



Sunday Cycle Skool - East Dunbartonshire

Project overview

The Kirkintilloch Sunday Cycle Skool is a Healthy Habits initiative based in East Dunbartonshire. Healthy Habits is a partnership programme between Smarter Choices Smarter Places (Transport Scotland) and East Dunbartonshire Council, with the community social enterprise ED's Cycle Co-op delivering cycle training in a community based family setting.

Project aims

The Sunday Skool aim was to get more people in their bikes more often by providing local families with cycle training led by enthusiastic and experienced local cyclists. The families not only learned riding skills, but they also took part in led rides across the local area, developing their knowledge of local routes and building their confidence so that they are now able to ride independently.

The Sunday Skool had 80 participants, families with young children, from 5 to 7 years of age in Primary 1-3. The Sunday Cycle Skool took place over three Sunday's in October, finishing with a Halloween ride. Almost 200 parents and children applied to take part in the course.

Project name

Sunday Cycle Skool

Location

East Dunbartonshire

Target group

families with young children

Contact

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Activities/how it works

The Sunday Cycle Skool takes place over a whole Sunday. In the morning the children have their stabilisers removed from their bikes and learn to ride independently. Twenty children did so on week 1. Parents are taught how to teach their children to ride, supported by the enthusiastic and experienced cycle trainers. Those who are already riding are taken through the Bikeability Level 1 exercises. In the afternoon, the riders are given the opportunity to go on a led ride appropriate to their level of ability, under the supervision of the cycle trainers.

The club has been developed as part of a pathway of progression for children locally. There are pre-activities they can participate in at nursery schools, with free cycle training offered and follow on activities at primary schools ranging from cycling as a "Golden Time" activity to after-school clubs as well as community events throughout the year

The benefits/outcomes

More children and their parents/carers have developed new skills and knowledge of where to ride locally, encouraging them to ride more often. The feedback received has been very positive, ranging from:

"Can't thank you enough for your help and support in getting Arran to achieve one of life's milestones" to "This is fantastic and should be available to all children and parents in East Dunbartonshire."



So what happens next?

The group will be encouraged to stay in touch and ride together informally. A MeetUp Group, a website where individuals can arrange to cycle together has been created and is moderated to ensure only those from the Sunday Cycle Skool can join, to ensure the level of competency and expectation is similar.

Our partners

Smarter Choices Smarter Places (Transport Scotland) and East Dunbartonshire Council

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