

## 2018 Bikeability Awards Ceremony - Thursday 16<sup>th</sup> MAY 2018

### Short listed candidates – Background

#### Instructor(s) of the Year

##### Chris Lee

Such is his love for getting more people cycling, Chris travels far to deliver training throughout Bedfordshire, Cambridgeshire, Lincolnshire, Northamptonshire, Oxfordshire and Suffolk. Last year Chris enthused hundreds of pupils across 80+ schools averaging 9.4/10 in his feedback scores.

Chris is a highly skilled instructor who enjoys working with a variety of people to break down barriers to cycling. In the last year Chris has delivered the following courses/training:

- Bikeability Level 1,2 & 3
- Bikeability Balance
- Bikeability Fix
- Bikeability Learn to Ride
- Bikeability Ride
- Bike Clubs
- Safe Urban Driving
- School assemblies
- Adult 1-2-1 cycle skills
- Cycle maintenance
- Dr Bikes

Chris goes beyond the expectations of an instructor. For example, at Gosberton House School he was booked to deliver Level 1 with their autistic pupils. After developing their bike handling skills, he reached a point where they were ready for Level 2. The school were nervous about allowing this but after some persuasion, Chris took the group out on the road giving them the opportunity to attempt the Level 2 outcomes and reach their full potential.

Other achievements this year include:

- Delivering Bikeability Balance to cerebral palsy students at two schools, enabling them to achieve the outcomes.
- Mentoring 10 new instructors to help them develop and progression towards becoming talented NSIQs.
- Acting as a positive role model by cycling to training venues including to Peterborough to Cambridge and back to deliver cycle maintenance training twice a month.
- Looking after an instructor who fainted in the staffroom during the later stages of pregnancy.
- Raising £900 for Macmillan doing the London Nightrider.
- Teaching his grandson to ride after buying him a balance bike for his first birthday.

Small selection of feedback Chris has received in the last 12 months:

*"I would just like to let you know personally how fantastic your instructor Chris was at our school. He took into account the needs of all our pupils (Autism), was very flexible and not only took the pupils out on the road for the first time but also gave them the opportunity to attempt all the Level 2 outcomes." – Gosberton House Special School, Lincolnshire*

*"I really tried to give more balanced feedback to Chris but I honestly don't have anything except positive feedback for him, he's a really great instructor and I hope I can do as good a job as he does in time." – Sarah Kitchen, Lincolnshire NSIP*

*"My daughter was fortunate to take part in a Bikeability Balance course at her school. She only completed her course yesterday and today has successfully rode her bike for the first time with no stabilisers. This is a great achievement for her, and I wanted to thank the instructor, Chris, for all his hard work, time and effort. It's now given her the confidence to be able to do this independently." – Parent, Oundle School, Northamptonshire*

*"Please would you thank Chris for the outstanding training our children received. They are now using our own bikes daily to practice and we have seen an increase in cycling to school following the training." – Teacher, Denton School, Northamptonshire*

*"Chris did an excellent job and I can honestly say that whilst I wasn't personally sure if I would get anything out of it, I actually did! Particularly road positioning as well as information re ASLs. My colleagues expressed similar feelings. It is very worthwhile doing and something that I would and have already recommended to others." – Parkside Police, Cambridgeshire*



### David Goodworth

David is an excellent instructor who loves cycling, inspires children to cycle for pleasure and works tirelessly to encourage everyone to have the opportunity to access this. All the children love him, he has enthusiastically embraced the new Standards plus Avanti Cycling's new training methodology, riding children round their local areas. This enthusiasm fuels David's desire to increase participation in Bikeability and is a big factor in where he excels.

Avanti Cycling now has the South Oxfordshire Bikeability contract and David has taken up the area management role. He has visited all schools in the area and regularly talks to them by phone and email. Every time he goes for a bike ride, he pops in to a school. He builds up excellent working relationships with the school staff he meets; Head teachers, teachers, support staff, office staff, caretakers - David has time for them all.

