

Cycle Confident (CC) is passionate about making Bikeability training accessible to all. We aim to ensure that it is inclusive for all participants from all communities - children and adults. We work with a diverse group of more than 220 freelance instructors, 34% are female and 11% are BAME instructors. We are always able to offer specific trainers where required.

#### Case study: Cycle Sisters and Hornbeam Joyriders, Waltham Forest

CC is working closely with Cycle Sisters and Hornbeam Joyriders to increase cycling and physical activity locally among a traditionally hard to reach group - women in the Muslim community.

Support is focussed on:

- Training and mentoring instructors - to work with communities, identify local cycling champions and train them to deliver Bikeability sessions.
- Training and mentoring Ride Leaders - aimed at deeper community engagement and sustained cycling activity. Prospective Ride Leaders are trained through CC's ITO.
- Safeguarding - Ride Leaders complete the Educare Child Protection in Sport and Active Leisure CPD
- Maintenance Classes - to deepen community engagement and sustained cycling activity, we train Ride Leaders in cycle maintenance.

#### Achievements to date:

Nov 2017 - Feb 2019:

- 115 women only rides - twice weekly during term time, one Saturday a month
- 9 family rides - previously in school holidays, now once a month on Sundays
- 18 parents (men and women) or 'Brothers' rides on Sundays / school holidays (primarily madrasa parents and staff)
- 203 unique participants on the above led rides, predominantly BAME/Muslim & predominantly women
- In excess of 30 participants have now bought own bikes
- In excess of 150 Bikeability participants recruited

Sarah Javiad says, *"We're really excited about growing the network of Muslim women who are cycling and seeing more and more people progress through the training and beyond... thank you for all of your support so far."*