

Sustrans' Bike It in London

2010 Annual Report



Bike It in London overview

Sustrans Bike It project works directly with schools, getting thousands of children on their bikes and cycling to school daily.

Bike It officers work with schools, talking and listening to parents, teachers and children, then running a year-long programme of school projects, training, and fun events to get the whole school community cycling together.

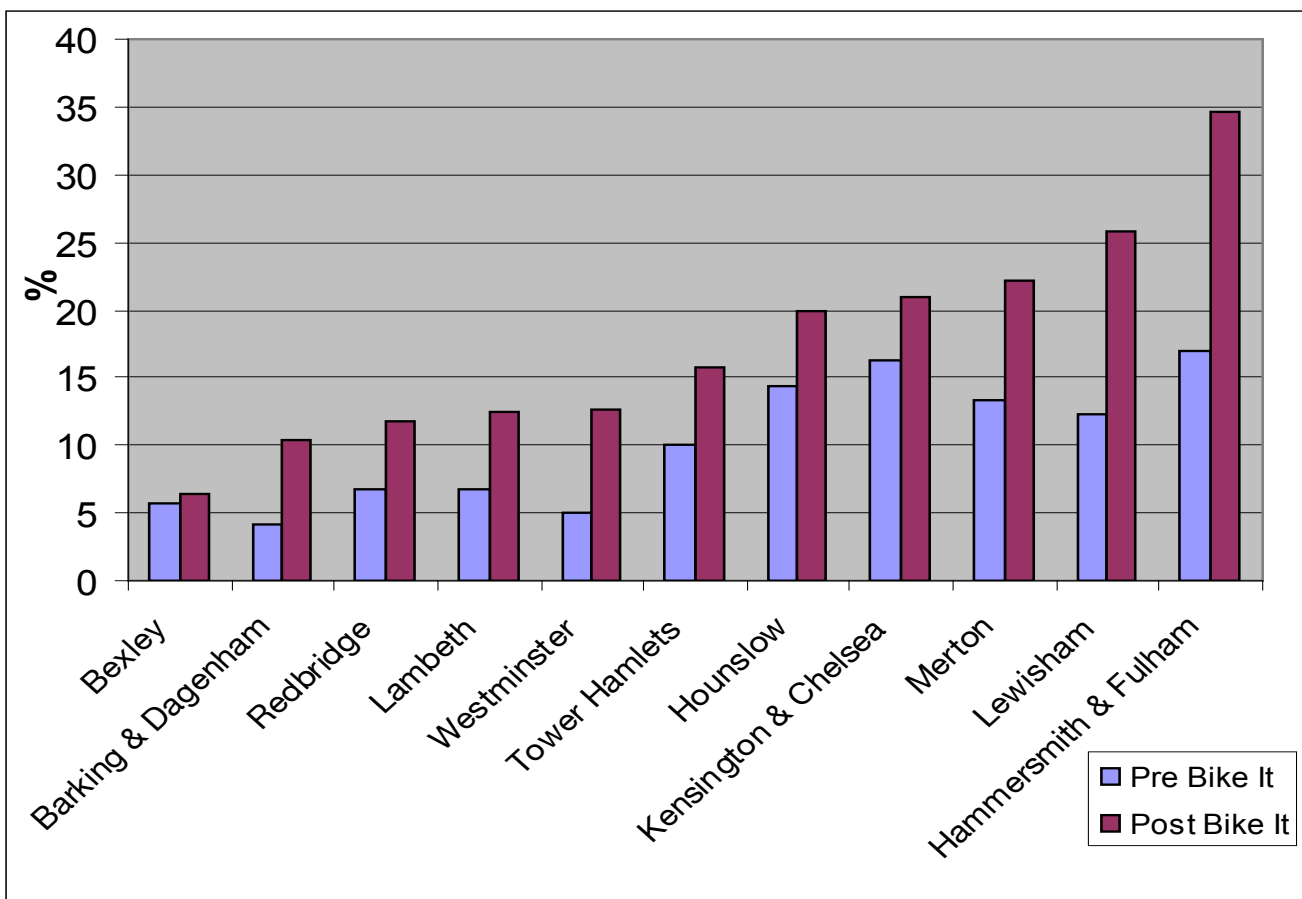
Within each school, a 'cycling Champion' is identified, usually a teacher or parent, who assists the Bike It officer and then helps continue the momentum of activity long after the officer leaves the school.

Over the past four years the Bike It project in London has operated in 20 London boroughs and over 120 schools. In 2009/10 the project was funded by TfL, the BIG Lottery Fund, NHS Westminster, NHS Tower Hamlets and NHS Hammersmith and Fulham.

Key statistics

- Before Bike It, 38.9% of pupils said they would prefer cycling to be their mode of transport to school, yet 80.9% told us they never cycled to school
- The proportion of pupils regularly cycling to school (pupils cycling once or twice a week or more) has increased from 10% to 17%
- The proportion of children cycling to school every day has increased from 3% to 7%
- The proportion of children never cycling to school decreased from 80.9% to 69.7%.

Borough breakdown of pupils regularly cycling to school in 2009/10



The Bike It School Mark

Leaving a lasting cycling legacy

Sustrans' Bike It School Mark scheme is designed to motivate a school's on-going and long-term commitment to cycling and ensure a pro-cycling culture can continue long after the Bike It officer has moved on.

From September 2009 all intensely engaged Bike It schools have been working towards the Bronze accreditation as part of their programme of work.

At time of writing, 48 schools had achieved Bronze by showing their commitment to working in partnership with their Bike It Officer to bring about change. Next stage: Silver!



“What has Bike It achieved in your school this year?” Head teacher responses 2009-2010:

“The combined approach has changed the minds of staff, pupils & parents enabling the use of cycles as means of transport.”

“More children cycling to school.”

“Increase in parents allowing children to cycle.”

“Changing the mindset of pupils and parents to the idea that it is acceptable to cycle.”

“Links with healthy schools, physical activity and good health”

“Awareness of the opportunity to cycle to school safely”

“Increased participation in cycle training”



School Mark Bronze Award at Devonshire Hill Primary, 30 November 2009.

The 2010 Virtual Bike Race

This year 79 schools in London participated in Bike It's annual Virtual Bike Race (VBR), generating 41,383 cycle journeys to and from school over 20 cycling days.

The London regional winning school, Wellington Primary School in Tower Hamlets, completed the race on day five and claimed second place nationally. The school received a Park tools AK37 tool kit and bike work stand donated by Madison.

"After seeing the effects Bike It and the VBR had on children cycling to school, I realise the project can affect change and needs much less input and resources from the school than I first thought."

(Feedback from a once sceptical teacher)

Get ready for Bike It's Virtual Bike Race!
YOUR SCHOOL NEEDS YOUR HELP

Starts 1st March

Help your school win this 8,408km race around the UK. There are some great prizes to aim for!

NATIONAL WINNERS:
A day with MAD – the UK's top mountain bike stunt team.

REGIONAL WINNERS:
Bike tools from Madison and Park Tools.

PLUS: Cool helmets from Madison.

Logos: Madison, Transport for London, Lottery Funded, cycling england, sustrans

Bike maintenance days for champions



Bike It school cycling champions were invited to attend a bike maintenance training day. This was designed to teach them the skills needed to independently run Dr. Bike and maintenance skills sessions at their schools.

Two courses took place in the Autumn term with nine School Champions attending from the London boroughs of Haringey, Havering, Lambeth, Merton, Tower Hamlets and Newham. Each participant was asked to run two Dr Bike sessions at their school during the year ahead.

Bike It Champion training days



The training day is designed for Champions, staff and parents to:

- learn key tools to encourage more cycling to school and explore novel and fun ways to organise cycling events
- build links between Bike It, School Travel Plans, the National Curriculum and healthy schools objectives.
- forge relationships between new and existing schools and Local Authority contacts to hear stories, share ideas and build supportive networks for the future
- build on successes to help schools sustain increased cycling levels long into the future.

100% of teachers said that the training provided had helped in their role in promoting cycling in school.

Feedback from Champions 2009/10 survey

"We have enjoyed the whole experience, pupils, parents/ Carers and staff. We will use the experience to continue to develop our sustainable travel and promote cycling as a healthy life alternative".

"Your support has been fabulous over the year. It is important to our families that when we offer them an activity it actually happens and they gain from the experience. Bike It have always come through for us. Thank you."

"Inspired me to complete the London to Brighton bike ride!"

"Our Bike It officer is one of the most driven and get up and go individuals I've worked with in a long time!"

Engaging parents: case studies



In 2009/10 Bike It focused on parent engagement as well as that of pupils and school champions. This meant inclusion for all became an even higher priority of project outcomes. As a result, activities are now regularly offered to parents in Bike It schools across London.

Parents are further engaged in Bike It activities through bike equipment sales, Dr Bike events, Summer Fayres and presentations and discussions at PTA meetings, playground 'meet and greets', coffee mornings and parents' evenings.

Bikeability for mums

40 mums from Wellington Primary and 20 mums from St Luke's Primary took part in the 'Bike It U Can 2' parent cycle training in Tower Hamlets during the summer term of 2009/10. Many of the parents had never ridden a bike before.

Over eight weeks, the parents were taken through the steps of Bikeability. All passed Level 1 and the majority passed Level 2. A select few from each school made it onto Level 3. At the end of the project each participant was given a bike. Tracy, a mum at St Luke's Primary, said:

"I never thought I would ride a bike again. I now ride to the park with my kids most weekends. It's given me a real health boost".

Successful cycle training

A parents cycle training course was organised at Miles Coverdale Primary in Hammersmith and Fulham after discovering that some mums at the school weren't sure about letting their children cycle to school as they couldn't cycle themselves.

Eight mums took part in the training, none of whom owned bikes, and all of whom were from Black and Minority Ethnic groups based mainly in socially deprived areas of White City.

Three of the mums were complete beginners and went on to achieve Bikeability Level 1 by the end of the course.

One of those, Tigist, has gone on to take further lessons and is now able to attend college every day after dropping her two sons off (with their bikes) at school. Her three-year-old daughter rides on the back in a child seat. Tigist said:

“Without being able to cycle there's no way I'd be able to go to college, it's too far to walk and the bus wouldn't get me there in time”.

Bike maintenance for parents

At St Paul's Primary in Hounslow, eight mums participated in a half-day bike maintenance training course delivered by Bike It officer Ali Jafarey. They learned how to clean and maintain their bikes, carry out a bike safety check and complete a puncture repair. A participant from St Paul's Primary said:

“I found the course really useful; I will check all my children's bike when I get home tonight”



Borough Highlight Reports

Highlights from Bike It's Intensively Engaged Boroughs of 2009-10

Barking and Dagenham	9
Bexley	10
Hammersmith and Fulham	11
Hounslow	12
Kensington and Chelsea	13
Lambeth	14
Lewisham	15
Merton	16
Redbridge	17
Tower Hamlets	18
Westminster	19
Supported Boroughs	20

Survey question to Local Authorities, 2009-10:

“What has been the most important development at school and/or at the Local Authority as a result of Bike It?”

“Bike It has introduced cycling to an age group previously not targeted through costs.”

London Borough of Westminster

“The increase in awareness of cycling as an option for the journey to school and outside.”

London Borough of Hounslow

“Brilliant programme, I hope we can find funding to keep it going...”

There has been more cycling to school and a change of culture at the school...

... really helpful with physical activity aspect of healthy schools.”

London Borough of Hammersmith and Fulham

If you like the sound of Bike It after reading this review, and think that schools in your area could benefit from the project please get in touch with Holly Bruford, Bike It Supervisor London on **0207 017 2361** or email holly.bruford@sustrans.org.uk

In 2009-10 Sustrans London Bike It was generously supported by:



Transport
for London



Tower Hamlets
Primary Care Trust



Hammersmith and Fulham



Participating schools

John Perry Primary
 William Bellamy Junior
 Northbury Junior School
 St Peters RC Primary School
 Thomas Arnold Primary School

Number of children targeted: 1,978

Pupils who said they 'never' cycle to school reduced from **92% to 78%**

Regular cycling increased from **4% to 10%**

The number of pupils travelling to school by car every day has reduced from **26% to 20%**

Bike It Officer Highlight:

"John Perry Primary's mini-triathlon day was a huge success. The school worked with their dedicated Bike It Officer to host a day that saw 42 bikes being ridden to school on the day. Parents and Classmates came out to see how the competitors were getting on in the run, cycle, and swim which took numbers to over 140 attendees. The atmosphere was fantastic."

Andy Casson, Bike It, London

What do Head teacher's think?

"There are now more children riding to school, using bikes at night and asking parents to purchase a bike."

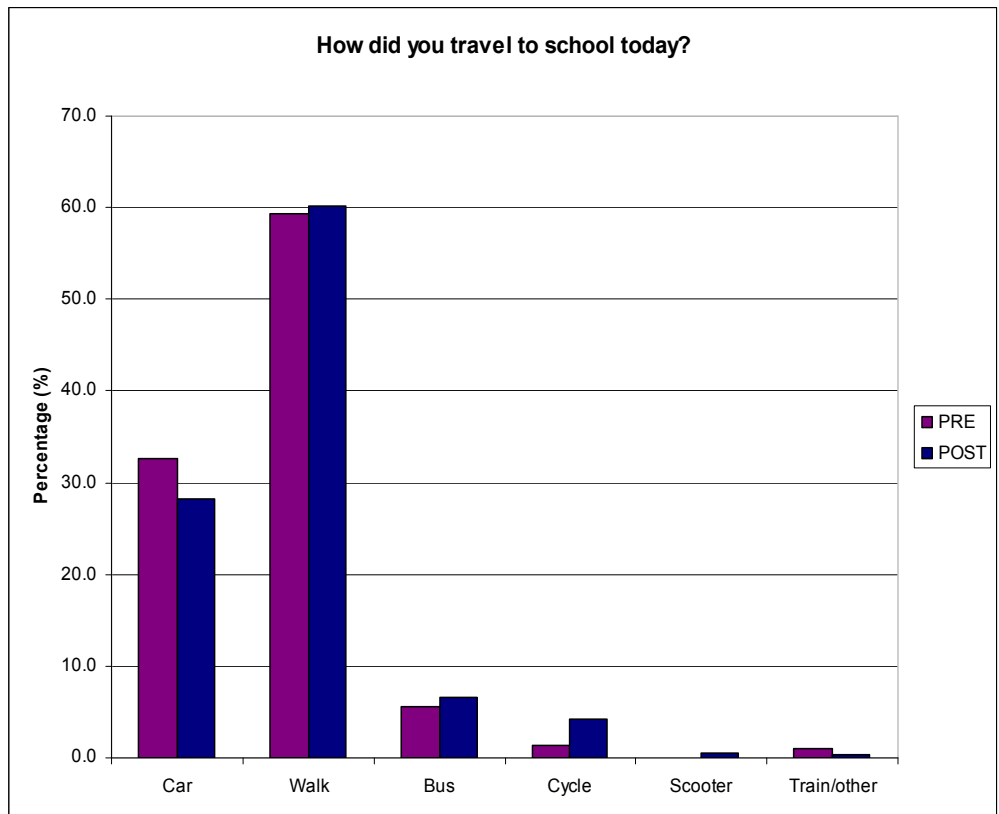
"Good liaison with our London Bike It Officer... kids have enjoyed his visits and enthusiasm for cycling...lots of good ideas on promoting cycling."