He has acquired (and stored at his home) a pool of bikes that he maintains and delivers to the schools prior to the course, so that pupils without can use them. 50 bikes have been loaned out in the last 4 months, 50 children who would not have accessed Bikeability have now been able to. Recently, when a child's front tyre and inner tube burst while being inflated, David took time out of his day off to deliver replacements, even letting the child keep them. He is a true cycling philanthropist.

All the above he does in his own time and FOC, simply because he is extremely passionate about Bikeability and wants every child to access the opportunity.

He is working to create cycling schools by rolling out Level 3 and parent training S. Oxfordshire for the first time, along with cycling festivals in selected areas.

It is just David's enthusiasm that is infectious. This is something that cannot be described in words, it needs to be observed. When we are interviewing for new instructors, I try and get them to meet Dave as that enthusiasm is so great.

The amazing thing, as far as Avanti Cycling is concerned, is that most of what he does is without charging, he does it purely for the love of Bikeability.

### **Feedback**

*"Wow, wow wow. I can't tell you how much Isabel has been going on about the new cycling scheme! She has learnt so much and is so much more confident now – it's unbelievable.*

*Good choice and definitely keep the scheme going. She said the men were brilliant, funny, understanding, patient and never got stressed or shouted at the children." (Hannah)*

*"Thank you for all that you have done over the past 4 days at Goring Primary School. Please also pass on our sincere thanks and gratitude to your fellow colleagues. We know that the children have thoroughly enjoyed the course and experience and we received excellent feedback from parents too (see below for their comments).*

*'Jacob and all the other year 5 children I have spoken to about their bike course, had a brilliant time. The leaders seem to have engaged really well with the children and really got them working hard and learning a lot. Please pass on my thanks to the team'.*

## **Bikeability Provider of the Year**

### **Cycle Confident**

Cycle Confident (CC) is now a well-established Bikeability Scheme operating in London. They deliver Bikeability and cycle training to 17 London boroughs; in the last 3 years they have trained 145,000 people. They have established close working relationships with their borough partners and other cycling organisations - Access Sport; Wheels for Wellbeing; Sustrans and London Sport.

They deliver Bikeability according to the principles and practices of the Bikeability Delivery Guide and support this with regular CPD for their NSIs. They support External Quality Assurance and encourage visits from Council partners. In January 2017 their DfT Scheme Risk Rating was: 5 - Low Risk.

CC's business management system has achieved ISO 9001 (quality management) and 27001 (information security) certification. Risk management is an essential part of their business management system.

To support engagement with parents and communities CC uses innovative promotions. For example in Summer 2018 they organised a 'Cycling Extravaganza' for Lambeth Council, which included a range of Bikeability and Bikeability Plus activities.

Video showing activities at Lambeth family Cycling Extravaganza:

<https://www.youtube.com/watch?v=xXLMV7E74qw&feature=youtu.be>

Their commitment to delivering Bikeability at a local level is exemplified by their work with Hornbeam Joyriders in Waltham Forest.

*Case study link:*

CC is passionate about making cycle training accessible to all. They aim to ensure that it is inclusive for all participants - children and adults. They work with boroughs to ensure SEND support in mainstream and specialist settings. To achieve this they work with a diverse group of more than 220 freelance instructors, 34% are female and 11% are BAME instructors. They are always able to offer specific trainers when required.

In line with guidance from the Bikeability Trust, no child should be failed by Bikeability. CC recognises every child's progression towards cycling to the National Standard and parents are be provided with clear information about their child's cycling ability.

