

2018 Bikeability Awards Ceremony - Thursday 17th MAY 2018

Short listed candidates – Background

Instructor of the Year

ROB PIATT

Rob Piatt is a Bikeability Instructor for West Sussex County Council.

At the end of a level 2 session at River Beach Primary School in Littlehampton, Rob overheard some teachers talking about trying to run a pilot session for children in their hearing impaired department.

He immediately volunteered his services and found himself organising a two week pilot. Rob did this off his own back and took the time to liaise with the school in planning these sessions to ensure that all of the trainees would be catered for. He had clear objectives for the sessions and judging by the feedback from the school (and Rob), these were definitely met. He used skills from balance bike training and complete beginner courses to help achieve the course goals.

On the first session Rob was presented with 13 trainees from the Special Support Centre ranging in age from Reception to Year 6, all with varying degrees of ability. Rob had arranged for a number of bikes ranging from balance bikes to 26" mountain and hybrid bikes. He had to constantly adapt his teaching techniques based on the needs of individual trainees.

One girl had vestibule disorder, which means that she can only balance through sight and has trouble even walking on uneven ground. Rob sourced adapted trikes and recumbents used for Wheels for All sessions to overcome this. He also used a tandem to help the trainees learn pedalling techniques!

By the end of the week, there were a few trainees that even made it out onto local roads. Something which the school and parents never thought would happen!

Rob is a constant member of the West Sussex County Council Wheels for All team and also delivers Level 3 and adult one to one sessions as well as the core Level 1, 2 and balance bike sessions. He will always bring something new to a session and is able to adapt to any given scenario.

In the words of Rob, talking about a special needs project he ran, "Putting away the equipment after a Bikeability session at River Beach Primary School, I was within earshot when they were looking for someone to run a pilot session to train kids in their hearing impaired department. I threw my hat into the ring and was organising sessions quicker than I can pump up a tyre. I do feel incredibly lucky to have been picked for this job though as I'm getting so much out of it. The children have benefited

massively from the chance to ride a range of bikes and to have dedicated, focused training. But this is a two-way-street; The sense of pride and satisfaction I'm feeling at the end of every session is as much as I've ever felt in my life - and this is somebody who's shared a London stage with 50 special needs children all singing Chitty Chitty Bang Bang!"

KELLY KOYA

Kelly Koya is a Bikeability instructor for Cycle Experience.

Kelly achieved excellent feedback on her delivery following a Bikeability External Assurance visit in October 2017, and consistently high satisfaction scores from numerous schools in which she's delivered Bikeability. She has also received positive feedback from parents following the delivery of Bikeability Learn to Ride courses.

Kelly is also an instructor mentor and internal quality assurer for Cycle Experience for a team of 30+ NS instructors working across 5 different boroughs. She works hard not just to improve and develop her own practice, but also that of others. This year Kelly has focussed on supporting NSIPs during their induction period and has enabled three new instructors to achieve NSIQ status this year alone, and many others to improve the quality of their Bikeability delivery.

In addition to being a senior instructor and instructor mentor, Kelly is also responsible for managing course bookings from inception through to reporting. During 2017/8, Kelly has coordinated 266 courses delivering Bikeability training for over 5,600 trainees in over 230 schools and community settings

Kelly is the key point of contact for Bikeability in schools across 5 different boroughs before, during and after each course. Kelly receives consistently high scores from schools in post-course satisfaction surveys, averaging 9.3/10 from schools in the boroughs in which she works during 2017-8. Kelly has worked closely with schools to ensure that they fill as many places as possible on their courses and was instrumental in filling 92% of all available places on Bikeability courses in the boroughs in which she works in 2017-8

During Summer Term 2017 (traditionally the busiest term for Bikeability delivery) in addition to her mentoring and course coordination responsibilities, also delivered 28 full days of cycle training covering for an unexpected spate of instructor illness, absence and injury. She also achieved this without a single day of training being cancelled. Following a grant amendment request, Kelly also worked closely with schools in one borough to deliver 570 Bikeability Balance and Learn to Ride places in a single term.

In addition to working for Cycle Experience Kelly also runs Venture Cycling and has now successfully taught hundreds of local children to learn to ride, enabling them to participate in Bikeability courses from Year 4 upwards.

