING INFRASTRUCTURE ACCESSIBLE TO ALL ABILITIES AND ENCOURAGING THOSE THAT DON'T CYCLE TO BUILD UP THE KNOWLEDGE AND CONFIDENCE TO START.

Mark Crowe, Owner, Skye Bike Shack





## ENVERDALE GYM

Enverdale Gym was established in 2010 as a local facility, aiming to work with the community to increase fitness, health and wellbeing in Coupar Angus and the surrounding area. It provides year-round facilities for local people to keep fit, train and progress in their sport, and aims to link with other fitness-related events in the town to promote the facilities it offers.

The gym saw the Big Bike Revival as an opportunity to get involved in local cycling events and to offer their own free events getting people interested in cycling for everyday journeys, doing some exercise, and making a difference to individuals' wellbeing in the area.

The Big Bike Revival funded them to run four Try Cycling events, running alongside the Perth and Kinross Wellbeing Festival. The events were aimed at people either cycling for the first time or getting back on a bike after a long absence. The gym partnered with the Coupar Angus Cycling Hub, who provided bike hire, cycle leaders, information on essential cycling skills, route maps, and brought along Dr Bike mechanics to help people fix their bikes.

Enverdale Gym would like to continue to build on the links it has developed through the project, working with the Cycle Hub and other community projects. It wants to take the gym out into the community with real-world workouts on bikes, cyclist discounts and related training programmes such as winter fitness programmes with a strong cycling focus, suitable for everyone from beginners to experts.

## MARYFIELD MEN'S SHED

The Maryfield Men's Shed group was formed at the start of 2016 and is working towards becoming a constituted organisation. The group's aims are to provide recreational, educational or skills-based facilities to advance the social needs, health and wellbeing of men in Dundee and the surrounding area.

Some of the members had a personal interest in fixing bicycles and became involved in the Big Bike Revival to help build capacity. With funding they held three events: two bike maintenance sessions in partnership with the Spokes bike shop and a guided bike ride with leaders from the Dundee and Angus Cycle Hub. One challenge was that the Maryfield Shed is located in a built-up area with many main thoroughfares crossing through it, making initiating cycling activities a bit more difficult.

Promoting the events gave the group an opportunity to look outwards and begin to network with other community and voluntary organisations, identifying potential collaborators for future events. They would like to link with other Shed groups and community organisations and collaborate on more events. They would also like to develop their members' skills with access to learning materials and formal bike maintenance and ride leader training, and to be able to run more led rides.





## AYR BURNERS CYCLING

**Ayr Burners Cycling is a community development group founded in 2014 to promote cycling opportunities in Ayrshire and to encourage cyclists to visit the region. It is a volunteer-led organisation with around 150 members and offers a wide range of cycling activities.**

The Big Bike Revival provided Ayr Burners with a national brand and the impetus to engage with a new audience. As a community development group they look to encourage people to get into cycling and use their bikes more. In tackling barriers to cycling such as lack of access to working bikes, Ayr Burners hope the events they organised will encourage more people to cycle regularly.

This group clearly has a lot of skill and enthusiasm supported by eager volunteers and are able to organise and run successful cycling events. This was apparent at the two open events they ran at the Culzean Cycle Festival and Dunaskin Steam Day, offering games and a track for pre-school children on balance bikes.

They also organised led rides for families, including an infrastructure safari in Ayr, the Sea Ayr Cycles Family Ride and a Parents Join In Picnic Ride. Alongside each event Ayr Burners were able to offer well-received Dr Bike clinics. Family activities in particular did a great job of introducing non-cycling families to cycling for transport, with led rides highlighting accessible family routes to and from schools, shops and other everyday journey destinations.

Ayr Burners are keen to work in partnership with other cycling organisations. The Ayr Active Travel Hub provided Ayr Burners with additional balance bikes for the Cycle Festival at Culzean, and they also worked with the Ayrshire Railway Preservation Society who hosted the Dunaskin Steam Day. A local cycle shop, ACS Prestwick, offered discounted tools and equipment for their events.

Ayr Burners also manage the development of the Ayrshire Alps Cycle Park project which they hope, among many other benefits, will bring more tourism into the area. The group has a committed plan to developing cycling and are progressing well in promoting local opportunities.





## THANK YOU

Cycling UK would like to thank Transport Scotland for funding the Big Bike Revival in Scotland.

We would also like to thank the community groups, charities, organisations and businesses that participated in the Big Bike Revival in 2016.

- > Aberdeen Multicultural Centre
- > Active Communities
- Al-Meezan
- > Alloa Cycle Repairs
- > Angus Cycle Hub CIC
- > Annandale Cycles
- Ayr Burners Cycling
- > Ayr Cycle Hub
- > BeCycle
- > Beith Development Trust
- > Belles on Bikes Cumbernauld
- > Belles on Bikes Edinburgh
- > Belles on Bikes Moray
- Beyond Boundaries - East Lothian
- > Bike Revolution
- > Bikeworks
- > Branchton Community Centre Association
- > Broxburn United Sports Club
- > CamGlen Bike Town
- > Cave Community Care
- > Changes Community Health Project
- > Clear Buckhaven
- > Clyde Activity Bikes
- > Clydemuirshiel Regional Park
- > Coupar Angus Cycle Hub
- > Cumnock Juniors Community Enterprise
- > Cycle Orkney
- > Drumchapel Cycle Hub
- Edinburgh and Lothians Regional Equality Council (ELREC)
- > Edinburgh Bike Station
- Enverdale Gym
- > Eyemouth Community Trust
- > Falkirk Cycle Hub
- > Fuse Youth Cafe
- > Glasgow Bike Station
- > Glenboig Neighbourhood House
- > Gorebridge Community Development Trust
- > High Life Highland
- > Hope for Autism
- > Just Cycle Ltd
- > Kilfinan Community Forest
- > Kilmarnock Station Railway Heritage Trust
- Kintyre Recycling Ltd
- Kirkcudbright Development Trust
- Lewis and Harris Youth Clubs Association
- > Link Up
- > Link Up the Gallatown
- > Linlithgow Community Development Trust
- > Live Active Leisure
- > Livingston 20 Milers
- Loch Lomond Shores
- Maryfield Men's Shed
- > Muckmedden Events
- > Mull and Iona Community Trust
- My Adventure
- > Neilston Development Trust
- > Networks of Wellbeing
- > North Lanarkshire Leisure
- > Queen Margaret University
- > Re-Union Canal Boats
- > Recyke-a-Bike
- > Robert Gordon University: Union Go Green
- > Shetland Bike Project
- > Simon Community Scotland
- Skye Bike Shack
- > South West Community Cycles
- > Stewartry Wheelers
- > Stirling Cycle Hub
- > The Bike Station
- > The Vennie
- > Torphons Typhoons
- > Trail Tots
- > Transition University of St. Andrews
- > Twechar Community Action
- > University of Aberdeen
- > University of Dundee
- > University of the West of Scotland - Paisley
- > Velocity Café and Workshop
- > West Dunbartonshire CVS
- > Williamwood High School

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.



[www.facebook.com/thebigbikerevival](http://www.facebook.com/thebigbikerevival)



[@wearecyclinguk](https://twitter.com/wearecyclinguk) #BigBikeRevival

[www.bigbikerevival.org.uk](http://www.bigbikerevival.org.uk)

Cycling UK is a trading name of Cyclists' Touring Club (CTC) a company limited by guarantee, registered in England no: 25185.  
Registered as a charity in England and Wales charity no: 1147607 and in Scotland charity no: SC042541.  
Registered office: Parklands, Railton Road, Guildford, Surrey GU2 9JX.