Cycle Confident (CC) cultivates a stakeholder partnership as well as a supplier relationship with the local authorities they work with. They believe CC's activities help to support their partner boroughs' Social Value Policies and outcomes and are confident CC's Bikeability activities contribute to delivering:

*Outcomes and activities that will improve the quality of life & life chances of communities and enhance the sustainability of a local area.*

CC sponsor the London Road Safety Council and were a sponsorship partner of the Hackney Cycling Conference in 2017 / 2018. They work closely with Transport for London to deliver the Mayor's Transport Strategy through Bikeability training programmes. In 2015 CC was involved in redrafting the FORS Safe Urban Driving course and developed Van Smart. Their role on the Bikeability Sounding Board involved them directly shaping the new National Standard for Cycle Training.

Training cyclists and influencing policy around improving their future safety is their core activity. They believe that through being involved in policy work and strategic discussions to help influence the development of policies, CC can increase Social Value. These activities make a crucial contribution to the London Cycling Action Plan target to almost double the number of cycle trips made every day in London from 0.7 million in 2017 to 1.3 million in 2024.

Cycle Confident is the largest and Bikeability Scheme in London. It has extensive experience of promoting and delivering Bikeability and Mechanics training. The Scheme provides opportunities with clear pathways and entry points to enable people of all abilities to cycle more confidently, and is having an impact and adding Social Value through their cycle training activities.

#### 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."*

Testimonials:

What Lambeth Council say about Cycle Confident:

*"We have had a contract with Cycle Confident to deliver Cycle Skills Training in Lambeth for 6 years and I have had the pleasure of managing that contract for its duration. The team are very easy to work with ... I have found Cycle Confident very good at creative solutions to problems or opportunities. Together we have been the top provider of individual training in London for a while.*

*We also use Cycle Confident for Dr Bike sessions, we run one a week over the summer and one a fortnight over the winter and have ad hoc events where we provide a Dr Bike mechanic service ... We have all but one primary school now doing Bikeability and this is testament to Laura's persistence and patience when it comes to working with schools.*

*Generally, Cycle Confident are very positive and proactive and a joy to work with. I would very much recommend them to run your cycle skills training. "*

Yours truly, Suzy Harrison

What Enfield Cycle Training Delivery say about Cycle Confident:

*"Cycle Confident has successfully delivered Enfield's regular cycle training and supporting services since 2013, including Dr Bike pop-up sessions and mechanic courses, guided Sunday rides, Safe Urban Driving awareness training and ad-hoc event support.*

*We have been very happy with the quality and professionalism of the service delivery and contract administration. Cycle Confident have built capacity to adjust to ever increasing programme scope and budgets, respond well to changing demands and proactively support our local delivery to meet public demand generated by our Mini-Holland infrastructure and complementary schemes.*

*I would recommend Cycle Confident to any other local authority looking for a cycle training delivery partner and am available to discuss our experience on phone 020 8379 4598."*

Lars Chresta<sup>[SEP]</sup>, Senior Sustainable Transport Officer

## Go Velo

Formed in 2009, Go Velo prides itself on providing a fun, inclusive and high quality Bikeability training experience.

With excellent relationships with schools, riders and stakeholders, Go Velo strives to constantly improve the service to everyone involved. Go Velo has a robust management and administrative system, which focuses on improvement and internal quality assurance, with every aspect of the organisation's workings being assessed. Changes are constantly being made and nothing stands still for long.

The close team of passionate instructors work together to guarantee everyone is able to participate and the organisation goes over and above in ensuring inclusivity. Schools are contacted in advance of the training to establish any special requirements or adaptations which need to be made. Instructors are alerted in advance to pupils with SEND and the organisation has a number of instructors who have experience and qualifications in working with riders with a disability. These instructors are placed at the schools where they are most needed, ensuring our delivery is inclusive and seamless. Go Velo has a small trike amongst its extensive fleet of bikes, which can be taken into schools when required. All riders are offered a bike, free of charge for the session, encouraging everyone to take part and barriers broken down.

When asked on the School feedback form what Go Velo did well Christopher Wane, Year 6 teacher and Senior Leader from Poulton Le Sands Primary School stated *"Helped cater for children who had no bike or helmet. Went the extra mile to allow all to participate. Persevered professionally with children who presented challenging behaviour"*.