Kelly is also a Bikeability Level 2 coach and volunteers at local children's Go Ride club Sprockets, supporting the development of children's abilities and enjoyment in cycling above and beyond Bikeability. In addition to working full-time for Cycle Experience and devoting her spare time to children's 1:1 cycle skills sessions, Go Ride coaching, Breeze Ride Leading, amazingly Kelly also finds time to run a busy household with four teenagers and find time for her own training to compete in cyclo-cross, road sportives and triathlon. Kelly is truly a tireless, multitasking mum.

Scheme of the Year

BIKERIGHT!/MERSEYTRAVEL

BikeRight! and Merseytravel have been delivering Bikeability since 2011. This long-standing relationship has allowed both organisations to raise the profile of Bikeability and deliver, on average, over around 8,500 Level 2 places a year to children on Merseyside.

Working collaboratively Merseytravel, BikeRight! and the local authority partners have supported each other to ensure that the local education sector is aware of the importance of Bikeability training. With an average pass rate of around 75% we use Bikeability outputs to help highlight delivery against both sustainable transport and road safety targets. Raising the profile has led to the scheme being extended in certain areas with Merseyside Road Safety Partnership providing funding for around 400 places over the last 2 years, with further commitment for this financial year.

This long term relationship has been crucial. It has provided the team with access to a wide range of schools and many successful longstanding relationships based on mutual trust and respect. The successful delivery and positive experience from both schools and pupils sees most schools making year on year bookings.

As well as block reports, BikeRight! asks all the schools where they have delivered Bikeability sessions for feedback. Merseytravel also carry out delivery spot checks, where they talk to the trainers, school staff and children, to provide continuous improvement and enhanced outcomes.

To complement Bikeability training, with funding from Merseytravel, BikeRight! has also delivered a range of cycling activities to raise the profile of cycling across Merseyside. These have included BiteSize maintenance courses, community engagement events, Freewheeling adult cycle training and health rides – allowing parents and peers to learn to cycle with their children.

Following a spot check Merseytravel realised that equipment was a growing issue for Bikeability to be inclusive in the most deprived areas. Working with BikeRight! they developed the Bikeability Inclusivity Project pilot scheme. This aims to provide long lasting delivery of Bikeability to schools in areas with low bike ownership, poor wet weather clothing and with children with low capability.

Focussing on schools where children were not achieving Level 2 Bikeability due to equipment issues, the project provided fully equipped bikes (plus locks, helmet, gloves and jacket) for schools to keep.

This enabled BikeRight! to successfully deliver higher levels of Bikeability at these schools and provided the schools with cycling resources to help prepare pupils for Bikeability and provide a legacy allowing children to carry on cycling within their school/community. (see photo below).

Merseytravel has also worked to with BikeRight! to deliver a wider range of Bikeability and Bikeability Plus training as part of their wider programme to assist pupils through the transition from primary to secondary. Where possible this has been led by initially focussing on the secondary school and then working with their feeder schools through the identification of key locations that will benefit. These may be areas with good cycle routes, higher rates of children killed or seriously injured when cycling on the roads or high levels of car ownership. Targeting in this way links directly back to the Transport Plan for Growth KPI's of modal shift and road safety. Bikeability is also recognised regionally for delivering against outcomes.

Going forward, this means that the child in Merseyside will be receiving consistent Bikeability training from Bikeability Plus Learn to Ride through to Level 1 and Level 2 in primary schools, ending with Bikeability Plus transition rides, through to Level 3 cycle training at secondary schools.

Some testimonials from local schools:

- Plantation Primary School: *I now have several children in my class who cycle to and from school. They cycle safely on the roads whilst wearing helmets.*
- Wargrave Primary School: *Parents reported they feel the children are now more responsible.*
- PACE Pupil Referral Unit: *This is a school that covers the whole borough of St Helens. The majority of pupils arrive through a designated bus service. Others are brought by their parents. Children have told me they are using their bikes more at home and others have asked for bicycles for Christmas presents. The children look forward to the Bikeability cycle training every year. They know when they enter year 5 they will have the opportunity to take part. Communication is very good – emails are answered promptly and the staff are very helpful if you need to phone. Booking was easy and reminders and information sent promptly.*

ROYAL BOROUGH OF KENSINGTON & CHELSEA (Social Cycling Programme)

The social cycling programme consists of a full week of group cycle skills sessions every week that target groups traditionally less likely to take up cycling including BAME groups, people over 50 and women of all ages. The scheme is designed to provide continuous support to participants to improve skills based on their needs and abilities. Participants can progress from complete beginners to riding on roads and taking part in rides.

