

Bike It

London Project Review 2009

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Executive summary



Where was Bike It in London this year?

In 2008-09 our Bike It officers were working intensively in **45 schools** across **10 London boroughs**. This saw Bike It actively engaging with over **19,000** pupils, parents and teachers. Our Bike It team also doubled in size from three to **six full-time officers** and a newly recruited supervisor by the end of the year.

During the year the Sustrans Bike It programme achieved a **doubling** in the number of children cycling daily to participating schools. It's because of results like these that Bike It is continuing to grow apace in London.

What did we achieve in 2008 - 09?

Before Bike It, **48%** of children told us they **wanted to cycle to school**.

8% of children told us that they now **cycle to school every day**, compared to 4% before Bike It.

22% of children told us that they now **cycle to school once or twice a week or more**, compared to 12% before Bike It.

The percentage of children that told us that they **never cycle to school** dropped from 78% to **63%** after the completion of Bike It.

One of the most important initiatives launched in Havering in recent years.

Martin Day, School Travel Plan Advisor
London Borough of Havering

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:
www.sustrans.org.uk/bikeit



Barriers to cycling: what were we up against in London this year?

Low bike ownership

The lowest percentage of bicycle ownership pre Bike It was in Southwark and Tower Hamlets where 38% and 34% of pupils told us they do not own a bike. By the end of the year these figures had reduced in Southwark to 15% and in Tower Hamlets to 27%.

Cultural norms

Cycling may well not be considered a cultural norm amongst many community groups. If parents have not learnt to cycle and feel it is unsafe to do so, this fear may be projected onto their children.

Culture of fear

Major roads, commuter routes, busy junctions, peak times and lack of cycle lanes: cycling continues to be perceived as a dangerous on road activity amongst many parents and teachers.

School policy

Schools that restrict cycling to only children that have received training may be preventing other children who may otherwise cycle to school from doing so.

Crime and theft

Bike theft can have a negative impact on cycling to school amongst the whole school community. Schools need accessible and secure cycle parking facilities for the whole school community to use.

Hackney

De Beauvoir Primary
Shacklewell Primary
Whitmore Primary

Hammersmith & Fulham

Brackenbury Primary
Cambridge Special Educational Needs
Fulham Primary
St Thomas of Canterbury RC Primary

Haringey

Chestnuts Primary
Devonshire Hill Primary
Highgate Primary
Seven Sisters Primary
Weston Park Primary

Havering

Bower Park Secondary
Brady Primary
Crownfield Junior
Whybridge Junior
RJ Mitchell Primary (supported)
Suttons Primary (supported)
Benhurst Primary (supported)

Lambeth

Bonneville Primary
Julian's Primary
St Bernadette Catholic Junior
Woodmansterne Primary

Camden

Hampstead Secondary

Newham

Kaizen Primary
Lathom Junior
Ranelagh Primary
Rosetta Primary
Park Primary (supported)

Southwark

Bellenden Primary
Crampton Primary
English Martyrs RC Primary
St John's Roman Catholic

Wandsworth

Belleville Primary
Newton Preparatory
Ravenstone Primary
Southmead Primary
Hotham Primary (supported)
Beatrix Potter Primary (supported)

Tower Hamlets

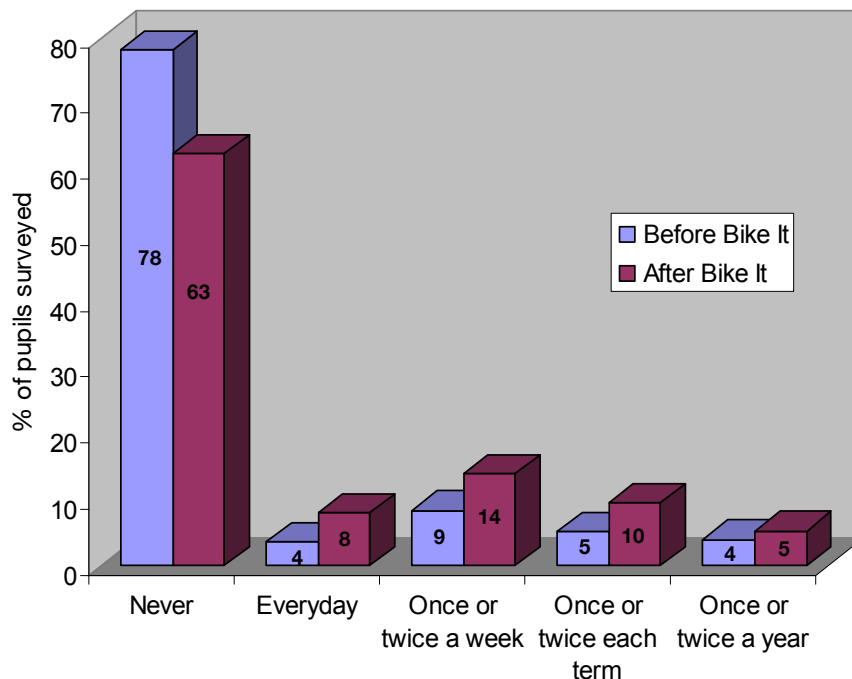
Central Foundation School
Cubitt Town Junior
Arnhem Warf Primary
George Green Secondary
Harbinger Primary
Seven Mills Primary
St Lukes Primary
Stepney Green Secondary

Hands-up survey results

Calculating the benefits

In the school year 2008 - 2009, Sustrans conducted hands-up surveys of pupils at schools both where Bike It was being introduced for the first time, and where Bike It was continuing with a second year of school engagement. Before the project began, Sustrans asked the pupils how often they cycled to school and how they would prefer to travel to school. Sustrans then asked the same questions after Bike It had been delivered. Regular bike shed counts were also conducted throughout the academic year. For more information about London specific results, please contact Holly Bruford, Bike It Supervisor for London holly.bruford@sustrans.org.uk

Increase in frequency of children cycling to school at London Bike It schools: 2008 - 2009



I am now seeing real evidence on the ground of children regularly cycling to school on the Isle of Dogs.

Sam Margolis,
Joint Active Travel Officer,
London Borough of Tower Hamlets and
NHS Tower Hamlets

We will use the experience to continue to develop our sustainable travel policy and promote cycling as a healthy life alternative.

Response to the question 'What impressed you the most about the Bike It project?' taken from the 2008 - 09 school champions survey



What else did we achieve this year?

In schools in their second year of programme engagement we saw:

- the proportion of children never cycling to school decreased from 81% to 73% following the first year of Bike It and then again to 61% following the second year of Bike It
- the proportion of children cycling to school every day has increased from 3% to 6% following the first year of Bike It and then again to 7% following the second year of Bike It
- the proportion of pupils regularly cycling to school (pupils cycling once or twice a week or more) increased from 12% before Bike It to 17% after one year of Bike It. After two years of Bike It this figure remained at 17%.