Go Velo's CPD on 28/3/19 is focused on the changes to the new Bikeability Delivery Guide and instructor qualification. The team prides itself on having its finger on the pulse and adapts to industry changes quickly.

Go Velo admits it doesn't always get things right, and are far from perfect. They try their hardest to be inclusive, professional and dynamic but sometimes have to move onto plan B. They learn from their mistakes, record what's gone on and are quick to make sure they remedy situations. They hope that their amazing team gets the recognition it deserves as they all work so hard to give riders the very best cycling experience they can. They work passionately to get riders cycling permanently and offer every opportunity locally to get this ingrained in rider's lives. They support sporting activities, put on family cycling events and work closely with other organisations in their area to ensure riders are given every opportunity to continue cycling once they walk out of the school. The experience doesn't stop when they leave.

## **Supporting information:**



## GO VELO QUALITY ASSURANCE

- Pupil Register – Tracks riders achievement level and accidents – should an instructor show any trend in riders achieving a low level /high accident rate, this can be monitored and IOA can be triggered.
- School feedback – gathered at each school. Areas for improvement requested.
- Visit to other schemes to discuss best practice and what works well.
- Constant informal review of procedure.
- Pupil Feedback - gathered at each school. Areas for improvement requested.
- Stakeholder feedback – Collated annually and areas for improvement acted upon.
- Rider 'ticket to ride' – Self reflection forms checked by instructors to allow for instructor self reflection on quality of their delivery.
- Complaints – used to improve our service and the rider experience. Each complaint is taken seriously with actions and learning from mistakes.
- Parent feedback – gathered after training.
- Visit and calls to Bikeability Trust to ensure updates on changes are understood by Go Velo management.
- Self Reflection and development plan – produced annually detailing the findings from IOA and identifying areas for development for the future.
- Peer review – Instructors encouraged to use open and transparent communication to improve performance.
- Regular contact with chosen ITO - ensure finger on the pulse relating to changes.
- 6 monthly instructor IOA – Formal observation of a 2 hour Bikeability session.
- Instructor development plan.
- External Assurance visit report received and areas for improvement acted upon.
- Bi-Annual CPD based on collated areas for improvement.
- Instructors attend webinars and the Bikeability Conference





## SELF REFLECTION

**IN 2017 AT ONE OF GO VELO'S CPD SESSIONS, ADAM BLAKELY FROM BRITISH CYCLING WAS INVITED TO PRESENT A 2 HOUR WORKSHOP IN HOW TO ENGAGE AND EXCITE RIDERS. WE FELT AS A TEAM, THAT WE WANTED TO SPICE UP THE BIKEABILITY EXPERIENCE, MAKE IT FUN AND DO EVERYTHING WE COULD TO MAKE THE SESSIONS A FABULOUS LEARNING EXPERIENCE.**

One of the improvements discussed, was that a clear pathway needed to be shown, so riders knew what was coming next and could anticipate what was happening during the Level 2 training experience.

Despite allowing trainees to give formal feedback to the instructors at the end of the session, we realised we didn't give riders the opportunity to reflect on the training and self reflection was discussed as a way of engagement.

An A5 card was produced, which is issued on completion of Level 1 outcomes. This is their "ticket to ride" enabling them to take ownership of the training and allowing riders to see which outcomes they would be completing. The colourful faces allow riders to mark how they feel they did against each outcome and instructors encourage riders to circle this before moving onto the next outcome. This valuable tool

allows instructors to ensure they are moving on at the right pace and can give extra help to those who are not fully confident yet and who maybe do not wish to state how they feel in a group scenario.

On the rear of the card includes a list of cycling opportunities, some local and some national which signpost riders to continue cycling.

The 2017 External Assurance panel members noted "regular reviews during the session and trainees are given a "Ticket to Ride" smiley face review card to keep" as being one of the strengths of the scheme.