The programme started in the autumn of 2014 with two group sessions for beginners per week as a pilot and since then has grown to 11 group sessions per week, offering Bikeability Levels 1, 2 and 3 including 2-hour and 4-hour social rides on a weekly basis. The weekly programme carries on also through the winter and continues to be well attended, demonstrating that cycling is for all seasons.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	1st Saturday of every month
9.30am – 11:30am		Beginners Drop In CHELSEA THEATRE			Intermediate Step Up Local Rides MAXILLA WALK		
10.00am – 12:00pm	Beginners Drop In Go Generation WESTWAY SPORTS CENTRE		Beginners Drop In WESTWAY SPORTS CENTRE	10:30am – 2:30pm Advanced Discovery Ride		Ride the Royal Borough CHELSEA THEATRE	10am - 2pm Advanced Discovery Ride
12.30pm – 2:30pm		Intermediate Step Up Local Rides CHELSEA THEATRE		Riding further afield WILL TO WIN CAFE, HYDE PARK Bring your own bike			Riding further afield CHELSEA THEATRE 6 Jan / 3 Feb 3 Mar
1.00pm – 3:00pm	Beginners Drop In WESTWAY SPORTS CENTRE		Advanced Discovery Ride WESTWAY SPORTS CENTRE			Ride the Royal Borough MAXILLA WALK	

Fig 1 - The Winter - Adult Cycle Skills Programme from 6 January to 31 March 2018

The programme began by creating a cycling hub in partnership with the Westway Trust at the Westway Sports Centre, which provides facilities for storing bikes, traffic-free space for beginners and Level 1, cafe and toilets facilities. In July 2017 the programme expanded and opened a second hub in the south of the borough in partnership with the Chelsea Theatre.

Since lack of bicycle ownership is one of the key barriers that prevents people from accessing cycle training, the programme provides loans of bicycles to those attending the sessions.

In 2017-18, the social cycling programme trained a total of 196 adults and delivered:

- Bikeability Level 1 – 383 sessions
- Bikeability Level 2 – 234 sessions
- Bikeability Level 3 – 191 sessions

The programme is based on a community approach that provides consistent and ongoing support tailored to individuals’ goals and expectations. Each individual’s unique journey towards considering

cycling as a choice for transport or physical activity is accompanied. The social aspect offered by the small groups is a key element to encourage individual progress and to maintain commitment as the participants support and encourage each other.

The sessions run from Monday to Saturday and are drop-in, which enables flexibility and makes it easier for people to attend. Participants can take part in as many sessions as they need to move up to the next Bikeability level.

Each session is led by a lead cycling instructor and a co-instructor. The lead cycle instructor is responsible for delivery of all sessions and oversees individuals' progress, enabling them to assess each individual's current level and give advice on progression. There is an established pool of dedicated cycling instructors who receive bespoke training to deliver the sessions. It takes a special type of engaging and compassionate instructor to deliver to the particularly nervous participants.

Every six weeks the programme is assessed, along with people's Bikeability levels and necessary changes are made to adapt it to demand and the time of year.

The administration of the programme consists of booking the instructors and the sessions, hiring the traffic-free facilities (for beginner and level 1 sessions) as well as purchasing new bicycles and maintaining the existing pool. It also includes marketing and publicity of the programme and continuous networking with existing and new partners

The Social Cycling Programme has access to minority groups through partnership working with local community organisations. The programme is offered to community organisations that already have experience of developing physical activity programmes, but where there is currently no provision for cycling.

These organisations worked with the programme to encourage participants:

- Westway Trust - Partners in the Go-Generation project for cycling for over 50s.
- Open Age
- African Refugee Community Project
- Al Manaar Muslim Cultural Heritage Centre
- Midaye Somali Development Network
- Eritrean Community Project
- Persian group
- Latimer Community Church
- St Clements James Work
- Silverfit
- Health Trainers
- Public Health funded [Community Champions](#)
- Public Health funded Go [Golborne Project](#)
- Asian Communities
- Syrian Women's League
- Iraqi Women's League
- DalgarnoTrust



The programme is part of key local networks, which offer a platform to further promote the programme such as the Kensington and Chelsea Council Health and Wellbeing Forum, the Tri-borough BAME health forum (Westminster, Hammersmith and Fulham and Kensington and Chelsea) and the Community Sport and Social Physical Activity Network. Yearly presentations are given at the forums about the social cycling programme to inform officers of the initiatives and encourage further participation.

Participants who cannot afford a bicycle and have completed Bikeability Level 2 and are keen on cycling are offered to take part in the scheme called **Recycle The Way You Travel**. This scheme provides participants with a free recycled bicycle, one-day bike maintenance session and an additional Bikeability Level 2 session to practice their cycle skills with the new bicycle.