Programme of activities

Sustrans' Bike It officers engage in a whole range of activities to create a buzz around cycling. In 2008-09 activities included, amongst others, those listed below. For more detail on activities see the borough round up section in the appendix.

- Pre and post Bike It hands-up surveys
- Beginning and end of year Champion training days
- Introductory assemblies
- Classroom consultation sessions
- 'Be Safe, Be Seen' lessons and assemblies
- Doctor Bike visits
- Virtual Bike Races (Round the World, Bike Against James)
- Participation in the Bike It 'Flag It' Christmas competition
- Bike breakfasts
- 'Decorate your Bike' cycle to school day
- Bike accessories sales
- Puncture repair sessions
- Bike generator sessions
- Escorted bike rides
- Bike It picnics
- Mountain Display Team coaching day
- Bike maintenance lessons
- Cycle fashion projects
- Mapping bike rides
- Herne Hill Velodrome visits
- Bike security assemblies
- Dr Bike sessions at summer fairs
- Planning meetings with Champions, marshals and the PTA
- School specific action plans as a result of consultations
- 'Bike It Week': a full week of events for secondary schools
- Facilitation in the provision of cycle parking
- Facilitation in the donation of unrecovered stolen bikes

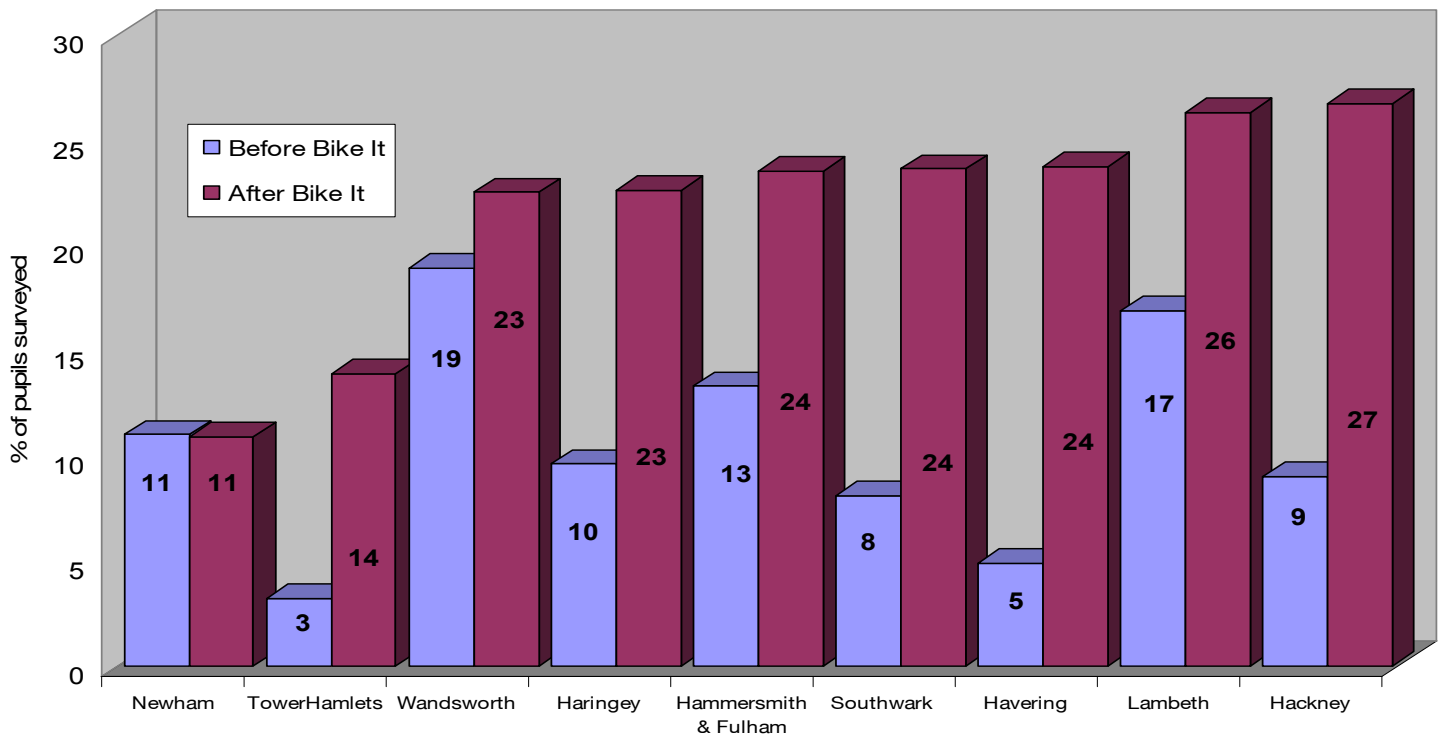


Our Bike It officers have been full of enthusiasm and extremely helpful. They have supplied letters, leaflets and posters to promote events. Their advice and knowledge have been fantastic.

Response to the question 'What impressed you the most about the Bike It project?' taken from the 2008 –09 school champions survey

This year's highlights

Frequency of children regularly cycling* to Sustrans' Bike It schools by borough 2008 – 2009



*Regularly cycling to school refers to pupils cycling once or twice a week or more. See individual borough summaries for specific detail on participating schools, activities conducted and results achieved.

1. The Virtual Bike Race 2009

The aim of Bike It's annual Virtual Bike Race (VBR) challenge is to generate the uptake of cycle journeys to school by the whole school community over a sustained four-week period. Over the last three years the VBR has achieved outstanding national and regional results.

The 2009 challenge: Round the World This year's 'Round the World' theme followed the route cycled by adventurer Alastair Humphreys. Over four weeks **20,233 cycle journeys** were made to school just in London schools alone! The results illustrate the event's success in achieving the ultimate goal: sustained high counts over a prolonged period. Also evident is the achievement in seeing 2008-2009 'supported' Bike It schools participating independently in the event without being led by a Bike It officer.



Well! I'm AMAZED how incredibly successful this is! We have had over 60 bikes parked in the bike sheds each day and then there are parents who took the bikes back home with them or cycled on to work themselves. I can't believe it! I think we are a winning combination – our Bike It officer whips up the enthusiasm in assembly and then I stand on the gate giving out the raffle tickets and of course the slap bands - they love them!

Kate Walker, School Champion,
Hotham Primary School
on participating in last year's
National Virtual Bike Race

2. Champion training day

To begin and end the school year, Bike It hosted a training day for all Bike It schools in London designed for champions, staff, governors and parents who want to encourage more cycling to school. Bike It covered the cost of lunch, training resources and provided a full day of staff cover upon request.

Pre-Bike It Champion training day aims (September 2008):

- provide new champions with a welcome introduction to the year ahead
- forge relationships with new and existing schools
- meet other school champions, hear stories, share ideas and build a supportive network for the future
- build relations with Local Authority contacts
- learn key tools to encourage more cycling to school and explore novel and fun ways to organise cycling events at school
- make links between cycling and the curriculum
- build links between school travel plan and healthy schools objectives.