## ST CHRISTOPHER'S HIGH SCHOOL

194 BIKEABILITY LEVEL 3 PLACES IN 2 WEEKS

WORKING WITH ALL 200 YEAR 8 PUPILS FROM ST CHRISTOPHER'S COFE HIGH SCHOOL, GO VELO RECOGNISED THE SURROUNDING INFRASTRUCTURE ALLOWED FOR A MOSTLY TRAFFIC FREE JOURNEY TO SCHOOL.



Routes were designed from the school's main catchment areas, allowing riders to choose between the on road Level 3 training or a traffic free option to get to school. The provision of high quality funky traffic free route cards were produced, along with a route planning session to enable riders to judge the most suitable route for them.

Extra sessions were put on for those lacking in confidence, including learn to ride, giving some pupils the experience of riding a bike for the first time. Bikes and helmets were provided to ensure the session was inclusive and a trike sourced for a rider that struggled with balancing.

Go Velo are working with the local authority to add permanent route markings from each catchment area along the traffic free route to the school.



*"Thank you to Go Velo for providing us with such an excellent service in delivering Bikeability and map reading to our year 8 secondary school students. The flexibility with planning and organising the event, meant it was accessible to every pupil. The instructors were flexible, knowledgeable and very professional throughout. They catered for all abilities of students, in a caring environment. Planning routes with the students allowed them to decide which way they would need to go, to ride mostly traffic free from their homes to school. The easy to follow maps which they were allowed to take away with them were fantastic.*

*Thanks again and we look forward to working with you again for other year groups."*

**Wendy Litherland**  
St Christopher's High School

## **Grant Recipient of the Year**

### **Devon County Council**

Bikeability is a household name in Devon, a success story and considered the jewel in the Road Safety crown!

Thanks to continual successful funding applications since 2006 over 71,000 children have received Bikeability training.

Their Bikeability contract is always weighted heavily towards Quality, as opposed to Price and they are able to offer Bikeability free to children (and therefore to schools and parents).

Their delivery model is benchmarked by the Department for Transport's Bikeability Delivery Guides however to ensure children receive the best possible training and experience, they ensure maximum on road training time, e.g. for Level 1 & 2 Combined a minimum of eight hours 'road time' is delivered.

The Road Safety team at Devon County Council promotes Bikeability internally and externally with partners at every level, from School Travel Plans to working with partners such as Sustrans and local charities such as Ride On. They ensure the value of Bikeability is understood in a local authority responsible for the largest road network in the country.

Every parent who consents is emailed their newsletter which contains our Bikeability Feedback survey. Schools are also emailed to provide Feedback on how they found the Bikeability experience. The newsletter is sent to 21,000 parents and also reminds them of the other free Bikeability training opportunities available, in particular Level 3.

Due to a close working relationship with their Provider a Bikeability Conference is held every year, providing instructors with continuous professional development and a chance to meet other instructors and share best practice and experiences. This leads to high levels of instructor retention, imbedding Bikeability relationships and continuity with schools.

They work with all schools and children and ensures Bikeability is well an established and popular training programme used by all, from state schools, private schools, Inclusive training, special schools to unaccompanied Asylum-seeking children.

In January 2018, following a change in contract management at the PSSP, Colin Savage who is the Safer Travel Officer (Young and Vulnerable Road Users) at Devon County Council (DCC) has provided an excellent level of support for this contract which has ensured its success since 2011, but especially this year as the demand for the programme has increased and the new challenge has become managing the expectations and demands from schools.

Throughout the year, DCC have looked at innovative ways to support the demand for the programme. They have looked to ensure that if the demand from schools exceeded the level of funding available, at ways that within council departments, they could find the funding to ensure that all young people in Devon schools could access training. They are always open to suggestions from us as the delivery partner to provide creative ways to address this.

The PSSP and DCC meet regularly to discuss the delivery figures and DCC have supported the PSSP with the introduction of an efficient booking system which ensures that DCC have accurate forecasts for delivery on a monthly basis.