Over 100 social cycling participants completed the complementary scheme Recycle The Way You Travel in the past three years and now have their own recycled bikes, which they use as a means of transport.

Four themed led rides are also delivered at weekends every year to give participants the experience of cycling in bigger groups and get to know new routes across the borough. Past led rides have been themed by music, public art, blue plaques, farmers' markets, film locations, women's history and Christmas rides amongst others.

Three feeder rides are organised to the LondonRide Freecycle every year where participants get priority places and have the chance to ride to central London and back.

There is an informal buddy system in place, where more experienced cyclists who have completed our training are put in touch with less experienced cyclists who share a similar route or live in the same area.

There is a monthly newsletter that promotes the social cycling programme and other cycling initiatives like the themed led rides or the bike maintenance training. Information is also circulated through Facebook <https://www.facebook.com/bikeminded/> and Twitter @BikemindedRBKC accounts.

The social cycling programme is circulated every six weeks to a network which includes over 35 partner organisations such as GP surgeries, My Care My Way, housing associations, local leisure centres and local libraries amongst others. Posters and flyers are also sent to the local parks and community centres.

Local health and well-being and community events are attended throughout the year such as the Golborne Festival, the Go Golborne Family Fun day and Big Local at Chelsea Theatre amongst many others. A free bike mechanic service, a smoothie bike and a stall with information about the social cycling programme is provided at these.

The social cycling programme particularly targets areas of social deprivation with low levels of physical activity and health inequalities. The project was developed to reach out to minority groups and help address these health inequalities. The main objectives have been:

- to help individuals change their travel behaviour and raise awareness of cycling as a healthy physical activity
- to boost social cohesion, wellbeing and empowerment amongst the participants

The small groups have encouraged each other to keep on trying and to celebrate their successes together. The social aspect has motivated participants “to leave their houses” and addressed isolation. Participants stated that the fact that they can cycle or cycle better has boosted their confidence and their sense of accomplishment. In addition, the involvement of the community groups has been essential in providing participants for the social cycling groups. The partnerships have been a win-win, as more people from minority groups get to cycle, while the community groups can meet their targets to provide outdoor physical activities to their target groups.

Feedback – Level 1

A 30-minute reflection session is held with every group, which is a type of qualitative evaluation used in community groups who don’t have English as a first language. The participants are given post-it notes and markers. They are asked to think about the course they just finished and write down what was a success for them as individuals. The group is then invited to share their successes with the rest by reading their responses out loud. This process is repeated again with the concepts of challenge (what was a challenge for you as an individual?) and one word (find the one word that encapsulates your experience of the cycling course?). Participants also have the chance to leave further comments on another flipchart sheet. Some of the answers have included:

Success

- *“Able to cycle at the end of the course”*
- *“I joined this cycling lesson not knowing how to cycle. After 6 weeks I managed to ride a bike and learning a lot of things”*
- *“Feeling much more confident on the road”*
- *“Having fun”*

Challenge

- *“The first day of the course I was terrified of riding a bike. My best friend was killed on a bike in Piccadilly Circus. The last day of the course I was riding”*
- *“When I started the course, I was terrified of falling and hurting myself”*
- *“Balance while signalling”*
- *“Remembering good practice: pedalling and keeping all at the same time”*

One word

- *“Brilliant”*
- *“Inspiring!”*
- *“Liberating”*
- *“Recommended”*

Comments

- *“The instructors are very friendly and helpful. Wish the course can continue until we can cycle on the street confidently!”*
- *“Flexibility was great – tailoring sessions to individual needs”*
- *“It was good to have different instructors as they had different ways of teaching. We picked different tips from all of them”*

Feedback – Level 2 & 3

Feedback sessions are conducted with the groups at Bikeability levels 2 and 3 at the end of every term. They meet at the end of the session in a café and have a dialogue about what is going well, what can be improved and what are the next steps. Information and suggestions are gathered, so that the sessions meet our user’s needs. Participants are also offered the opportunity to send written feedback if they so wish. Below are some examples of written feedback received recently.

“Thanks to you all. Not only I'm getting fitter from these group cycle, visiting many amazing places, learning vast knowledge and inspired by you. You all are very modest despite you are very special.”