Post-Bike It Champion training day aims (June 2009):

- thank champions for their hard work and support
- share experiences, inspiration and advice on how to plan for next year and beyond
- build on the successes of the year and help schools to sustain the increased cycling levels in the future
- plan future events around national and regional initiatives including bike week, Bike to School week and transport for London annual schemes.

School champion training day feedback questionnaire: A selection of responses from attendees on the day to the question 'What are you now planning to do as a result of attending this event?'

Draw up a **PLAN!** And keep to it!

Maintain and **improve** the levels of cycling at school

Increase cycling to 30% (maybe 20% in the winter!)

Make sure **new parents** are aware of our cycling /sustainable travel culture.

Half priced **cyclist's breakfasts** to encourage more cycling.

Transition bike rides with marshals for Y6 to new school

Sort out a **bike loan scheme**

Give cycling a big **push**. Make sure everyone is **aware** of cycling in school – and are **keen!**

3. Bike maintenance champion training day

One of the 'Silver' criteria of the Bike It School Mark requires all children in the target year groups to take part in maintenance skills.

In order for schools to meet this criteria, a bike maintenance training day was organised to give school champions the skills to independently run Dr Bike and maintenance skills sessions at their schools.

The training was hosted at Rotherfield Primary School, which provided champions with the opportunity to visit a fellow Bike It school. Upon completion of the course the champions were expected to run a minimum of two Dr Bike sessions at their school within the autumn and spring terms of 2009 - 10.



All attendees completed the course and are now able to check a bike's roadworthiness, adjust gears and brakes, and deliver a puncture repair sessions. All of the attendees that returned their feedback form rated the training day as very useful.

I can't wait to check bikes at school - we are now all set up for the bike swap day to decide what is roadworthy, what we can fix and what is for the bike shop or the skip.

Feedback at the end of the bike maintenance training day

4. Bike It U Can 2

In a new angle for Bike It, cycle training and support has been offered to mums as well as the children at Cubitt Town Primary, one of the Bike It schools in Tower Hamlets.

Sustrans' Bike It officer, James Scott, whose post is funded by Tower Hamlets Primary Care Trust, has been working with over 4,000 pupils across the borough this year. He found increasingly that parents wanted to get involved and start cycling again but often did not have the confidence. In response to that, James and Sam Margolis, the Active Travel Officer at Tower Hamlets Council, started a cycle project for mums.

In May and June, 16 women attended a six-week training course that has given them the confidence and skills they need to get cycling again. It was so successful that two of the mums are going on to become cycling instructors.



The more people who ride the better, the safer it will be. I was never interested in cycling, but now I want to do it; I felt I was missing something.

Amine Saadani
Bike It U Can 2 mum

Sustaining a cycling culture

A number of schools that were originally engaged in the Sustrans Bike It programme **pre 2008 - 2009** have demonstrated good practice in sustaining the cycling culture without direct engagement from their Bike It officer.

A key way to achieve this is to take part in Bike It's annual VBR challenge with the School Champion taking a lead on running the event using the free resources provided by Bike It.

All the schools that took part in the challenge at this 'supported' level went on to achieve remarkable results.

In Havering:

At **Benhurst Primary**, the school generated 248 cycle journeys in four weeks during the spring term VBR whilst at **RJ Mitchell Primary** the challenge generated 1,058 cycle journeys.

At **Suttons Primary**, as well as participating in the VBR challenge the school hosted summer family cycle training sessions for the borough.

In Wandsworth:

Beatrix Potter Primary led a whole school assembly to launch the autumn term VBR challenge and saw an average of 20% of pupils cycling every day of the challenge.

At **Hotham Primary**, the school participated in a VBR in both the autumn AND spring term with the school generating 1163 cycle journeys in less than three weeks in the spring term challenge!

In Newham:

The Bike It officer was on hand at **Park Primary** to offer advice and support to the school to work through cycle storage issues that have arisen as a result of creating a new early year's play space. The school then took a lead in the participation of the VBR challenge with 959 cycle journeys generated in four weeks.



Autumn term 2008 VBR challenge results at supported schools:

	Beatrix Potter Primary	Hotham Primary
Average number of cyclists riding to school per day pre Bike It (as a % of whole school role)	5.2%	5%
Average number of cyclists riding to school per day during challenge (as % of whole school role)	20%	21%
Total number of cycle journeys made over 10 days during the challenge	446	510

The Bike It School Mark

Get the recognition your Bike It school deserves:

The Bike It School Mark



Bike It is one of the UK's most successful cycle-to-school initiatives.

Reward your Bike It school's commitment to sustainable travel by gaining its Bronze, Silver and Gold standard School Mark awards.



BRONZE SILVER GOLD!

The School Mark scheme will help support your school as it develops from an intensively engaged Bike It school, to one with its own long-lasting, pro-cycling culture.

Talk to your Bike It officer to get involved or visit: www.sustrans.org.uk/bikeit



This year introduced the pilot phase of the Bike It School Mark

The scheme is designed to enhance project sustainability through the provision of a structured award system setting clear and achievable targets for schools to motivate on-going and long-term commitment to cycling. It has been designed to enable Champions to fully embed cycling into a school's activities and to offer formal recognition of their hard work.

Each level of the Bike It School Mark accreditation automatically meets the 'Cycling Initiatives' criteria set out in the **Transport for London Sustainable Travel Planning (STP)** award scheme. This will help participating schools to achieve and progress more quickly through the scheme's sustainable, higher standards and outstanding accreditation status. And given that STP awards expire and schools are required to reapply with a review or a rewrite of the plan, the Bike It School Mark will help a school to submit fresh evidence illustrating their latest cycling initiatives.

The School Mark is designed to complement the work that already goes on in many schools including **Healthy Schools** and **Healthy Schools Plus**, **Eco-Schools**, **Sustainable Schools** and **extended schools service**.

Outcomes

All **three** London schools participating in the School Mark pilot achieved Bronze by the end of the 2008-09 academic year and are now moving confidently towards Bike It Silver criteria.

The London pilot School Mark schools for 2008-09 were: **Rotherfield Primary** (Islington), **Peter Hills Primary** (Southwark) and **Stroud Green Primary** (Haringey). All schools participating in the pilot recommended that other Bike It schools take up the initiative.

On average across the three pilot schools, every day cyclists increased from **6%** (pre Bike It), to **9%** (at the end of the first year of Bike It engagement), to **11%** after the schools had participated in the School Mark scheme.

The Bike It School Mark is... 'purpose and drive for the whole school'.

Natalie Ulysses, Peter Hills Primary

You have given us ideas for events and resources and shared the possibilities!! Your encouragement and optimism has been infectious.