This year when the PSSP has been faced with the challenges of GDPR, they have sought solutions collaboratively with Privacy Policies and are using Sharepoint as a means to easily share and access delivery figures, policies, incident reports etc.

Due to the increased demand for the successful programme, the PSSP has needed to recruit and train additional Instructors. DCC have organised, advertised and supported the delivery of Instructor Training Courses to ensure that they have a strong workforce.

DCC support the PSSP Bikeability Conference and delivered a workshop on Road Safety Collision Data which was a useful tool to support instructors in identifying areas where collisions happen regularly so they can support young people appropriately.

Gathering quality feedback from parents/children about their Bikeability training is fairly unique amongst Bikeability Providers. Their survey is not a Happy Tick sheet given on the last day of the course where children can feel obliged to score highly, it is emailed to the 'Bikeability Parent' and they are requested to complete with the child. The submissions are anonymous leading, hopefully, to honest responses. It gives an indication the training is delivered well:

- Instructors received ratings of 87% High or Very High) and the Bikeability course was rated by the children as 90% High or Very High
- Children's cycling ability/safety on the road increased after the training
- Additionally, families said that now their child had completed a Bikeability course they intended to ride more as a family, the child would ride to school more and also for leisure more.

They continue to gather data from parents/children and school and are happy to share with Bikeability.

#### **Supporting information:**

Promotional DVD <https://www.youtube.com/watch?v=2UgJzYk7qoM&feature=youtu.be>

PSSP Website with feedback <http://www.cyclepssp.co.uk/News/>

Councillor Stuart Hughes, Devon County Council's Cabinet Member with responsibility for cycling talks about Britain's elite mountain bike trials rider Andrei Burton backing Devon County Council's Bikeability scheme <https://youtu.be/lZjKWKmbCnY>

Film promoting Bikeability in Devon with world class trials rider Andrei Burton <https://youtu.be/pbkaJQaaMk0>

## Cambridgeshire County Council

Cambridgeshire County Council are proud supporters of Bikeability and are proactive in getting more people cycling, more safely, more often.

The council's Cycling Projects Team have contributed significantly to year-on-year increases in Bikeability participation across all levels/modules. Specifically, this year the council have raised the profile of Bikeability amongst, schools, pupils, parents/guardians and residents by:

- [Promoting Bikeability regularly through their communications team](#)
- [Promoting Bikeability alongside their cycling infrastructure investments](#)
- [Offering free local cycle maps to every child who participates in Bikeability.](#)
- [Working with Outspoken to identify areas to run Bikeability Plus projects in such as St Neots alongside a campaign to install a new pedestrian and cycling bridge.](#)

There is strong cross-party support for Bikeability. Due to the success of training in the county, demand for training exceeds the funding the county receives. When this challenge was presented to the Council's Economy and Environment Committee, councillors tasked officers with finding funds from within the Council's budget to keep the training free for all pupils. Councillors have since been active in identifying and setting up leads for local companies to help sponsor cycle training. This has led to the [recent donation of £6,000 from Cambridge Assessment](#) with a similar donation likely from the Tour of Cambridgeshire event.

Councillors back Bikeability enthusiastically as it supports Council objectives around public health and supporting people to live independently, as well as transport strategy aims on reducing congestion, improving air quality and reducing car-based trips. As a result, the council aren't solely focus on the number of participants trained but are also keen on getting more people cycling. As a result, an officer (trained as a National Standard Instructor) conducts termly training observations with Outspoken to assess the quality of delivery which they believe defines how many pupils cycle regularly after training.

Cambridgeshire 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 build 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 collection of [case studies](#) the impact of training.