“Just a quick note to say a big thank you to you [lead cycling instructor] and M (and the other ride leaders) for making my Thursdays so enjoyable. The rides have been terrific - great fun, good exercise and always interesting. I've met people I'd probably never otherwise have come across and made some lovely new friends as well as doing a bit to stave off the worst effects of the ageing process, thereby delaying the burden I might be putting on the health and social care services at some stage. Plus, ironically, just as I'm about to become eligible for an Oyster photocard I probably won't need it much as I use my bike for getting around a fair bit these days.”

“The longer cycle rides which have been on offer since January [2018] are proving to be very beneficial for me, and having stuck with it through the winter months, I just wanted to comment that we are now consistently doing longer distances, and getting fitter, and more competent, and certainly I am becoming a better cyclist as I gain not only more confidence but more knowledge and familiarity of how to get about safely using the main roads, plus the many cycle routes as well as the Quietways. We seem to fill our lungs with cleaner air on many of these longer routes as we can get further away from the more congested central zone and out along the Thames, the Wandle, the Lea for example, and have time to go round or through many more of London's parks - Dulwich, Richmond, Syon Park, Gunnesbury. I simply did not expect to be jumping on a bike and cycling 20 miles or so at the start of 2018! My friends are well impressed. But it's really due to P [lead cycling instructor] high standards of teaching us right from that start that allows us to be doing so well, and she still keeps us up to scratch!”

“I have found these rides most enjoyable and useful. They have increased my confidence and pleasure in cycling in London and thereby encouraged me to make more and more adventurous journeys by bicycle. Although I was born in south-west London and have lived many years in central London, the rides have opened up unknown parts of my city. I have particularly enjoyed the way that P [lead cycling instructors] has demonstrated how to engage positively with drivers and cycle confidently so as not

only to increase mutual respect and safety but also the sense of being part of the same London community. My experience on these rides has led me to encourage others to cycle more in London.”

Wednesday group – Westway Sports Centre - Bikeability Level 3

In the past year, this group have visited many places of interest that are suggested by both the participants and the cycling instructors. In this way, the destinations and the rides are co-created, which increases ownership by the participants and encourages commitment. Eg Natural History Museum, Kensington Gardens, Imperial War Museum, Trafalgar Square.

Thursday group – Will to Win café at Hyde Park – Bikeability Level 3

This group has gone from strength to strength, as they requested to lengthen the sessions so that they can ride further afield and cover distances of 20 miles on average. The destinations are discussed with the participants, who take it in turn to propose a place they feel passionate about and are keen to share their knowledge about that particular place with the rest of the group. For example, one participant really likes the Dulwich Picture Gallery and some of the artists exhibited there, so she proposed riding there and then she gave a talk about the gallery, the artists and why she likes the place so much. Some participants also do route planning online prior to the ride and share their suggested route with the cycling instructors and the rest of the group via email. The group meets in Hyde Park and has cycled to East Dulwich, Walthamstow, Morden, Peckham, the Docklands and Kenwood House amongst others.

Local Authority/SGO Host School Partner of the Year

WARRINGTON BOROUGH COUNCIL

Lesley Mc Allister and Warrington Council have been fully committed to Bikeability and cycle training in Warrington over the past 10 years. They have shown great passion and determination, with Lesley always pushing for more funding enabling the use of Bikeability Plus for many events outside the normal school day.

Lesley and her team insist that BikeRight! emails the names and dates of booked schools prior, so that they can allow time to make visits. During these visits Lesley and her team are always helpful and informative, allowing the instructors to find out and ask questions about up and coming events.

It is this communication and team work between BikeRight! and Lesley that has proved to be highly effective in the delivery of Bikeability and Bikeability Plus, not only in schools but across the borough

for many other events including village fetes, transport road shows, special needs events and cycle path opening ceremonies.

Warrington Borough Council, with Lesley as Travel Choices Manager has been at the forefront of changing the culture of cycling and walking in the area. This is a difficult thing to do, but Warrington Council understands that with funding, great communication and expert promotion, all things are possible.

It is particularly in the area of targeting the funding that Lesley and her team are very successful. A factor often missed is the time devoted to the success of a project and Lesley often spends weekends and evenings helping BikeRight! delivering these events, this also allows her to keep a finger on the pulse of cycle training delivery in Warrington and what local people's expectations are.

Lesley takes the time and trouble to get to know the staff at BikeRight! - both the Manager, but also the Administrators and the Instructors. She has such credibility that all her suggestions are listened to and acted upon.