Champion participating in the School Mark scheme

The future of Bike It in London

New boroughs, new schools

With NHS Hammersmith and Fulham joining NHS Tower Hamlets and NHS Westminster in fully-funding a Bike It officer to work exclusively in their borough, along with the continuation of Lottery funding and TfL funding, 2009 – 2010 will see our London team of Sustrans Bike It officers now offering the following level of engagement across **19** London boroughs:

Intensive engagement in new 2009 -10 schools:

- Merton
- Hounslow
- Redbridge
- Barking and Dagenham
- Bexley
- Tower Hamlets
- Lewisham
- Lambeth
- Kensington and Chelsea
- Westminster
- Hammersmith and Fulham



Support to pre 2009- 10 schools:

- Islington
- Southwark
- Havering
- Newham
- Wandsworth
- Hackney
- Camden
- Haringey

Outer London boroughs

2009-2010 sees the inclusion of **five new boroughs**, all located in outer London. This move is a result of the close working relations with TfL's Cycling, Walking and Accessibility and Schools teams to ensure Bike It complements TfL's own borough and school support programmes.

Bike It's move to outer London will also see a new emphasis on working with Black and Minority Ethnic communities, an area in which Bike It is keen to widen its scope. This will see Bike It officers tailoring their resources and activities to tackle particular barriers around cycling that exist within specific communities including language, religious beliefs, cultural backgrounds, low income or areas of social deprivation.

Sustaining borough and school engagement

All **2008 - 2009** schools will be invited to take part in the Bike It School Mark scheme, with the aim to have at least **3** schools per Bike It officer working towards attaining Silver by the end of 2009 - 2010.

All schools have been invited to have a return visit from their Bike It officer in the autumn term 2009-10 to run an assembly or event. This will act as an exit activity from the school, and will be followed with a session to determine if the school has the capacity to take part in the School Mark scheme.

Bike It will continue to grow because it helps support so many **key government objectives** (in England):

- every school to be a **healthy school** by 2009
- every school to have a **travel plan** by 2010
- every school to become a **sustainable school** (acting as a model of sustainable travel by 2020)
- every local authority to report progress with **reducing car use** on school journeys
- every local authority encouraged to deliver national standard **cycle training** in schools (Bikeability)

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

Primary Care Trust

If you want to join other Primary Care Trusts in commissioning Bike It to help deliver your local physical activity and child obesity strategies, please discuss this with your local authority school travel advisor and write to the London Regional Supervisor

Local authority

If you want Bike It to help deliver your school travel strategy and would like to see a Bike It Officer working in your borough, then write to the London Bike It Supervisor to register interest – and inform your Primary Care Trust about what you are doing too!

Schools

If you want a Bike It officer working in your school, register your interest now and encourage your local authority school travel advisor to do the same. Bike It can help organise Bikeability cycle training at your school. To find out about Bikeability visit: www.bikeability.org.uk

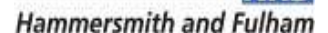
Parents, teachers school governors

Encourage your school to register for Bike It and you could have a Bike It Officer in your school too. If you would like to become a champion for walking or cycling yourself, contact the Sustrans School Travel team via www.sustrans.org.uk/schooltravel



Photo credits throughout the review: Pete Le May / Sustrans Staff

Sustrans London Bike It is generously supported by:



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Appendix

2008 – 2009 Sustrans Bike It borough round ups

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Participating schools

Whitmore Primary
DeBeauvoir Primary
Shacklewell Primary

Cycle training

44 children trained to Level 1 by BIO

31 children trained to Level 2 by borough training provider

Number of children targeted: 1,098

Hackney highlights

The number of pupils regularly cycling to school **quadrupled** in one year!

Pupils cycling everyday increased from **1.8%** to **11.1%**.

The number of pupils that had cycled to school on the day of survey increased from **3%** (pre Bike It) to **14%** (post Bike It).

After Bike It, **66%** of pupils surveyed said they would prefer to cycle to school (compared to **38%** pre-Bike It).

Regular cyclists at Whitmore Primary increased from **9.3%** to an amazing **36.3%**!

The cycle to school day at Whitmore Primary was highly successful with 109 staff, pupils and parents cycling to school and giving positive verbal feedback. Throughout the day pupils had the chance to decorate their bikes to win prizes for the best looking bikes.

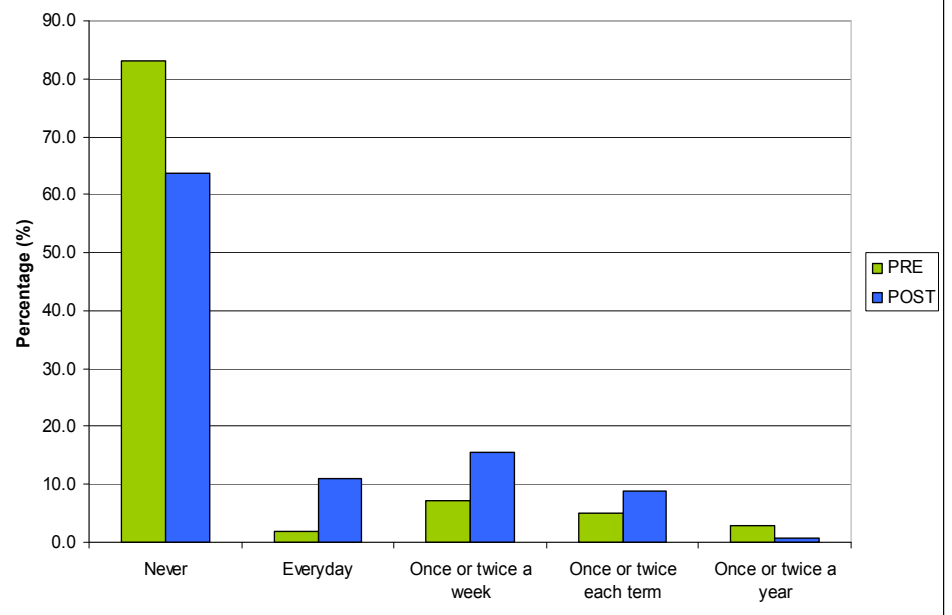
DeBeauvoir and Shacklewell also held a number of cycle to school days and classroom consultation sessions.

Over **120 bikes** were given bike safety checks by the borough's Bike It officer over the course of the year.

Biker's Breakfast at Whitmore Primary



Do you cycle to school?



Hackney four week VBR cycle to school challenge

Number of cycle journeys to school made:					
	Week 1	Week 2	Week 3	Week 4	Total
Whitmore Primary	176	191	186	191	744

Hammersmith and Fulham

Participating schools

Fulham Primary
 Brackenbury Primary
 St Pauls C of E Primary
 St Thomas of Canterbury RC Primary
 Cambridge Special Educational Needs

Cycle training

97 children trained to Level 1 by BIO

29 children trained to Level 2 by borough training provider

Number of children targeted: 1,404

Hammersmith and Fulham highlights

Pupils cycling to school once or twice a week increased from **6.3%** to **17.6%** during Bike It.

Pupils cycling once or twice each term increased from **2.2%** to **8.2%**.

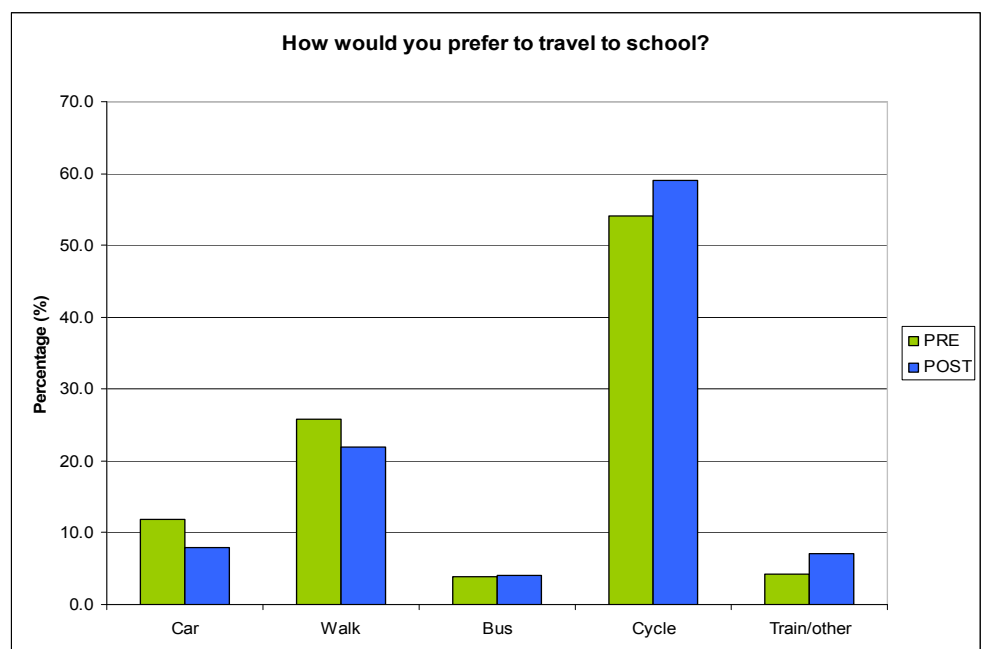
Pupils never cycling decreased from **83.2%** to **62.4%**.

Holding the Bike Week at St Thomas of Canterbury RC Primary saw an unexpected level of cyclists turning up to the school throughout the week, with an **average of 50 each day**. This was of particular surprise given the initial wariness of the school to hold a bike week due to safety and logistical concerns. The final day of Bike Week saw **69 cyclists** arrive at school for the Biker's Breakfast and Dr Bike; a fantastic turnout!

The Bike It week held at Cambridge school culminated in a **27 mile ride** to Wimbledon common.

Fulham Primary's school champion ensured a successful second year of Bike It activities which saw regular cyclists increase from **6%** pre-Bike It to **17.1%** at the end of the second year of programme engagement.

Bikes awaiting safety checks at St Thomas RC



Hammersmith and Fulham four week VBR cycle to school challenge

Number of cycle journeys to school made:					
	Week 1	Week 2	Week 3	Week 4	Total
Fulham Primary	99	84	76	84	343
St Thomas of Canterbury RC Primary	74	87	95	75	331

Haringey

Participating schools

Devonshire Hill Primary
 Weston Park Primary
 Chestnuts Primary
 Seven Sisters Primary
 Highgate Primary

Cycle training

38 children trained to Level One by BIO

49 children trained to Level Two, and 13 to Level 1 by borough training provider

Number of children targeted: 1,852

Haringey highlights

The number of children cycling to school everyday increased from **2.4%** to **11.9%**.

Pupils regularly cycling increased from **2.3%** to **14.1%**.

The number of children cycling to school on the day of survey increased from **2.3%** pre-Bike It to **14.1%** post Bike It.

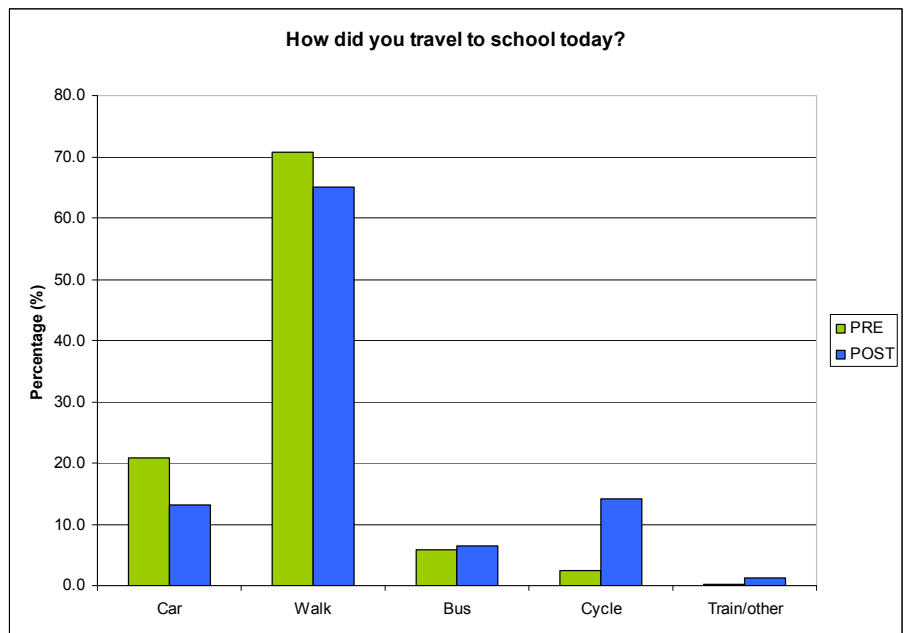
The champions at Devonshire Hill are incredibly enthusiastic and committed parents of the school giving pro-cycling presentations at school conferences! One parent has now gone on to become an **accredited Bikeability cycle training instructor**.

30% of Weston Park pupils cycled in on their Cycle to School day, and regular cycling at this school went up from **14% to 24%**.

A Red Nose day event at **Devonshire Hill** took place offering pupil cyclists the opportunity to throw sponges at teachers!

At Chestnuts Primary, pupils cycling to school once or twice a term increased from **5.5%** (pre Bike It) to over **10%** post Bike It engagement.

Bling Your Bike day at Chestnuts Primary



Haringey four week VBR cycle to school challenge

Number of cycle journeys to school made:

	Week 1	Week 2	Week 3	Week 4	Total
Devonshire Hill Primary	99	83	96	108	386
Highgate Primary	176	182	222	238	818
Seven Sisters Primary	84	92	78	82	336

Havering

Participating schools

Brady Primary
 Crownfield Junior
 Bower Park Secondary
 Whybridge Junior
 Benhurst Primary (supported)

Cycle training

15 pupils received playground cycle skills sessions by BIO

11 pupils trained to Level 1 and 42 to Level 2 by borough

Number of children targeted: 1, 823

Havering highlights

In Havering, pupils regularly cycling increased from **4.9%** to **23.7%**.