The council are also supportive of the all-inclusive aspects of Bikeability training. Rebecca, a pupil from Park Street School has a visual impairment yet was intent on taking part in Bikeability alongside her peers. With help from the Sensory Support Team within Cambridgeshire County Council and the school's Special Educational Needs Coordinator a plan was made to identify the challenges this would create and find the solutions to adapt the training to help maximise Rebecca's experience. Outspoken's Instructors, were well prepared and helped Rebecca complete both the Level 1 & 2 course. Rebecca's experience was amazing, and she is now feeling much more confident cycling with the family.

*“It was all really fun, I liked the road sign quiz lots and I also really enjoyed doing right turns out and right turns in. I now know much more than I did at the start. I feel really confident about riding on the roads now, more confident than my dad now.”*

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.

### **Supporting information:**

Cambridge Assessment donates £6,000 to Cambridgeshire’s cycle training programme

<https://www.cambridgeshire.gov.uk/news/cambridge-assessment-donates-6-000-sponsorship-for-bikeability/>

Scheme helps steer children towards bike safety <https://www.cambridgeshire.gov.uk/news/scheme-helps-steer-children-towards-bike-safety/?platform=hootsuite>

Rebecca’s All-inclusive Bikeability Story <http://www.outspokentraining.co.uk/rebeccas-bikeability-story>

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## **School Employee/Governor of the Year**

### **Ramona Toreki**

#### **Michael Tippett secondary school, S. London**

The Michael Tippett School is a secondary school in South London for students who have profound, severe and complex additional needs; many come with a diagnosed autistic spectrum disorder and all have a Statement of Special Educational Need or an Education Health & Care plan.

Ramona is the Physical Education Therapist/Teacher there. She was our key contact in setting up a week of cycle training for pupils and she worked tirelessly to ensure that every one of the students could be involved in this ambitious plan. Many parents/carers were non-English-speakers and Ramona struggled to get consent from all but she succeeded due to sheer tenacity and no one was left out of the programme. In the end, children with profound and very complex disabilities got to do something they and their parents/carers never dreamed possible, including, for some, a group ride on adapted bikes to the nearby velodrome.

The outcome was a truly joyous week and a testament to the massive extra work Ramona put in behind the scenes, ensuring every child’s parent/carer was on board, every teaching assistant knew how they needed to be involved, every child could be included to the maximum of their ability and all were safe while achieving this memorable milestone. As soon as the week was over, despite the

extra workload it had entailed for her, Ramona contacted us to say how much the school would like to repeat the exercise.



## **Carol Atkinson**

### **Manor Road Primary School, Chorley**

Carol has almost single-handedly driven a big increase in cycling activity throughout her school, from Reception all the way through to Year 6. In doing so, she has pushed Chorley SSP to increase what we offer to all our partnership schools. Like many providers, and many schools, we had been following a “same as last year” approach when mapping what cycle training to deliver at Manor Road each year. Meaning a combined Bikeability Level 1&2 course to Y6 each year.

In 2014 Carol approached us to help source some Balance Bikes to use with Early Years pupils. We had been considering buying some ourselves and starting to offer Balance Bike training to our partnership schools. Carol’s inquiry was the push we needed. Working with Carol and colleagues at Manor Road we developed our delivery model which was immediately very popular with our schools. From a standing start in the 2014-15 school year we now deliver around 900 Bikeability Balance places annually.

Following the success of the Balance programme in Reception and Y1, Carol asked herself how she could fill the “gap” in cycling activity from Y2 to Y5. She found some funds from the school physical activity budget to purchase a few small-wheeled pedal bikes, to help children in Years 1 and 2 with the transition from gliding to pedalling. Working with the teachers in the upper juniors, we made the switch to delivering core Bikeability level 1&2 training in Y5, rather than Y6. This has helped more of the older pupils to cycle independently to school for a greater proportion of their time at Manor Road. Y5 and Y6 now participate in a led ride together in the summer term on local roads, a bridleway, and a stretch of NCN 55, with Chorley SSP ride leaders, school staff, and parents.