One particular event that Warrington Borough Council - Lesley and her team - are involved in that is worth a special mention is the VPX an event in its 11th year for under privileged children, organised by the Police and local authority. BikeRight! promote cycling at this event using Bikeability Plus. This allows family, friends, and children of all ages to take part in a cycling activity. Lesley and usually her assistant never miss this great event. This year they helped with the paperwork, consent forms etc. and then moved onto helmet fitting, allowing hundreds to experience this fantastic event.



NORTHAMPTONSHIRE COUNTY COUNCIL

Northamptonshire County Council are proud supporters of Bikeability training and are proactive in supporting the aim of getting more people cycling, more safely, more often.

Over the years, the commissioning local authority have contributed significantly to the year on year increases in Bikeability training participation throughout the county together with their delivery

partner, Outspoken Training. Specifically, the council have raised the profile of Bikeability training amongst, schools, pupils, parents/guardians and local residents through:

- Using their Cycle Northants brand and activities to continuously promote Bikeability training coordinated by their Cycling Officer.
- Utilising Bikeability instructors to promote Bikeability training at their cycling summer festivals. The council run around 15 cycling events per year, all supported by local instructors who are given the platform to promote cycle training in schools.
- Rewarding schools for participating in Bikeability training through their Road Safety Heroes programme.
- Promoting the success of Bikeability training in Northamptonshire through their social media feeds. Their Cycle Northants channels always engage schools and repost success stories.

In 2016, with the demand for receiving Bikeability Level 2 training exceeding the grant funding received, the council were keen to work with Outspoken Training to find a solution. The aim was to guarantee that any pupils wishing to receive Level 2 could participate without the need to reallocate funding from other Bikeability services such as the Bikeability Plus modules.

Following discussions, it was decided that the best option would be to ask schools for a contribution towards the cost of training. This would allow the council to claim less per place from the Department for Transport, enabling Northamptonshire County Council to stretch the funding they had received further. The decision was made to try and implement this in time for the beginning of the 2017-18 academic year where the increase in Sports Premium funding would be introduced. This would give schools the option of either utilising this funding or charging parents to fund their contribution towards Bikeability training.

Following higher management approval within the council and Outspoken Training investigating the best way to administrate the collection of contributions, a decision was made to proceed with asking schools for contributions from September 2017.

The results of asking schools for contributions were fantastic with an additional 260 Level 2 places delivered over the initial number of grant funding places received. An additional 5 schools who never received training in the past, also receiving training for the first time. An average feedback score of 9.6/10 from the previous financial year was also maintained across the 2017-18 financial year demonstrating how successful the introduction of contributions had been.

Moving into the 2018-19 financial year, it is anticipated that the contributions will enable an additional 769 pupils (30+ schools) to receive Level 2 funding, who previously would have missed out due to lack of funding.

Northamptonshire County Council are keen to give Outspoken Training the opportunity to surpass Bikeability expectations and deliver the best possible outcomes for pupils, parents/guardians and instructors. It is a strong partnership built on excellent communication with both organisations, looking for opportunities to promote cycling and going above and beyond e.g. our unique approach to delivering Bikeability Plus modules and the collection of case studies to evidence the impact of training.

The council and Outspoken Training meet termly to discuss Bikeability training and thanks to the council's contacts, these usually include other cycling stakeholders who have shown an interest and

would benefit from the impact of Bikeability training. This joined up thinking enables the council to drive the promotion of Bikeability and the impact of increasing cycling levels throughout the county leading to more people cycling, more safely, more often.

School/Teacher/Governor of the Year

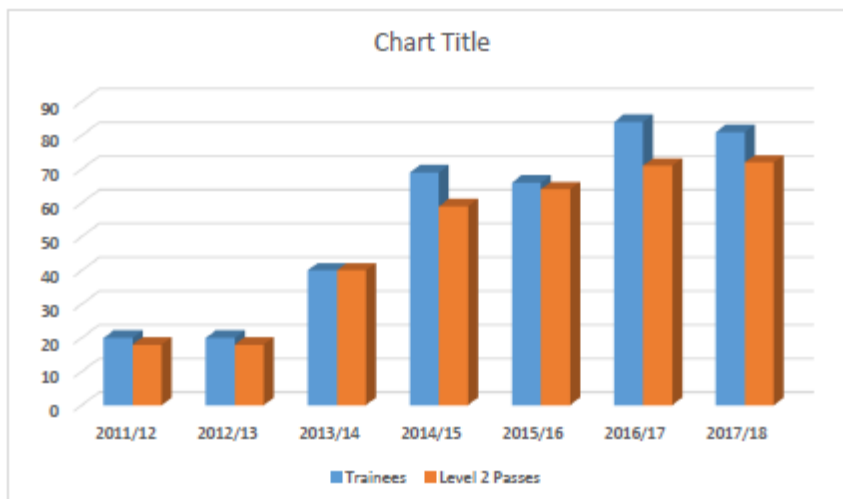
SIMON PATRIDGE, Ashton Gate School – Bristol