Children cycling to school on the day of the survey increased from **1.4%** to **11.5%**.

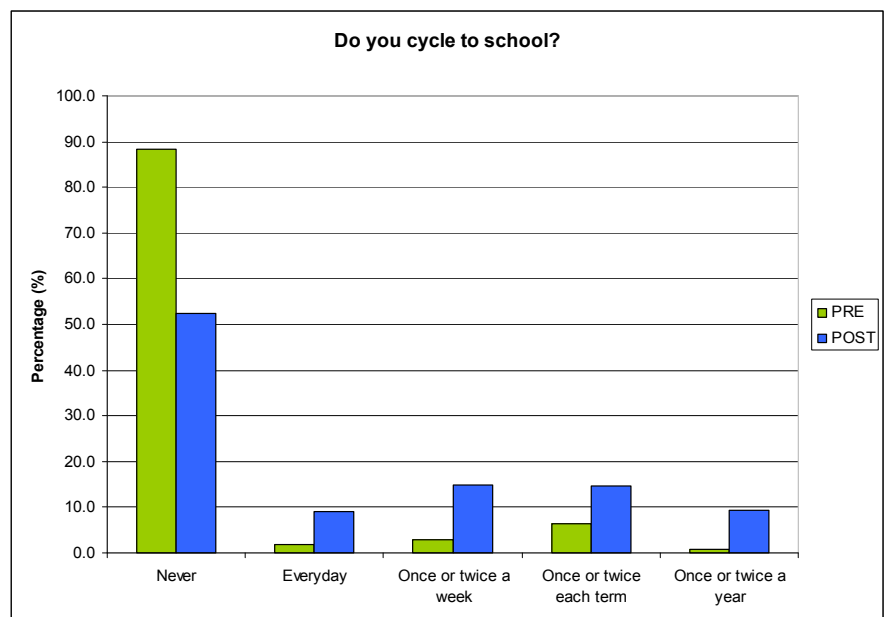
Children who had never cycled to school decreased from **88.2%** pre Bike It to **52.3%** post Bike It.

The VBR generated over **3,600 journeys** over a four week period, with event popularity remaining consistent amongst both old and new schools.

Pupils regularly cycling to school at Crownfield Junior school increased from **7.7%** pre Bike It to **28%** by the end of their first year of Bike It engagement.

The borough has been proactive in their continued development of **Bikeability cycle training**, since Bike it helped introduce it a couple of years ago. The STA has made cycle training available to Bike It schools and those with School Travel Plans continue to be prioritised.

Whybridge Junior decorate your bike day



Havering four week VBR cycle to school challenge

Number of cycle journeys to school made:					
	Week 1	Week 2	Week 3	Week 4	Total
Crownfield Junior	228	173	190	142	733
RJ Mitchell Primary	218	239	295	306	1,058
Benhurst Primary	43	36	108	61	248
Brady Primary	108	125	184	283	700
Whybridge Junior	191	340	413	--	944

Participating schools

St Bernadette's Catholic Primary
 Julian's Primary
 Bonneville Primary
 Woodmansterne Primary

Cycle training

12 pupils trained to Level 1 by BIO

38 pupils trained to Beginners Level, 14 pupils to Level 1, 65 pupils to Level 2, and 19 pupils to Level 3 by borough provider

Number of children targeted: 1,284

Lambeth highlights

In Lambeth, regular cyclists at Bike It schools increased from **16.9%** to **26.3%**.

Pupils cycling to school on day of survey increased from **5.1%** to **10.9%**.

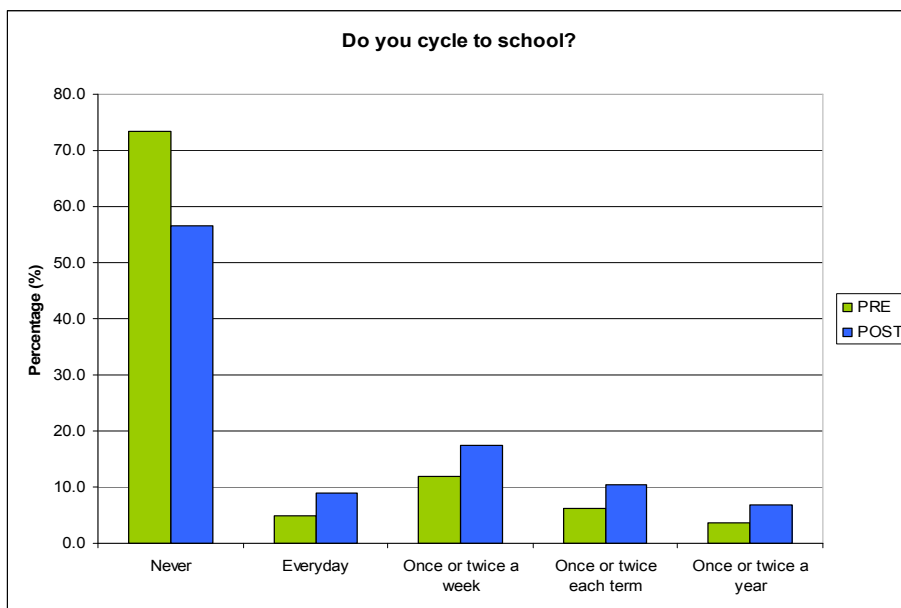
73.3% of pupils never cycled to school pre Bike It. Post Bike It this had decreased to **56.6%**.

Bonneville Primary was the first school in the London region to finish the VBR challenge, receiving a day of MAD trials demonstration displays and coaching sessions as their winning prize.

43 bikes turned up at **St Bernadette's** Dr Bike and Bike Breakfast day, where two teachers had their bikes serviced, one requiring a considerable amount of work to get the bike roadworthy, and enable the teacher to keep riding to school.

At **St Julian's Primary** those cycling to school on the day of the survey increased 10 fold from **1%** to **10.7%**!

Healthy Heart's session at Julian's Primary school



Lambeth four week VBR cycle to school challenge

Number of cycle journeys to school made:

	Week 1	Week 2	Week 3	Week 4	Total
Bonneville Primary	564	542	519	--	1,625
St Bernadette's Primary	140	--	--	--	140
Woodmansterne Primary	100	76	81	--	257
Julian's Primary	217	205	279	221	922

Participating schools

Ranelagh Primary
Lathom Junior
Kaizen Primary
Rosetta Primary
Park Primary (supported)

Cycle training

54 pupils trained to Level 1 by BIO

56 pupils trained to Level 2 by borough cycle training provider

Number of children targeted: 1,464

Newham highlights

Pre Bike It, **35.7%** of pupils said they would prefer to choose cycling as their means to travel to school. This increased to **50.3%** after a year of Bike It intervention.

A Year 6 girl from **Lathom Junior** won a brand new Isla Bike and lock for achieving 1st place in the Christmas Flag It! design competition.

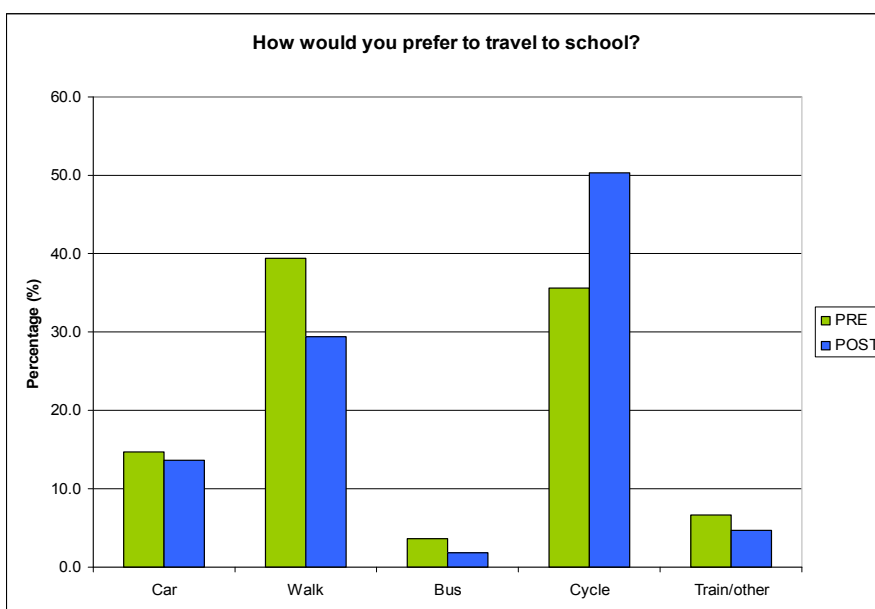
2,655 cycle journeys to school were made across the borough during the four week VBR challenge.

At **Kaizen Primary**, the school's enthusiastic champion introduced weekly cycle skills sessions to curriculum time, for any child bringing a bike. Every Tuesday **20-30 children** regularly attended the sessions.

At **Lathom Junior** a Dr Bike visit saw **30** children cycle to school – filling the school's bike shed to capacity for the first time ever!

Rosetta Primary proved that sustaining momentum in a second year of programme engagement is achievable: with **1,696** cycle journeys made to school over a four week period during the VBR challenge!

Winner of Bike It's National competition at Lathom Junior



Newham four week VBR cycle to school challenge

Number of cycle journeys to school made:					
	Week 1	Week 2	Week 3	Week 4	Total
Rosetta Primary	292	414	424	566	1,696
Park Primary	188	264	245	262	959

Participating schools

Bellenden Primary
 English Martyrs Primary
 St Johns RC Primary
 Crampton Primary

Cycle training

37 children trained to Level 1 by BIO
 78 children trained to Level 2 by borough provider

Number of children targeted: 1,025

Southwark highlights

The number of pupils regularly cycling to school increased from **8.1%** pre Bike It to **23.6%** after one year of programme engagement.

Children surveyed as ‘Never cycling’ to school decreased from **78.3%** to **61.9%** after Bike It.

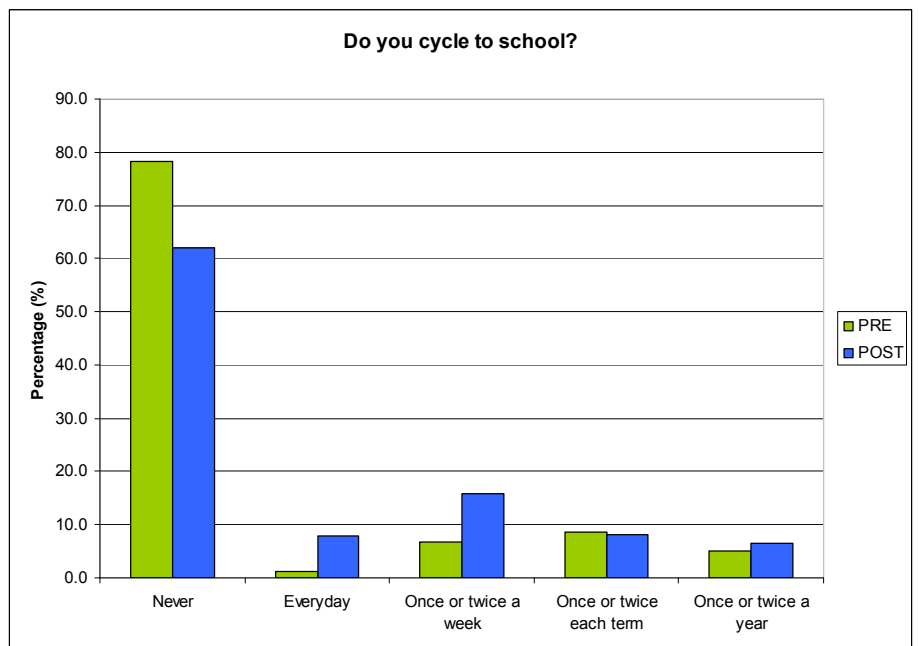
The number of children cycling to school every day increased six fold from **1.3%** to **7.9%** in one year alone.

Herne Hill velodrome visit with pupils from Crampton Primary school gave the opportunity for pupils to try out track racing bikes and mountain bikes. Excellent training was provided by British Cycling coaches.

Regular cyclists at **Crampton Primary** went up from **13%** to **31%** over the course of the year.

At **Bellenden Primary** Bike It successfully helped the school to secure extra funding for cycle training, commissioning a training provider to carry out a fully subscribed course during the summer term. New bike storage was installed during the summer holidays 2009 ready to maintain the cycling momentum during the 2009 – 2010 academic year.

A pupil at Crampton Primary gets racing at Herne Hill Velodrome



Southwark four week cycle VBR to school challenge

Number of cycle journeys to school made:					
	Week 1	Week 2	Week 3	Week 4	Total
Bellenden	67	92	190	344	693
Crampton	232	249	226	201	908

Participating schools

Arnhem Wharf Primary
 Cubitt Town Junior
 Central Foundation School for Girls
 Secondary
 George Green Secondary
 Harbinger Primary
 St Luke's C of E Primary
 Stepney Green School for Boys
 Seven Mills Primary

Cycle training

130 pupils trained to Level 1 by BIO

Number of children targeted: 4,569

Arnhem Wharf Bike Ride, June 2009



Tower Hamlets highlights

Bike It **quadrupled** the number of pupils regularly cycling to school in Tower Hamlets

Pupils cycling everyday increased **five-fold**.

Pupils cycling once or twice a week increased from **2.2%** to **8.4%**.