"Proactive involvement of our Bike It Officer in school events with Dr Bike, training and puncture repair training."

...And what do the Champions think?

"You've worked really hard; the school and the children have really appreciated your efforts."

School Champion's comment following a Dr Bike session at St Peter's School.



Star School
 At John Perry Primary regular cycling increased from 5% to 20%. Pupils who said they 'never' cycle to school has reduced from 91% to 60%



St Peters Combined Dr Bike and bikers breakfast day turnout (1st week of VBR 3rd March)

Participating schools

St Thomas More Catholic Primary
Beths Grammar
Welling secondary

Bike It Officer Highlight:

“Working in partnership with Bexley’s STA and Cycle Training providers to develop a bike week at Welling Secondary school. This has been a difficult school to engage and a week of cycling activities including skills, fitness, Dr Bikes and presentations enabled pupils to take part in cycling activities and raise awareness.”

Andy Casson, Bike It London.

What did Bexley’s Head teachers think?...

“Our Bike It Officer is one of the most driven and get up and go individuals I’ve worked with in a long time!”

... And School Champions?

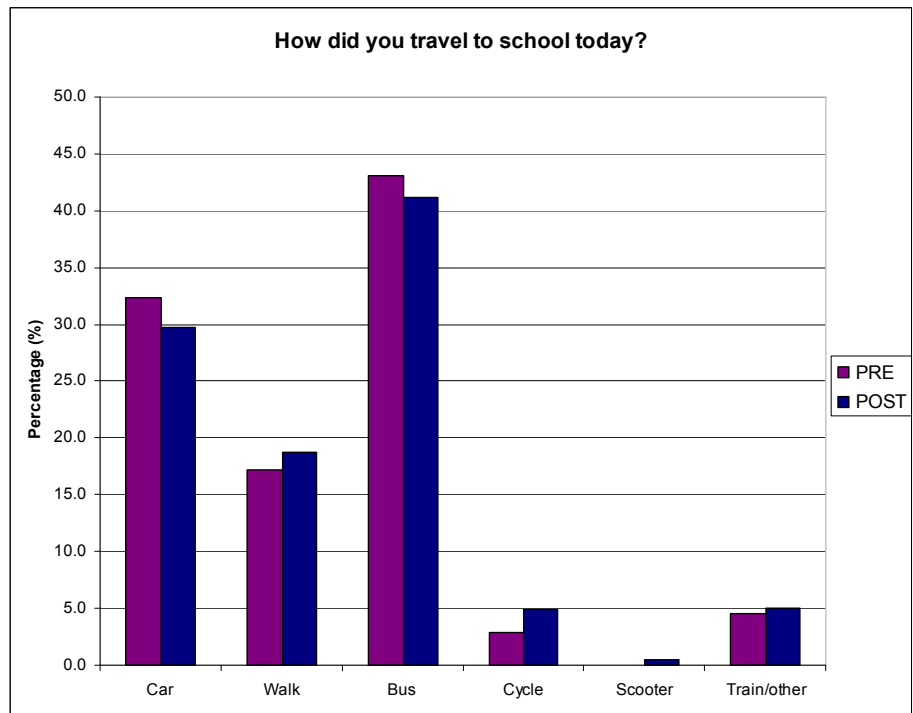
“It’s a pleasure having you at the school and the boys really appreciate the work you are doing on their bikes, they have been talking about it all day.”

School Champion at Beth’s Grammar during a Dr Bike session

Number of children targeted: 799

The Bike It Officer in Bexley delivered 874 positive cycling experiences to pupils, their parents, teachers and other members of the community.

Activities with the highest pupil participants include: Bike Show Displays (attended by 640 pupils), Playground Skills Sessions (attended by 63 pupils), and basic trials skills sessions.



Security marking and advice by local PCSO’s during a Dr Bike event at St Thomas More Primary

Star school

Although it is not felt there has been a school that has stood out above the rest in Bexley as a leading example this year, at Welling School cycling levels on the day of the ‘hands up surveys’ were shown to have increased from 1% to 4% and for Beth’s Grammar school raised from 3% to 5%. Considering both schools are secondary schools this indicates Bike It intervention is most definitely moving cycling in the right direction.

Hammersmith and Fulham

Participating schools

Fulham Cross Girls' School and Language College
 Holy Cross Catholic Primary
 Melcombe Primary
 St Augustine's Catholic Primary
 Addison Primary
 Larmenier & Sacred Heart Catholic Primary
 St Paul's CE Primary
 The Good Shepherd Catholic Primary
 The Bridge Academy
 Langford Primary
 Miles Coverdale Primary
 Sir John Lillie Primary

Number of children targeted: 3,274

Regular cycling increased from 17% to 35%.

Pupils who said they 'never' cycle to school reduced from 68% to 49%.

The number of pupils with access to regular use of a bicycle increased from 74% to 84%.

Bike It Officer Highlight:

"Developing and running bike maintenance workshops at the Bridge Academy Pupil Referral Unit. The students were keen to learn and showed great aptitude, and using bikes as a teaching tool has proved popular with staff as well. In addition, when I went for my first meeting, The Good Shepherd Primary had one bike at school. At the end of the year there were 73 on the day of a Bike Breakfast."

Owen Powell, Bike It Officer, London



Year One pupils trying out pool bikes bought for Addison Primary

What did the Head teachers think?...

"Parents and children who travel to school by car now see that it is possible to cycle to school safely."

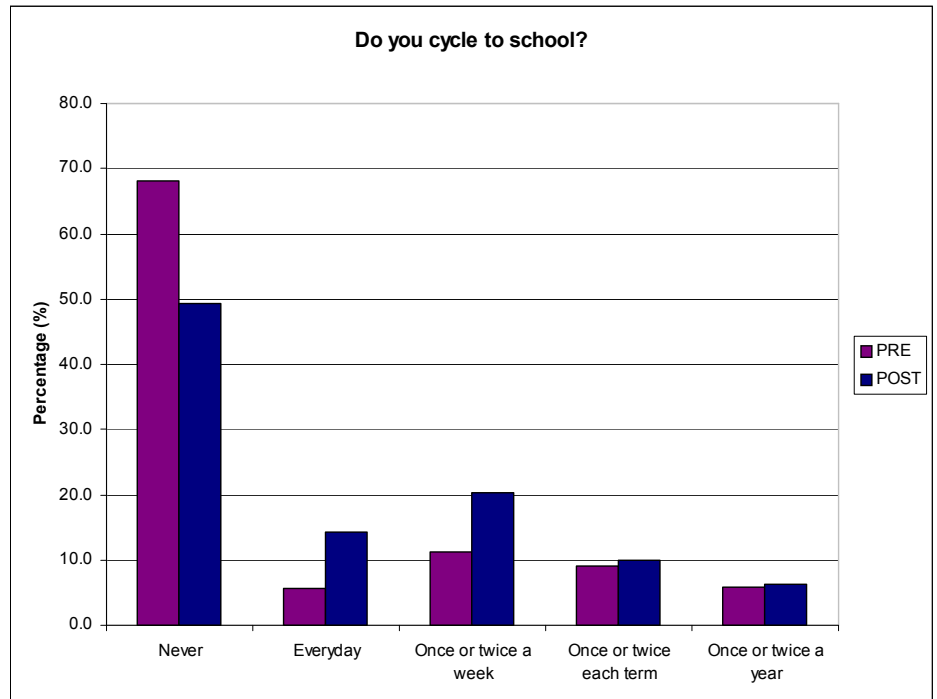
"Our Bike It Officer has been absolutely fantastic, without his help, Bike It wouldn't have been as successful as it has been. Thank you."

"Very impressed with the Bike It program, especially our Bike It Officer. He has become a familiar face at school, very supportive and organised and more importantly enthusiastic."

... and our School Champions?

"The Virtual Bike Race map is displayed in the hall, the teachers are checking off class lists and the number of bikes is unbelievable."

School Champion at Larmenier and Sacred Heart Primary.



Star School

At The Good Shepherd Catholic Primary regular cycling increased from 11% to 36%. Pupils who said they 'never' cycle to school reduced from 72% to 41%. The number of pupils with access to regular use of a bicycle increased from 65% to 92%. Everyday cycling increased from 3% to 17%.

Participating schools

Hounslow Town Primary
 St Pauls Primary
 Strand on the Green Primary
 Wellington Primary
 Andrew Ewing Primary
 Brentford Girls Secondary

Bike It Officer Highlight:

“75 bikes at St Paul’s Primary Bike Breakfast was a truly fantastic turnout.”

Ali Jafarey, Bike It Officer, London

What did Hounslow’s Head teachers think was the project’s greatest achievement this year?

“The enthusiasm and commitment of the Bike It Officer. The ways he got the girls to consider cycling through fashion etc.”

“Increased awareness of the opportunity to cycle to school safely.”

“Much more children cycling to school.”

...And the School Champions?

“Many thanks to our Bike It Officer, who has worked so hard to bring cycling to our school this year.”

Head Teacher at St Pauls Primary during Bronze School Mark presentation

Number of children targeted: 2,089

Regular cycling increased from 14% to 20%

Pupils who said they ‘never’ cycle to school reduced from 73% to 66%.

At St. Pauls Primary regular cycling increased from 23% to 36%. Pupils who said they ‘never’ cycle to school reduced from 67% to 37%. The number of pupils with access to regular use of a bicycle increased from 89%-95%.

At Wellington Primary regular cycling increased from 8% to 22%. Pupils who said they ‘never’ cycle to school has reduced from 86% to 60%. The number of pupils with access to regular use of a bicycle has increased from 76%-85%



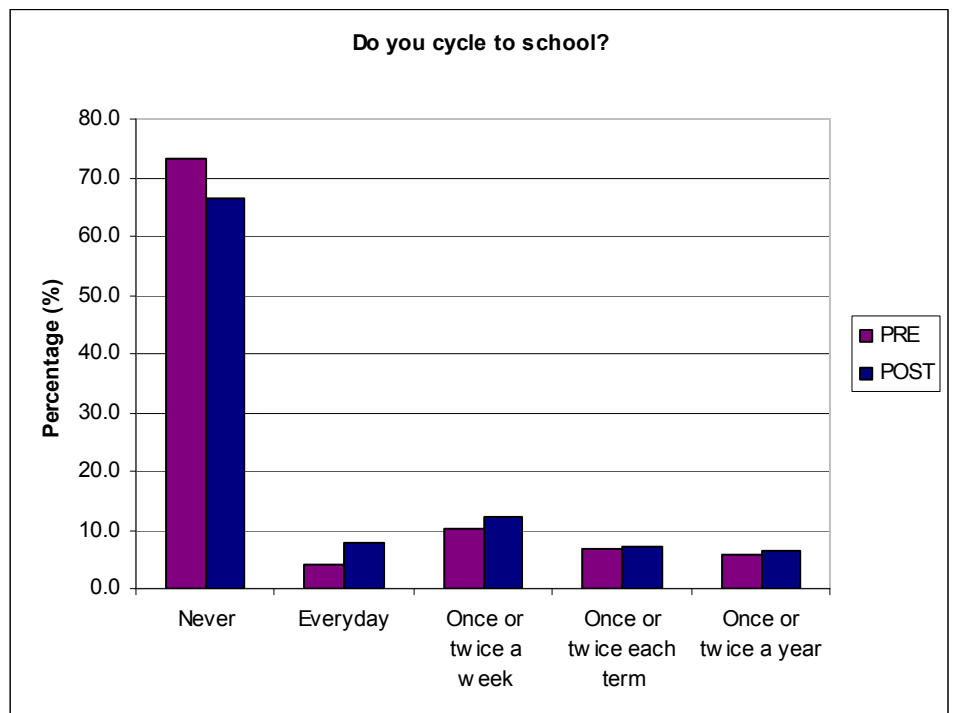
Bike Marshals carrying out puncture repairs during St Paul’s Dr Bike day

Translated Materials

This year Bike It Officer Ali Jafarey has worked alongside Hounslow Borough Council to produce a translated version of Bike It’s resource ‘Brilliant Bike It’.

Aimed at parents and teachers, the resource is used in new schools to introduce the project and its objectives at the start of the school year. Materials have been translated into Urdu and Somali for those where English is not their native tongue.

The cost of the translation has been covered by Hounslow Borough Council with printing and distribution costs covered by Sustrans. It is hoped that Farsi and Hindi editions will follow.



Participating schools

Fox Primary
 Park Walk Primary
 Bousfield Primary
 Lycee Charles De Gaulle

Number of children targeted: 1,735

Pupils who said they 'never' cycle to school reduced from 70% to 61%

Regular cycling increased from 16% to 21%.

Bike It Officer Highlight:

"Working with Year 6 on persuasive writing at Bousfield Primary, we used mind maps displaying the benefits of cycling to formulate a letter to go out to school governors and the local MP. The sessions produced intelligent debate and seeing pupils produce clear arguments in favour of cycling was fantastic. The year culminated in 59 pupils, 6 staff and 24 parents cycling to school for a Dr Bike and Bike Breakfast. Fantastic results!"

Felix Hilton, Bike It Officer, London



The M.A.D. team at Bousfield Primary, this was their prize for an excellent performance during the virtual bike race.

What did the head teachers think was the project's greatest achievement this year?

"Seeing a range of ages of children and families cycling to school each day."

"Enthusiasm from our Bike It Officer was great and really inspired children to get on their bikes. The variety of events was also great, clear lots of children can cycle to school."

"Great role model from our Bike It officer- very popular presence, worked with us, listening to our needs and boundaries, made it all work very well for us."

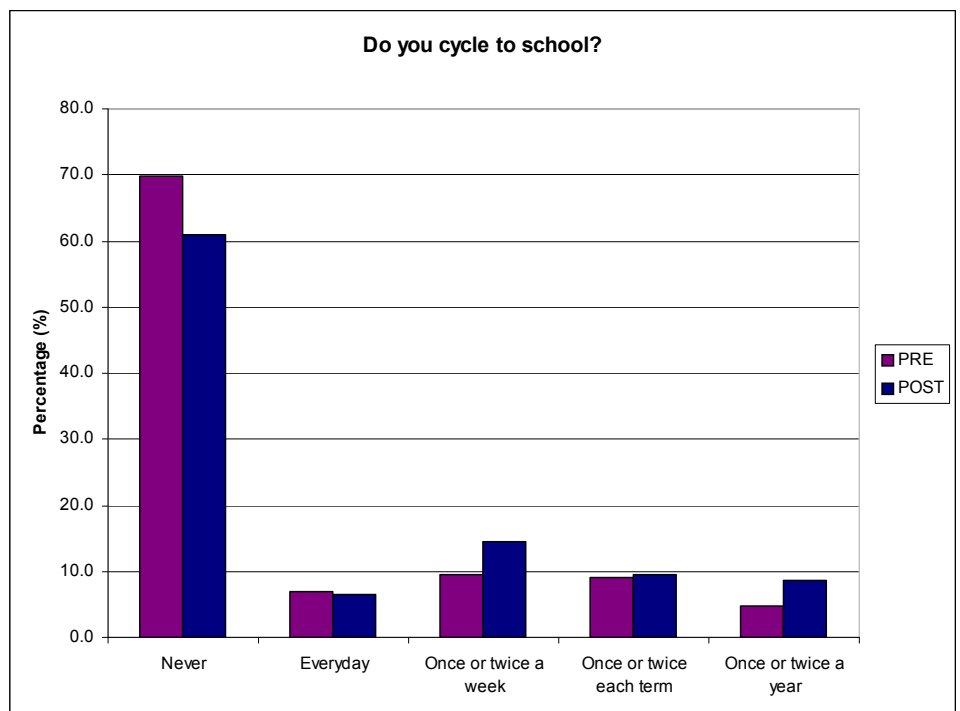
...and the Champions?

"Since your Bikers Breakfast the difference in the number of cyclists is amazing, my son has been cycling so much I've even had to get myself a bike"

Teaching Assistant at Bousfield Primary

Star School

At Fox Primary regular cycling increased from 18% to 24%. Pupils who said they 'never' cycle to school reduced from 60% to 46%. The number of pupils at Fox Primary with access to regular use of a bicycle increased from 80% to 90%.



Participating schools

Bishop Thomas Grant
 Glenbrook Primary
 Loughborough Primary
 Streatham & Clapham High

Bike It Officer Highlight:

“Throughout the year I ran one to one training sessions at Loughborough Primary, offering complete beginners the chance to learn from scratch. One of my bike marshals, Minnie, took a while to master cycling, but over the year she finally grasped it and during the summer term cycled into school every single day...

... and 60 students from Streatham and Clapham High bombing around Battersea Park on recumbents.”

Felix Hilton, Bike It Officer, London

What did Head teachers think?

“There has been a marked increase in the number of students cycling to school.”

“Felix has an excellent relationship with staff and pupils, very well prepared and planned and committed to his job, has lots of patience with children.”

... and our School Champions?

“You have been a star all year, but especially this week. Many thanks from all of the school for your help, enthusiasm and ideas, we really appreciate them.”

Streatham & Clapham High
 Champion and Deputy Head

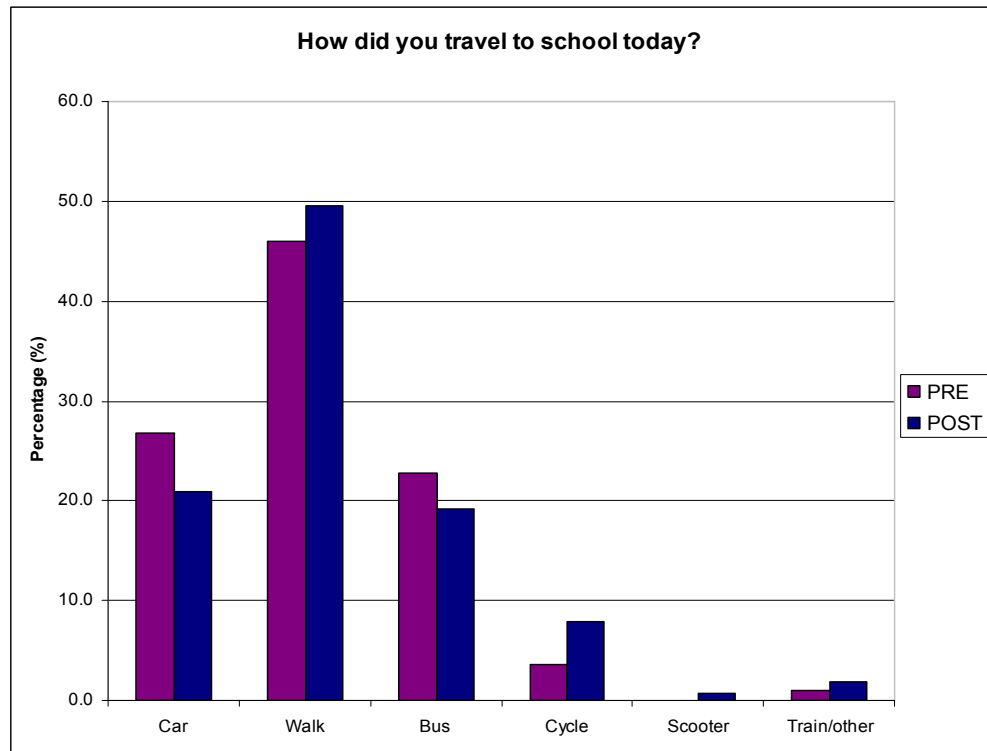
Number of children targeted: 2,342

Regular cycling increased from 7% to 12%

Pupils who said they ‘never’ cycle to school reduced from 95% to 84%.

The Bike It Officer delivered 75 activities across all of the Bike It schools in Lambeth. 1,772 positive cycling experiences were delivered to pupils, their parents, teachers and other members of the community.

Activities with the highest pupil participants included: Classroom Workshops including puncture repair sessions as well as exercise and heart rate sessions (attended by 573 pupils); Bike Breakfasts (attended by 188 pupils); and Bike Show Displays (attended by 150 pupils).



Girls from Streatham & Clapham High riding a mile (which ended up closer to 5 miles!) for sport relief.

Star School

At Loughborough Primary regular cycling increased from 2% to 8%.

Participating schools

All Saints' CE Primary
 Holy Cross RC Primary
 Brindishe Primary
 Edmund Waller Primary

Bike It Officer Highlight:

“The Edmund Waller Summer ride: about half way through the ride we reached a stretch of quiet road with a slight curve to the right, at this point I looked back over my shoulder and all I could see was a sea of children on their bikes all beaming with smiles, reclaiming the streets”.

Felix Hilton, Bike It Officer, London

What did the Head teacher's think was the project's greatest achievement this year?

“Getting the whole school community together being active and learning skills.”

“Our Bike It Officer has been really great, he motivates children, staff, parents, he also has expertise. Cycling at Brindishe will never be quite the same again. Thank you.”

.... And what did our School Champion's think?

“Your dedication and hard work over the last year has been a real inspiration to the children cycling.”

Teacher and School Champion at Brindishe Primary

Star School

At Holy Cross RC Primary regular cycling increased from 4% to 44%.

Pupils who said they 'never' cycle to school reduced from 92% to 35%.

Everyday cycling increased from 1% to 15%.

Number of children targeted: 1,131

Pupils who said they 'never' cycle to school reduced from 65% to 46%

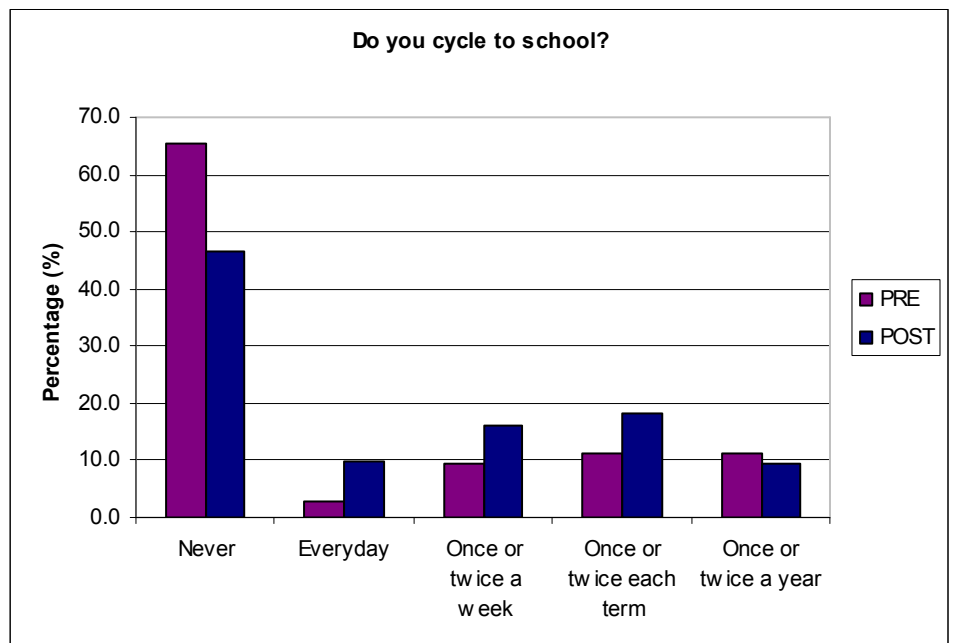
Regular cycling increased from 12% to 26%

The number of pupils travelling to school by bike every day increased from 3% to 10%

At Brindishe Primary regular cycling increased from 9% to 19%. Pupils who said they 'never' cycle to school reduced from 34% to 18%. Everyday cycling increased from 1% to 7%. 89 children and parents cycled to the school for the grand opening of the Bike Sheds during the spring term.



Edmund Waller's Summer Cycle Ride to Peckham Rye, 40 children took part.



Participating schools

Abbotsbury Primary
 Pelham Primary Cranmer Primary
 Dundonald Primary
 Joseph Hood Primary
 Raynes Park Secondary

Bike It Officer Highlight:

“On the led ride for eight pupils from Abbotsbury Primary, I asked a Sustrans Ranger to help lead a mapping session on the Wandle Trail. It was great to see the children getting excited and learning about a nature reserve on their doorstep which until that point had not yet been discovered by many of them.”

Ali Jafarey, Bike It Officer, London

What did the Head teacher’s think?

“Bike It increased the awareness of the benefits of cycling.”

“Bike It is inspirational for the children - great fun.”

And the pupils?...

“I love Bike It, I wish everyday was Bike It day in school.”

Year 4 pupil, Abbotsbury Primary after completing a cycle skills session

Number of children targeted: 1,887

Regular cycling has increased from 13% to 22%

Pupils who said they ‘never’ cycle to school reduced from 75% to 58%

At Cranmer Primary regular cycling increased from 12% to 23%. Pupils who said they ‘never’ cycle to school reduced from 81% to 56%. Everyday cycling increased from 2% to 7%.



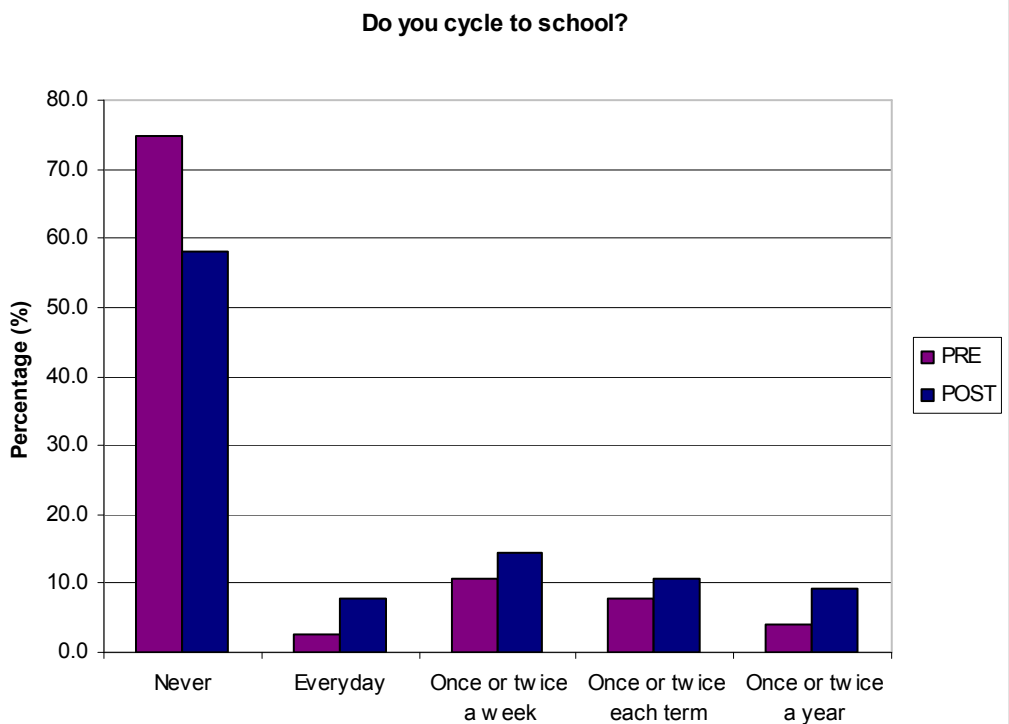
Trip to Herne Hill Velodrome for all of year 6 (26 children) as Pelham Primary School: as part of winning prize for VBR.

Star School

At Pelham Primary regular cycling increased from 13% to 31%.

Pupils at this school who said they ‘never’ cycle to school reduced from 65% to 50%.

Everyday cycling increased from 1% to 13%.



Participating schools

Mossford Green Primary
Oaks Park High School
Ray Lodge Primary
Snaresbrook Primary

Bike It Officer Highlight:

“Leading a secondary school all girls mountain bike session at Redbridge Cycle Centre. Followed by two further sessions with other secondary pupils. The first session was a great way of encouraging girls to use bikes in an environment away from school peers and in a challenging and fun way. Feedback from staff and pupils was really positive.”

Andy Casson, Bike It, London

What did the Head teachers think?

“It would be great if it could continue...”

“Bike It inspired me to complete the London-Brighton bike ride!”

...And what did your school champions think?

“It’s been really great to see all the kids interacting and socialising with each other”

School Champion,
Oaks Park Secondary during
Bike week Dr. Bike sessions

“...Can I now have a go at the mountain bike track please?”

such was the enthusiasm of a girl from Oaks Park school after spending a day learning to ride a bike on the tarmac area. The request was politely declined so as to preserve her confidence and

Number of children targeted: 1,621

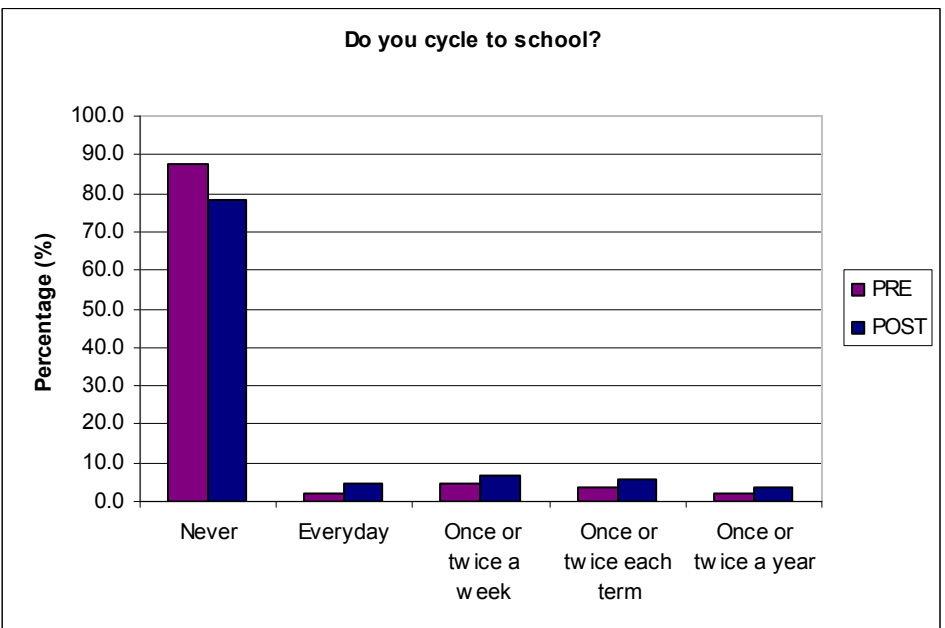
Regular cycling increased from 7% to 12%

Pupils who said they ‘never’ cycle to school reduced from 87% to 78%

At Mossford Green Primary regular cycling increased from 1% to 9%. Pupils who said they ‘never’ cycle to school reduced from 93% to 83%



Oaks Park Secondary Girls Mountain Bike session at Redbridge Cycle Circuit (getting ready to ride the pump track)



Star School

Ray Lodge Primary school increased their regular cyclists from 12% to 20%. In June the school also entered the TfL led ‘London Cycle Challenge’ coming 3rd place in the Primary school category and winning £1,000 worth of cycle training.

Participating schools

Arnham Wharf Primary
 Bow Boys Secondary
 Cubitt Town Junior
 George Green's Secondary
 Harbinger Primary
 Shapla Primary
 St Elizabeth's Primary
 St Luke's CE Primary
 St Peters School London Docks
 Wellington Primary

Bike It Officer Highlight:

"Leading a cycle ride around the Isle of Dogs, all I could hear behind me was laughter and at the end of it being told it was the best lesson the children had ever had".

James Scott, Bike It London

What did Head teachers say Bike It had achieved this year?

"Bike It has helped us begin cycling from none at all"

"More children and adults cycling to work/school"

"The Bike it project has been a fantastic way to engage parents and children"

"Training sessions were very good and the bike service was excellent to help repair bikes and show children how to service their own"

... And what did Champions say?

"Thanks to the Bike It project, cycling is now engrained in the culture of the Seven Mills School. Becoming a 'bike marshal' is a prestigious and highly sought-after position. Two years ago, mending a puncture and adjusting a brake was something 'Dads did!' Now, it is something that the children teach their dads!! The Bike It programme has breathed life into how children think about travelling to school."

Bike It Champion,
 Seven Mills Primary

Number of children targeted: 2,800

The percentage of pupils who said they 'never' cycle to school has reduced from 83% to 69%.

Regular cycling increased from 10% to 16%

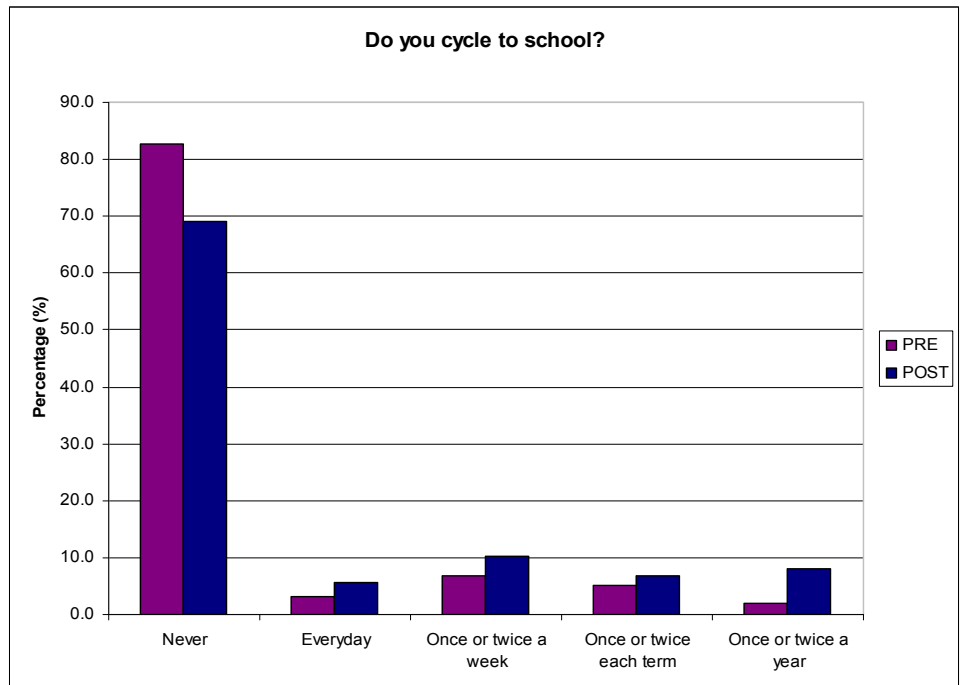
At Shapla Primary regular cycling increased from 0% to 16%. Pupils who said they 'never' cycle to school reduced from 98% to 74%.