In the words of the Head Teacher at Ashton Gate School, *“Simon Partridge has been organising Bikeability at Ashton Gate Primary School for 6 years. Over this period of time his enthusiasm for the training and his passion for cycling has seen the uptake grow and grow. In 2011, 20 pupils took part in the training this year 81 pupils have taken part. Pupils come to school early when the training forms are to be returned in order to access the first round!*

Bikeability training gives our parents the confidence and pupils the skills to cycle to school. Many have to negotiate traffic heavy roads like North Street, Raleigh Road and Greenway Bush Lane which are in the Bedminster district of Bristol. Simon champions the idea of a cycling city and is instilling the same ideals and values in our pupils. He sets a great example cycling to and from work each day, even in the heaviest of rain.”

Since he took over organising Bikeability training at Ashton Gate Primary, Mr Partridge has overseen a swift and sustained growth in the numbers of pupils engaging with Bikeability. Even during the upheaval to a new school site in 2015, Mr Partridge maintained the importance of cycle training and is always the first school to sign up for the next academic year. He makes a point to come and meet the instructors at the start and end of every course and plans in advance for any loan bikes needed.

He has tweaked his letter to parents to ensure any non-riders are highlighted early in the school year and arranges with parents for individual cycle lessons so the child is ready for Level 2 when the time comes. This has been a real key to why so many of the cohort gain their Level 2 Bikeability.



Ashton Gate Primary School, Bristol
Level 2 Bikeability Statistics

Mr Partridge has a passion for teaching and cycling. Over the last few years it has been his stated aim to ‘get every one of our Year 5’s’ Bikeability trained and he’s just about managed this: whether it’s walking over to the Life Cycle office with some of the pupils to borrow bikes, for those pupils without a roadworthy cycle, or liaising with the Bristol Family Cycle Centre to ensure a pupil who needed to use a Trike could borrow one to enable her to participate in the training, Mr Partridge has always gone ‘over and above’. He has raised the profile of Bikeability with parents so much that this year, when funding changed in Bristol, 90% of pupils still take part in Bikeability.

Part of the nomination submission was a video, produced by Life Cycle UK, in which pupils are invited to explain why Simon deserves this award. A few quotes from this wonderfully produced video below:

“He wants us all to be free on the road and have fun on our bikes”

Mr Partridge is....”helpful, nice and really amazing because...he tries to make you feel like you can join in.....generous....funny....just very nice.....caring....kind.”

LESLEY BYRNE, Slated Row School, Milton Keynes

Slated Row is a community special school for children and young people aged 4 to 19, catering for up to 202 pupils with moderate to complex special educational needs. Lesley Byrne, Extended Schools &

PE Co-ordinator for the school enthusiastically embraced the offer of Bikeability Cycle Training for the children.

Lesley actively encourages all children to participate in training, regardless of their ability and she spent time with the local authority instructors to explain the special needs of individual children. The school and the local authority worked together to adapt the training methods to ensure that the children were supported as best as possible. Lesley provided hearing loops and adaptations and provided the trainers with sufficient personal information and the tools needed to be able to communicate effectively and get the best out of the children and the training sessions.

Lesley already had a fleet of various bikes, including some with adaptations, which the instructors checked over before the training sessions. They started working on level 1 with the understanding that those children who were able to be taken out on to the road would progress on to level 2.

Lesley was flexible in her approach and very willing to give all children the opportunity to try the level 1 training and she was surprised, stating, *'the children exceeded my expectations'. Many progressed on to Level 2 training, with some completing Level 3 !*

Lesley's enthusiasm and commitment to prepare the children for an independent life is commendable. She said some children in the school will never have the opportunity to learn to drive, so cycling is a key skill that will enable independence now and in later years. The training really boosted the children's confidence and supported improvement of motor and coordination skills.

Lesley built their school week around our Bikeability training with complete flexibility.

She made time, well before the training session to speak to all of the children about the upcoming training, mentally preparing everyone for the sessions and what to expect.

Lesley also made time to speak to the instructors before the training to explain some of the childrens' special needs in more details – how to communicate, how to read body language, to understand that some children may not be able to follow some of the standard instructions, such as look over your shoulder, due to restricted movement – and we worked out how these issues could be overcome, i.e. with the use of a mirror.