Successful participation rates for Level 2 are very high, partly because in Year 4, Carol tries to identify any non-riders. These pupils receive Bikeability Learn2Ride, followed a couple of weeks later by Bikeability Level 1 for the whole Year 4 class.

Carol has achieved all this despite having a full time class teaching role AND being the primary PE lead, which includes managing all of the school entries into inter-school competitions locally. She attends almost every competition with her teams, sometimes as many as 2 or 3 a week. She is a force of nature, and we at Chorley SSP are in awe of the difference she has made to pupils at Manor Road, and right across Chorley.

**Supporting information:**

[http://www.manor-road.lancsnafl.ac.uk/index.php?category\\_id=615](http://www.manor-road.lancsnafl.ac.uk/index.php?category_id=615) (scroll down for cycling pictures)

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## **TRAINEE OF THE YEAR (Pete Rollings Award)**

### **Ruth Hodgson**

We were contacted by Ruth's mum prior to her school running Bikeability Level 2. Mum got in touch to say "Ruth is really keen to take part in Level 2 with her classmates. Ruth has Down syndrome and is able to ride but needs encouragement. When she did Level 1 the instructors were able to accommodate her lower ability as it was all playground based. She is very keen to be included and we are too."

Ruth joined her classmates on the first course and made good progress on the first day. She needed more practice so an instructor spent some extra time with her to bring her up to speed and she then joined the course taking place the following week.

A couple of weeks later, Mum emailed to say "Yesterday I was an immensely proud and very emotional mum. You and your team went out of your way to support Ruth through her year 6 bike ability in October last year. The boost in confidence that it gave her was huge. Since then she has practiced once a week and yesterday was the first time she cycled all the way to school and back (over a mile). It is such an achievement for her and such a wonderful life skill. You have played a part in opening up her freedom and independence. Thank you so much."

The instructors were forwarded the feedback from Ruth's Mum and responded with "Ruth was a fantastic trainee, she tried so hard and was really enthusiastic. It's brilliant when the training opens up so much freedom for someone."

I spoke with Mum today to ask if she was happy for us to give her details on this form. She was really overwhelmed that we would like to nominate for daughter. They have continued to cycle to school using quiet roads and cycle infrastructure.





## **Conall Riley**

I first met Conall on 17.9.2019. On arriving at the school I was advised by the Bikeability co-ordinator that they had a trainee who wanted to participate but could only ride his own hand powered tricycle. It was explained that Conall had had an operation a few years before, to remove the lower part of his right leg due to a rare bone cancer and now had an artificial limb.

Before the lesson I spoke to Conall and learnt that before the operation he was an avid cyclist and enjoyed riding with his Dad. I asked Conall whether he would like to participate in the first playground lesson on his trike or whether he would like to try riding a 2 wheel bike. Conall opted to try one of the Councils bikes and I spent a bit of time with him and his teacher explaining the technique of keeping his artificial limb on the right pedal, scooting with his left foot. I left his teacher with him to practise as I was needed to teach a separate group.

At the end of the lesson I was utterly amazed to find Conall managing to ride the bike by himself, using the method of scooting a few times with his left foot to gain motion to start pedalling. Conall was over the moon with his achievement and was very red and sweating profusely from all his hard work. We agreed with the teacher that Conall would keep practising on the playground during the week to perfect hand signals etc and that he would join another class the following week for the

complete Level 2 course. During the week I was introduced to Conall's mum who was so appreciative of the encouragement that had been given to Conall.

The next week, Conall exceeded all expectations by passing the Level 2 Bikeability.

Conall's determination to succeed is so inspirational that his attitude affects all off those around him. I admire him so much as it was his own persistence and hard work which achieved his desirable end result of riding a 2-wheel bike. In my 4 years as a cycle instructor, Conall stands out by far as my most memorable trainee and one of my proudest moments as a Cycle instructor.



**Supporting information:**

<https://www.echo-news.co.uk/news/14814770.conall-8-has-leg-amputated-in-rare-bone-cancer-fight/>