Bike Marshals at Bow Boy's Secondary

Star School

At St. Peter's Primary regular cycling increased from 6% to 23%. Pupils who said they 'never' cycle to school reduced from 91% to 60%. The number of pupils with access to regular use of a bicycle increased from 68% to 79%. Everyday cycling at this school increased from 0% to 10%.



Participating schools

Edward Wilson Primary
 Quintin Kynaston
 Christ Church Bentinck
 Essendine Primary
 Paddington Green Primary
 Westminster Academy
 Burdett Coutts Primary
 Millbank Primary
 Soho Parish CE Primary
 St Luke's CE Primary
 St Mary of the Angels RC Primary

Number of children targeted: 3,367

Pupils who said they 'never' cycle to school reduced from 86% to 78%.

Regular cycling increased from 5% to 13%

At Essendine Primary regular cycling increased from 5% to 22%. Pupils who said they 'never' cycle to school reduced from 81% to 64%. The number of pupils with access to regular use of a bicycle has increased from 70% to 78%.

Highest bike count: 71 bikes at Millbank Primary at a March Bike Breakfast event and on day 18 of VBR.

Bike It Officer Highlight:

"Seeing time and again how cycling can make a positive difference – on Bike It bike rides especially. For example, on the two rides with Quintin Kynaston pupils (year 7 girls and boys), the pupils really shone. As well as learning and practicing physical cycling skills, they gained confidence, a sense of camaraderie, and had a real 'off-road' adventure in Finsbury Park and Parkland Walk."

Georgie Fyfe-Jamieson, Bike It, London



St Mary of the Angels – Cycle Magic history road show tryout session

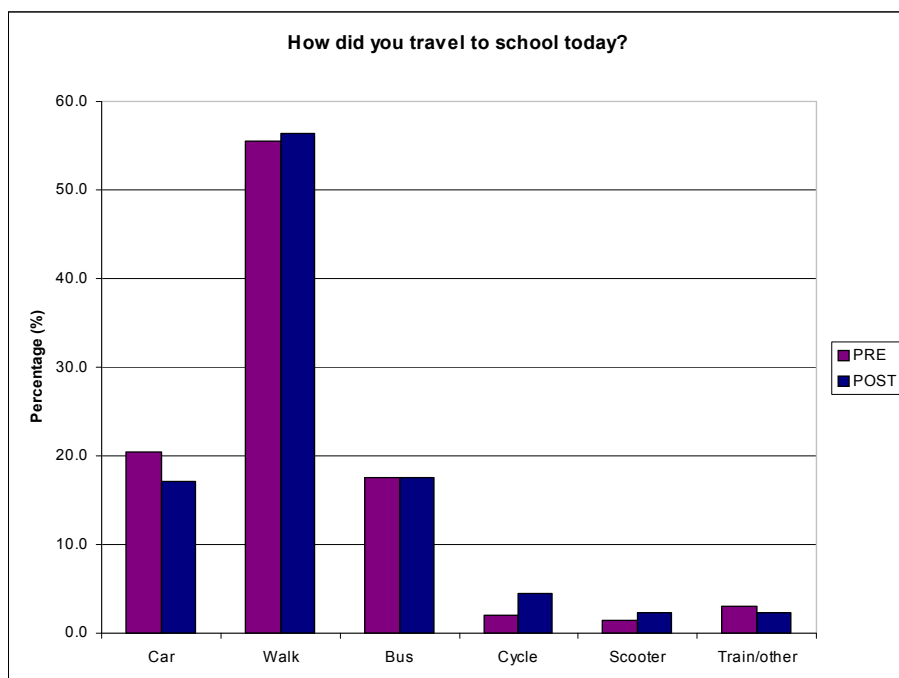
What did the Head teachers think is Bike It's greatest achievement this year?

"Cycling is now seen as a part of the wider school community."

"Engaging disaffected students, providing more students with bikes."

"The Go Mad Bike Show, Bike Ride and Dr Bike really got more students cycling to school with safe bikes."

"We have secured funding through Bike It, which is responsible for the tremendous, impact the project has had."



...and what did the Champions think?

"If you think that last year at this time there was nothing to promote cycling and where we are now, I think we've accomplished a lot. Thank you so much for your support." Champion at St Luke's CE Primary School

"I just wanted to say a massive thank you to you for all of your hard work and brilliant input this year. As a school we have got so much out of Bike It and it's created a real buzz with the kids. None of this would have been possible without your endless enthusiasm and ideas. I know that Alison [Head] and other members of the senior staff are very grateful for everything you have brought about and, on a personal note, it has been fantastic working with you. Here's hoping for a further successful year next year." Champion at Millbank Primary School

Supported Boroughs

An additional 40 schools were supported in a further eight boroughs during 2009/10. All the boroughs listed below that have been previously been intensively engaged are now engaged at a Supportive or At Distant level.

Supported Boroughs, Bike It Engagement 2006 – 2009

Borough	2006/07	2007/08	2008/09	2009/10
Camden	✓	✓	✓	✓
Havering	✓	✓	✓	✓
Islington	✓	✓	✓	✓
Newham	✓	✓	✓	✓
Southwark	✓	✓	✓	✓
Haringey		✓	✓	✓
Wandsworth		✓	✓	✓
Hackney		✓	✓	✓



St Luke's Bike It Champion and Bike Marshal Crew receiving their Bronze award during their 2nd year of Bike It engagement.

“The Borough was absolutely delighted to be the London Borough that achieved the highest modal shift in 2008/09, with 12.69% we were over double the London average. Part of the reason for that is the very large increase in the number of pupils (and staff) in our schools now travelling to school on bikes. This is a result of a number of initiatives we have launched in Havering in recent years. One of the most important was the Bike It (in our case, the excellent Andy Casson) programme which really enthused the schools and has led to the parents being more willing to let their children take to the bike and get out of the car. Bike It has clearly played a fundamental part in the success the Borough has achieved in terms of modal shift.”

Havering School Travel Plan Advisor, October 2009

“Bike It has greatly helped with trying to promote cycling amongst Hampstead schools. A strong positive were the many contacts acquired, the knowledge passed on and gained and most importantly the enthusiasm in delivering such a project.” School Travel Advisor, Camden



Photo: By learning how to do their own puncture repairs Bike Marshals at Joseph Hood Primary School in Merton are working hard to keep the pro-cycling culture sustained in their school during their second year of Bike It support.

Beatrix Potter Primary in Wandsworth took the place of Regional Runners Up in this year's Virtual Bike Race, despite being a school engaged 'At Distance' with the project, with a BIO no longer posted in the borough itself. At the end of the 4 week VBR challenge the school achieved a staggering **1,581 journeys** by bike, which averages **79 cyclists a day**. The uptake of participants in the event illustrates just how a school can remain engaged with the project and continue to achieve high cycling levels long after the Bike It officer has moved on. In total, 16 'supported' London schools participated in the VBR race independently in 2009/10.