Slated Row School

Headteacher: Mr J D Budd | Old Wolverton Road, Wolverton, Milton Keynes MK12 5
Tel: (01908) 316017 Fax: (01908) 315082 e-mail: admin@slatedrow.co.uk



9th September 2016

Dear Hayley

I would like to take this opportunity to set out my full support for the Access Fund – Sustainable Travel fund bid put forward for *'get smarter travel in Milton Keynes'* project.

Slated Row Special school (Moderate Learning Difficulties and Complex needs) have benefitted from MKC providing the funding to support the Bikeability course for our students at Slated Row.

We had a very successful start in May with 17 year six and seven students. It was wonderful for them to achieve their Bikeability One or Two and to be the first school to have students on Trikes (due to their disabilities) completing and passing the course.. Since then you have provided a further course to any age student as part of our school Holiday Club.

Your instructors/trainers were amazing with our students. Jeff especially spent a lot of time getting to know what their specific needs were so they could all be accommodated on the course. The trainers were very flexible, splitting groups so that they weren't overloaded with information and could progress steadily. Their progress, skill level and confidence on bikes improved so much during the course that some were unrecognisable as riders after the third day.

Our school staff who were supporting our students were amazed at what they achieved and were very impressed to see them cycling on the roads and some of them confidently riding with the trainers around the double roundabout.

None of this would have been possible without your funding support. This has made a difference to some of these youngsters. They are far more likely to use their bikes, health wise the exercise and fresh air can only be of benefit to them. It has given them greater independence and their families further opportunities for leisure and exercise.

One girl is now cycling with her parent to and from school every day shifting from a car to a more sustainable method of transport. Another student told me he had now ridden on a road with his parents and used the correct arm signal.

I look forward to *'get smarter travel in Milton Keynes'* being considered for Access Fund.

Kind regards

L.C.Byrne

Lesley Byrne
Extended Schools and PE Co ordinator



TRAINEE OF THE YEAR (Pete Rollings Award)

DANNON BUTLER



Dannon was nominated, based on the effort and determination he (and his parents) have shown to take part in Bikeability training at his school – Pinchbeck East Primary School.

Dannon has cerebral palsy and suffers with weak right-sided mobility so he chooses not to ride a conventional two-wheeled cycle. His parents Carrie and Paul invested in an adapted KMX recumbent cycle so Dannon could still enjoy cycling with the family and enrolled him on the Bikeability training course being funded by Lincolnshire County Council in the hope he would be able to take part with his friends and peers.

When Bikeability was announced at his school Dannon was determined to take part in the hope he could share the experience with his peers, and cycle on the roads with his friends.

There were some pre-course discussions between the parents, the school, both instructors and the scheme manager to establish expectations and plan for adapting the training.

During Level 1 Dannon listened to his instructors and tried his best to achieve all the outcomes so that he could progress on to Level 2. He proved he had the stamina and energy to power himself around and achieved his Level 1 badge.

This continued throughout Level 2 and Dannon work tirelessly to impress the instructors and achieve his goal.

The elation from his personal achievement has been clear at home, and Carrie (Mum) has said he is so pleased to have taken part and proud of his Bikeability badge.



To help ensure maximum visibility whilst on the road a flag and hi-vis material were attached to the cycle. Dannon was also given the opportunity to demonstrate his understanding of correct road positioning, good observation, hazard awareness and how to communicate effectively with other road users. The outcome was amazing, with Dannon achieving all the Bikeability Level 2 outcomes.

As Dannon says, "I am so pleased to have completed both levels and I am looking forward to cycling with my friends and family. I really enjoyed learning how I can stay safe on the roads. I am so proud of my Bikeability Level 2 certificate and badge and over the moon with the comments from the instructors."

As Carrie and Paul (parents) say, "We are a very active family so can now enjoy dog walks, bike rides and Geocaching outings with Dannon on his KMX. The instructors have left a lasting positive impression on Dannon, and we can't thank Outspoken enough for what they have done."

Acknowledgements

The Bikeability Trust would like to thank TABS for hosting the Awards and the panel of judges who gave their time voluntarily to assess all the nominations:

- Gary Batchelor, Coachwise (& EA Assessment Panel)
- Pat Mee, Coachwise (& EA Assessment Panel)
- Nick Chamberlin, British Cycling (& TABS Board)
- Louise Gray, Youth Sport Trust
- Nick Hardie, Modeshift STARS