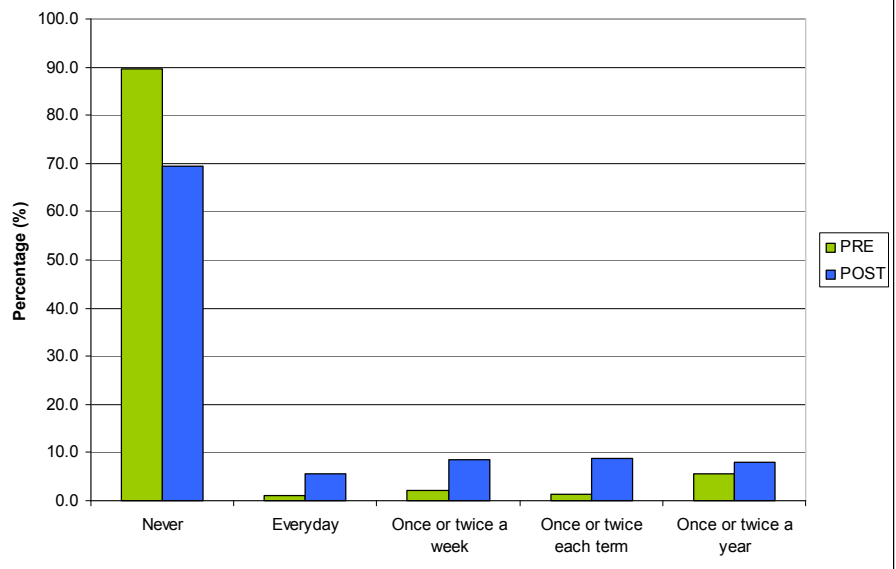
The number of children who had cycled to school on day of survey increased from **1%** to **5.8%**.

Tower Hamlets BIO was invited to talk about the Bike It project on **Channel S** - the most viewed Bengali television channel in the UK.

A **Bike It champion** was spotted leading 20 pupils along one of the routes marked out during the Bike It mapping session that had taken place at the school a week earlier.

Tower Hamlet's '*Bike Against James*' race week saw **304** cycle journeys made to school in just five days, by the four participating schools.

Do you cycle to school?



Tower Hamlets four week VBR cycle to school challenge

Number of cycle journeys to school made:

	Week 1	Week 2	Week 3	Week 4	Total
Arnhem Warf Primary	33	48	85	120	286
Cubitt Town Primary	37	43	35	36	151
Harbinger Primary	73	94	148	25	340

Wandsworth

Participating schools

Belleville Primary
 Newton Preparatory
 Ravenstone Primary
 Southmead Primary
 Hotham Primary (supported)
 Beatrix Potter Primary (supported)

Cycle training

140 children trained to Level 1 by BIO

48 children trained to Level 1 and **27** trained to Level 2 by borough training provider

Number of children targeted: 2,183

Wandsworth highlights

The number of pupils regularly cycling to school in Wandsworth increased from **18.9%** to **22.5%**.

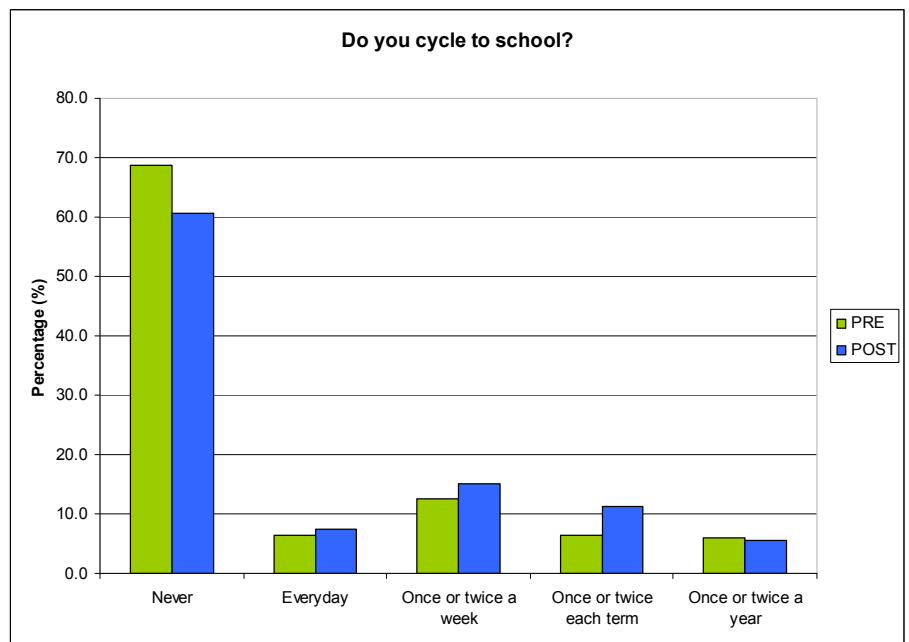
The number of children who had cycled to school on day of survey increased from **8%** to **12%**.

The increase of regular cyclists at Ravenstone Primary rose to **24.9%** during the course of the year.

224 bikes were seen by Doctor Bike over the year.

Over the course of the summer term the students at **Ravenstone Primary** in Wandsworth competed for the chance to be taken on a ride to Wandsworth Common for a picnic and games with the assistance of the champion and members of the PTA.

Ravenstone Primary summer term cycle ride



Wandsworth four week VBR cycle to school challenge

Number of cycle journeys to school made:					
	Week 1	Week 2	Week 3	Week 4	Total
Ravenstone Primary	372	373	279	307	1331
Belleville Primary	586	497	633	556	2272
Hotham Primary	416	372	375		1163

Participating schools

Hampstead Secondary

Cycle training

53 pupils were trained to Level 2 by Camden Road Safety Team

Number of children targeted: 1, 292

Camden highlights

79 pupils and parents cycled to school on the last day of Bike It week, the highest count of the year. Plus, a number of individuals and organisations delivered activities including the local Police, Sussed Bus, Camden Cycling Campaign, the Hungry Cyclist and Rollapaluza.

The BIO also arranged for several organisations to attend the **Summer Fair** to provide information, encouragement and raise interest in cycling. The fair made **£800 towards the school's cycling fund.**

Classroom consultation sessions were carried out with **eight classes from Years 7 to 10.** The results of consultations were provided to the school to illustrate chief barriers to cycling and the incentives needed to encourage more cycling. A school specific action plan was drawn up as a result.

Full week of events: 'Bike It Week' (16 – 20 March 2009).

Bike It stall at National Tackling Drugs Week event

Facilitated the installation of extra bike parking for *On Your Bike Week.*

Facilitated donation of **eight** stolen unrecovered bikes by local police.

Mapping Consultations taking place at Hampstead Bike Week



Visiting guest speaker talks to pupils at Hampstead Secondary



Hampstead School Bike Week 16 – 20 March, 2009

	1	2	3	4	5	Total
Number of bikes counted	36	56	56	56	56	260