

# Active Travel Case Study

**Project title: Street Tread**

**Case Study: The Polygon School, Southampton**

**Target group: Male students aged 11-16**

**Case study date: February 2009 – October 2010**



## Project overview

StreetTread aims to make walking and cycling in Southampton fun and accessible to all. Making use of the growing network of paths in the city, the project runs a range of health walks, walk leader training, and cycling activities with many different organisations, groups, and individuals.

This case study focuses on an initiative undertaken by StreetTread with the Polygon School, which is attended by male pupils outside of mainstream education. StreetTread began working with the school in February 2009, running a range of activities, events and training with staff and students, to develop a culture of cycling, and build capacity within the school to continue activities without StreetTread's support.

## Aims

- Develop a culture of cycling amongst students and staff
- Increase physical activity levels amongst pupils at the school
- Improve school travel plan quality and delivery
- Help teachers to use the project for classroom/curriculum activities

## Contact us...

For further information, please contact Street Tread on:  
02380 608891 or email:  
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## Activities

- Bike loans
- Cycle training
- Cyclo-cross try-out session led by British Cycling
- Sustrans-led mountain-bike rides
- Bike maintenance training

Sustrans support enabled site manager Peter Rooke to train as a qualified bike mechanic. Peter has since started running his own classes, teaching small groups of pupils to safety check and repair their bikes. The students have progressed really well under his instruction, and some are even able to strip the bikes right down, and then rebuild and repaint them.

The project has also changed the travel behaviour amongst teachers at the school. Staff entered the 2010 Southampton Cycle Challenge, came first in their category, and also had the highest number of people new to cycling taking part.

## The benefits:

- 45 pupils have received lessons in bike maintenance and repair
- 14 pupils have received cycle training
- 1 member of staff trained as a bike mechanic
- 2 members of staff trained as National Standard Cycle Instructors

Sustrans helped provide cycling opportunities and experiences previously not available to some pupils and their families. The activities have engaged pupils in learning new skills, and enabled the school to develop a regular programme of bike maintenance and cycle skills classes.

Support from the StreetTread Coordinator was also cited as invaluable in helping the school to develop activities and keep momentum and enthusiasm for the project. A representative from Polygon School said:

“Natalie Martin from Sustrans has been a great help in assisting the school in its use of cycle training and bike tips”.

Teachers have also reported an increase in the number of pupils cycling to school since working with Sustrans.

## Sustainability

- From the outset activities were designed to increase capacity within the school to carry on the project in the long run without support from Sustrans.
- Staff are now able to provide cycle training to pupils.
- A college programme has been created involving bike maintenance classes and cycling trips.
- Sustrans have helped the school to gain funding for secure cycle parking, to encourage even more students and staff to cycle to school.

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## Local partnerships and support

Street Tread is delivered by Sustrans in partnership with The Big Lottery, NHS Solent Healthcare, and Southampton City Council.

## National partnerships and support

Street Tread is a Sustrans Active Travel local project. Sustrans forms part of a Consortium of leading walking, cycling and health organisations being funded by the Big Lottery Fund's Well-being programme, which provides funding to support the development of healthier lifestyles and to improve well-being.

The Big Lottery Fund, the largest of the National Lottery good cause distributors, has been rolling out grants to health, education, environment and charitable causes across the UK since its inception in June 2004.

## What is Sustrans?

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day.

It's time we all began making smarter travel choices. Make your move and support Sustrans today.  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

**Information line: 0845 113 00 65**

**Supporters line: 0845 838 06 51**

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Sustrans is a registered charity no. 326550 (England and Wales) SCO39263 (Scotland).

This project is funded and supported by the following organisations:

