



Bikes for All - Glasgow

The partnership that is helping people get access to bikes

In 2018 the Bikes for All partnership set out to break down the barriers to riding in disadvantaged communities in Glasgow. Inspiration for the project came from pioneers working on the US based Better Bike Share Programme in cities such as New York and Chicago.

Now expanded city-wide, it is based out of the Bike for Good community hub in Govanhill – Scotland's most ethnically diverse neighbourhood. The membership reflects this diverse population, and leaflets have been translated into five different languages. It has inspired many from groups under-represented in cycling – such as women and the Asian community.

There has also been significant uptake from refugees and the unemployed, opening the city beyond expensive and restrictive bus services.

Bikes for All offers £3 Nextbike membership, sign-ups without need for a bank card and critically confidence boosting community engagement including 1:1 cycle training, road skills and city navigation.

Have you heard what cycling can do?

Getting access to a bike can make all the difference in the world. We talked to people in disadvantaged communities in Glasgow where the Bikes for All project is connecting people with clean, green, affordable and health-promoting transport.

Cycling is good for getting places

Pavel and Danis are friends who arrived in Glasgow recently. They both knew how to cycle, but had no money to buy bikes. Bikes of All meant they could get regular access

to a Nextbike. It has helped Pavel get to college on time. "It is so much easier to get about now and I have also saved money on bus fares." Danis feels he has a healthier life now that he commutes regularly by bike. The friends have benefited from the helmets, waterproofs and gloves too.

Bikes for All helps disadvantaged communities access bikes

Bikes for All Case Study

Cycling gets us to school

Rashmi lives in Glasgow and has a 5-year-old son. Before Bikes for All when he was cycling to school she had to run to keep up. After not cycling for 10 years she is now back on a bike and building her confidence. She explained how she got going, "Cycling lessons really helped me to build up confidence on the road as I found traffic quite scary before, especially as I was new to the city. As I was able to hire more than one Nextbike, my husband also started cycling again. Now we are regularly going out on a family rides during the weekend".

Cycling saves money and can improve wellbeing

Anna arrived in Glasgow with her husband several months ago from Russia. She used to cycle a lot back home however they could not afford a bicycle in Glasgow. The bike programme has helped her develop road skills and the confidence she needs. She says it simply makes her happy! She often goes to the park for some exercise and fresh air as well as using a bike to commute to



Bikes for All give people advice and support as well as getting them access to bikes.



Bikes for All Case Study

appointments. She also managed to save money by not using the bus all the time.

Cycling helps you to stay fit and active

Alison had not cycled for over ten years. She no longer felt safe riding a bike and having moved to a smaller flat, did not have space to store a bike. She missed cycling and says, "Having access to a bike has been great!". It has increased her mobility generally and was particularly helpful when recovering from an ankle injury. Alison has collected a waterproof jacket through the Bikes for All giveaways program but could benefit from more waterproof clothing to allow her to continue cycling through the winter.

The power of a partnership

Bikes for All is a partnership led by CoMoUK with Bike for Good, Nextbike, Glasgow Centre for Population Health and Cycling Scotland. It is funded by Scottish Government and European Social Fund.

The approach is based on partnership working with fourteen different community organisations. The key partners include women's groups, Red Cross, refugee support networks, Glasgow Housing Association, with many other local community organisations.

Riders are telling us the importance of having people to hand. Offering advice and support through the sign-up process is vital for those who are not app-savvy. Having help available for those not confident riding a bike for those first trips makes all the difference. The project is achieving an increase in cycling, reducing loneliness, tackling car dependency and acting as a bridge to communities to foster a sense of community ownership and buy in to schemes.

Bikes for All is also working with Flourish House Group, an independent charity aiming to enable people with mental health challenges to regain purposeful lives in the community.

The partnership offers bike rides in the park, which for many of the participants experiencing anxiety is a major step to both socialising and exercising.

Bikes for All members have explained how they weren't previously thinking about cycling prior to signing-up. Over three quarters don't have access to a working bike. The results are showing new riders taking independent trips having made 7,504 trips over 2 years with 295 members.

What next?

If you would like to find out more about how Bike for All works or how shared transport could work for your community, please contact CoMoUK at scotland@como.org.uk





CoMoUK is a charity working to improve transport choices to help create inclusive communities, healthy people and a greener environment. CoMoUK supports all modes of shared transport including car clubs, bike share and micro-transit. Shared transport is continually evolving and innovating; we want to support and ensure that new modes of transport work positively for the public. CoMoUK believes that now is the time that we can start making positive changes to transport. Politicians, local authorities and other decision makers have acknowledged the need for change, and we want to be there to support these positive and innovative transport changes.

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