

Southern Cycle for Health summary

The Southern Cycle for Health Programme was established in 2007. The scheme has expanded to 5 cycle pod locations across the Southern area, in partnership with the Southern Health & Social Care Trust (SHSCT), Armagh City, Banbridge & Craigavon Borough Council, (ABC), Mid Ulster District Council, Dungannon, and Newry, Mourne and Down District Council. The scheme now has a total of 80 bikes, with community groups, Councils and Trust groups availing of the free resource.

The overall aim of the SCH scheme was to:

- increase awareness of the health benefits of cycling;
- increase the number of people in the Southern Area who have access to the bikes;
- train qualified cycle leaders to National Standards, who can lead Cycle for Health groups within their local communities.

Funding was made available by SHIP to purchase the bikes and safety equipment and these were placed in cycle pods (steel containers) at agreed locations, across the Southern area. In a good will agreement between local Councils and the SHSCT, the pods were placed on Council sites, to ensure safety and provide easy access to the National Cycling Network for Northern Ireland.

Table 1: The table below shows the current location, of the bikes and groups currently using the pods across the 5 locations.

Pod Location	Bicycle Stock	Groups currently using pods
Loughgall Country Park, Armagh	10 x adult hybrid 6 x mountain bike (13 years+) 2 x tandem bicycles	Mount Zion U3A EBA 2020 PAR's
Cascades Leisure Centre, Portadown	10 x adult hybrid 6 x mountain bike (13 years+)	U3A ABC cycling group Richmount Rural Community Association PAR's

Win Business Park, Newry	9 x adult hybrid 5 x mountain bike (13 years+)	U3A EBA 2020 PAR's
Dungannon Leisure Centre	10 x adult hybrid 6 x ladies hybrid bikes	TASKE Beacon group
Scarva Tea rooms, Banbridge	16 x adult hybrid	U3A PAR's Inland waterways

Each pod is fully equipped with helmets, tubes and hi-viz jackets for both cycle leaders/participants. The pods are easily accessible and most are connected to the National Cycle Network for Northern Ireland.

In 2017 a review of the scheme was conducted and as a result the following was put into place to relaunch the scheme:

- New insurance provider and coverage (Zurich)
- Targeting appropriate Cycle Leaders
- Change of a provision for Cycle Leader training to Cycling Ireland
- Cycle maintenance tender was issued Cycle Recycle Newry issued and awarded the contract
- Roles and responsibilities of cycle leaders/coordinators renewed
- Targeted promotion
- Re-engagement with cycle leaders
- Relocation of Dungannon and Newry bike pods (Dungannon pod moved to Dungannon park June 2019)

Despite the review usage has decreased and costs incurred for the scheme are increasing.

Cycle Leader delivery

Currently out of 48 trained through Cycling Ireland since September 2017, 13 cycle leaders are currently active from U3A, SHSCT, Cycul, PARS (Armagh & Banbridge & Newry) Inland waterways and Scotch street wheelers.

Overall we have a database of 66 Cycle Leaders with 53 who are inactive.

The scheme also provides cycling insurance for users and cycle leader training as well as funding a maintenance contractor to carry out regular services.

KB QUERIES:

1. How do they find out about it? (i.e. literature, awareness
TRAINING BROCHURE GOES OUT EVERY YEAR TO COMMUNITY GROUPS IN DATABASE;
PROMOTE CYCLING GENERALLY ACROSS TRUSTS; COUNCILS PROMOTE PODS
2. How do people currently access the scheme? TRAIN CYCLE LEADERS ACCESS TO
BIKES. TRAINED UP MH SERVICE USERS
3. Will these change when the scheme is moved into the council ? YES – NOT SURE AT THE
MINUTE. WE WONT BE OFFERING CYCLE TRAINING. NOT SURE HOW NEW SCHEME WILL BE
DELIVERED SOUTHERN CYCLE FOR HEALTH FUNDED BY PHA RAN BY TRUSTS.
4. Ever monitored who was previously using the bikes?
5. How will the Council run the scheme to improve it?
6. Equality implications of this?

Gender: Know from previous cycling programmes that most cycling clubs are male and males tend (e.g. Cyclovia evaluation showed that most of those who took part were male, with men more likely to cycle more often

Ethnic mins: less likely to participate in healthcare

Disability: Any reasonable adjustments made for people with disabilities? Loughgall Country Park, Armagh – 2 tandems. Any more planned?

7. Do the council currently monitor who is using their schemes?

Newry and Mourne council will use exiting employees – more control as to how bikes are used .
Everybody Active scheme (Sport NI)

ABC council Dedicated officer Neighbourhood renewal money to deliver

Still have negotiations to decide how scheme will be run.

Sofa to Saddle event twice weekly cycle 30 kn or 60 km (2 levels) events then join cycling clubs

Councils growing suite of health programmes – less admin issues, cycles will be placed within their schemes. Will still have to report monitoring info.